

CYP MH Scrutiny

Tuesday, 14th December 2021

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ST HELENS
BOROUGH COUNCIL

The impact of Covid-19

- Covid-19 has had an impact on all aspects of life;
- Those living in the most deprived areas of England have been disproportionately affected;
- ONS data shows a doubling of the national rate of depression since the pandemic began;

Impact of covid-19 on mental health and wellbeing in St Helens:

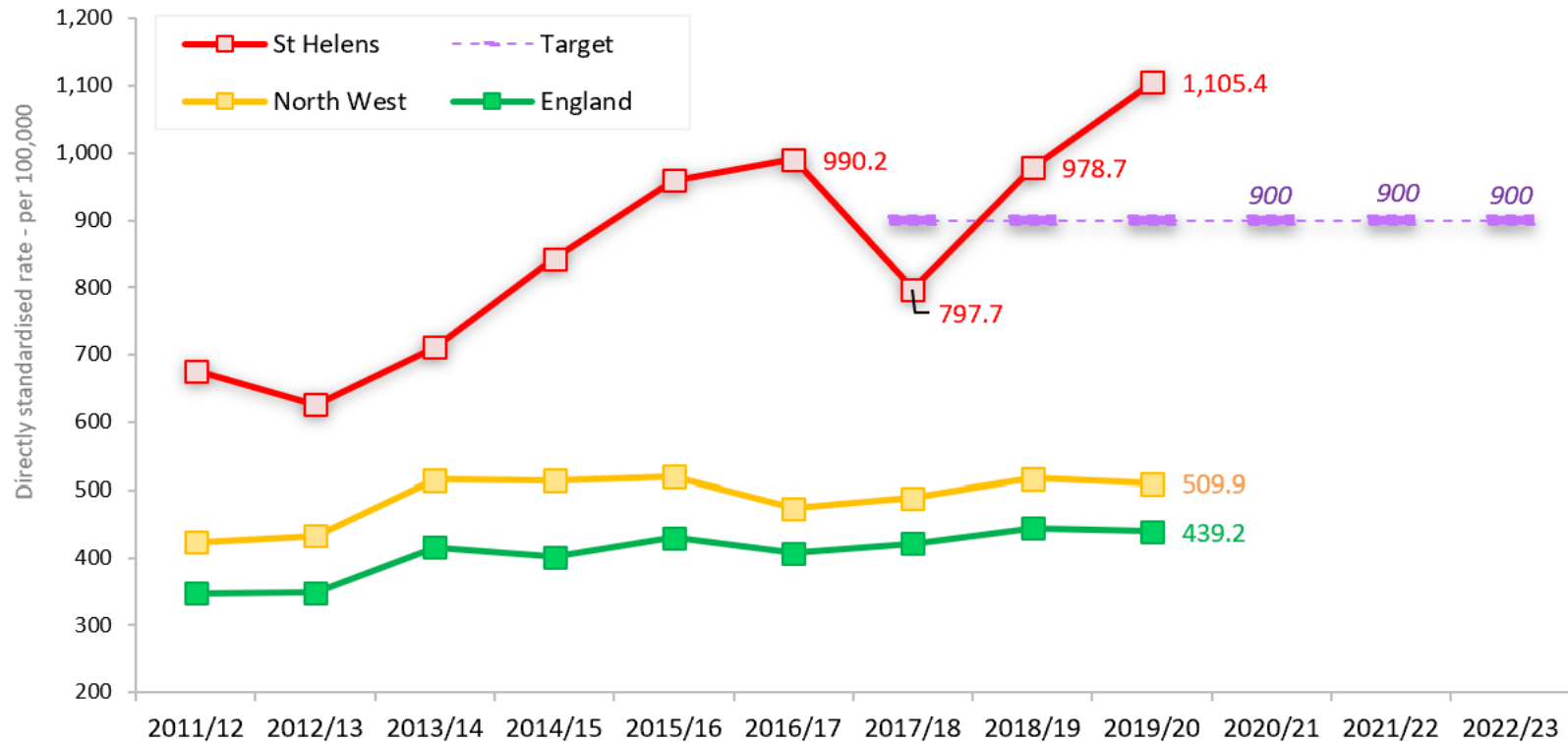
- **Domestic abuse-related incidents and crimes has increased:** from 25.8 per 1,000 population in 2018/19 to 28.8 per 1,000 population (higher compared with North West region (25.7 per 1,000 population; similar compared to England average, 28.0 per 1,000 population; ONS 2019/2020);
- Increase in the percentage of school pupils with **social, emotional and mental health needs (SEMH)** during the pandemic – from 2.1% (714 pupils) in 2019 to 3.15% (843 school pupils), the highest observed percentage in the last 5 years;
- **Reduction in safeguarding referrals** when children were out of school exposed some children to harm including increased risk of domestic violence abuse;



Self-harm in St Helens

Hospital admissions as a result of self-harm (10-24 years) – a significant concern in St Helens

PH-01 Hospital admissions for self-harm aged 10-24 years Tier 1



Source: Hospital Episode Statistics (HES)

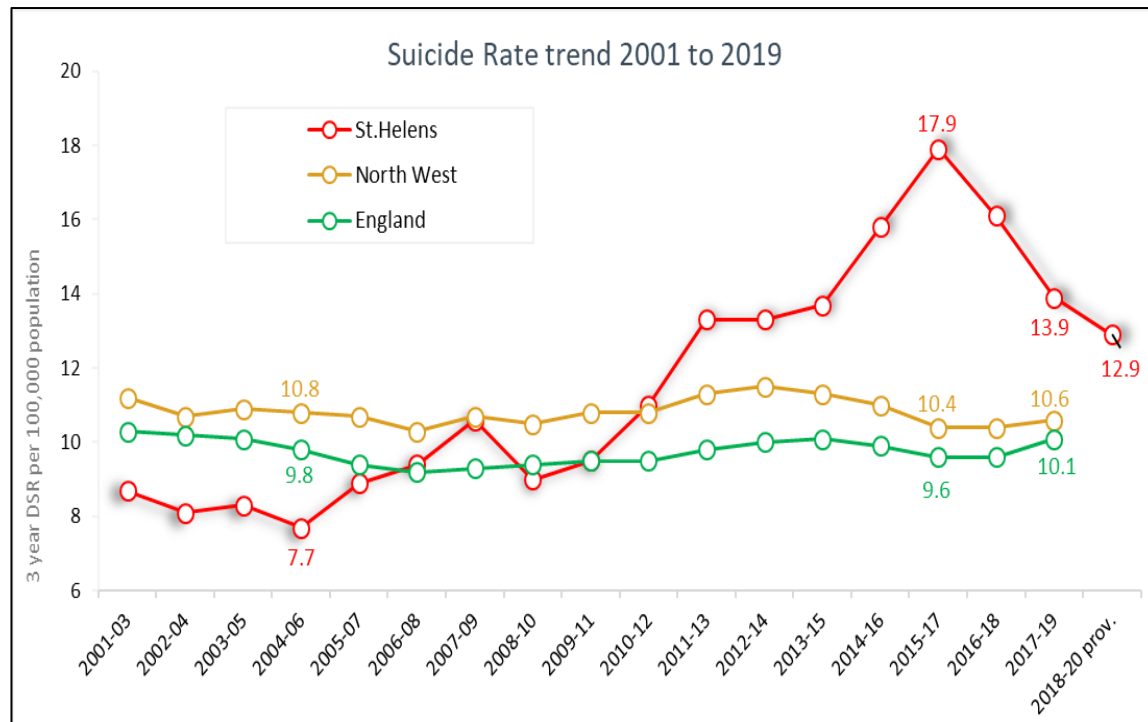


Suicides in St Helens

- History of suicides in St Helens:
 - 17.9 per 100,000 population in 2015/17
 - highest local authority rate in England in 2015-17

Data from the Office of National Statistics (ONS) shows a continued decline in the rate of suicide in St Helens:

- 10.8 suicides per 100,000 population (2018/2020);
- the lowest it has been since 2011 and is now in line with regional (10.7) and national (10.4) averages;
- a significant decrease from being the to the current 65th (the highest local authority rate is Torbay at 18.8 per 100,000 population).



Progress and Developments

- **Immediate action:**
 - Self-harm Prevention Working Group;
 - Self-harm kits;
 - HOPE Model
- **Longer term strategic plan:** *maximise what we have via coordinated approach;*
 - Produce a St Helens Mental Health and Suicide Prevention Strategy and Action Plan;
 - A comprehensive and whole systems strategy – prevention, early intervention and treatment;
 - Life course approach – opportunity to intervene at key transition life stages;
 - **Benefits of the life course approach:**
 1. identify key developmental stages to intervene
 2. maximise every contact for improved mental health and wellbeing outcomes
 3. re-establish and strengthen partnerships to improve care pathway
 - align with the Cheshire and Merseyside No More Suicide objectives (being updated);
 - **Self assessment** – stocktake, progress, gaps, unmet needs;
- **Additional investment** – PHE Better Mental Health Fund to strengthen delivery across CYP, Workplaces and Bereavement support



St Helens Community Assets

Mental Health

Able Futures

AMPARO

Anxiety UK

BEAT

British Red Cross

**CALM - Campaign
Against Living
Miserably**

**Chrysalis Centre for
Change**

**Community Healthy
Minds**

**Creative
Alternatives**

Harmony Centre

**Homeless and
Vulnerable Persons
Service**

Hope Centre

Living Well

**Mental Health
Assessment Service**

Mind

Mindsmatter

Papyrus

Phillipi Trust

Relate

**Rethink Mental
Illness**

Saneline

After Silence

Staying Alive App

**Survivors of
Bereavement By
Suicide**

No Secrets

The Samartians

**Wellbeing
Enterprises**

Listening Lounge

There is still work to be done...



St Helens Community Assets

Mental well-being

[Frontline](#) free 24/7 text support service for anyone who's a key worker. Text KEYWORKER to 85258

[Able Futures](#) 9 months advice and guidance from a mental health specialist 0800 321 3137

[St Helens Think Wellbeing](#) psychological wellbeing practitioners to support you to improve your wellbeing 01744 647 100

[St Helens Wellbeing Service](#) provides virtual mental health, suicide prevention and well-being training sessions tailored to your staff needs

[HOME - Kind To Your Mind](#) telephone support numbers, wellbeing apps and online CBT courses

[# Grow Your Happy](#) support for your young people

[Mental Health First Aiders](#) available to support all staff who may be struggling

[Business toolkit](#) to help every organisation support the mental health and wellbeing of its employees

Mental health crisis

St Helens [Urgent mental health support](#) 24/7 mental health crisis line for free 0800 051 1508

Physical well-being

[Couch to 5K](#)

[Buddy Boost Challenge](#)

[St Helens Wellbeing Service](#)

physical fitness online sessions, hints and tips for healthy eating, smoking cessation support, weight management support and more

Bereavement support during COVID

National bereavement support [NHS England »](#)

[Bereavement support during COVID-19](#)

Local bereavement support [booklet](#)





St Helens Community Assets

Expert by experience

Get involved and have your say in what services and activities are needed in our area around self-harm and suicide prevention [Join Our Lived Experience Network - No More Suicides \(no-more.co.uk\)](https://no-more.co.uk)

Cheshire and Merseyside

Partnership (safety plan and training) information about how to make a Safety Plan - [Safety Plan - No More Suicides \(no-more.co.uk\)](https://no-more.co.uk) for anyone struggling with suicidal thoughts

Self-harm Safe Kits are a resource for anyone wanting to understand, and begin to find ways to manage, their [self-harming behaviour](#) including safety plans

Support after suicide

St Helens support after suicide service Amparo and SOBs (survivors of bereavement to suicide) [Its Ok to Ask \(oktoaskcampaign.co.uk\)](https://oktoaskcampaign.co.uk)

Self-harm

St Helens [Its Ok to Ask \(oktoaskcampaign.co.uk\)](https://oktoaskcampaign.co.uk)

promote the [Home - Calm Harm App](#)

Free 24/7 text support for young people across the UK experiencing a mental health crisis [Self-harm \(youngminds.org.uk\)](https://youngminds.org.uk) Text: YM to 85258

No Secrets [No Secrets SIS - Home | Facebook](#) peer to peer support group in St Helens every Wednesday

Papyrus [HOPELINEUK | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#) 0800 068 4141

is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide and self-harm.

Also offers support for anyone supporting a young person who could be thinking about suicide.

