

# chooselife

A national strategy and action plan  
to prevent suicide in Scotland

## Background to Local Action Plan

### Perth and Kinross

October 2005

## Local Information

### Population

Perth and Kinross covers a large geographical area including Perth City and an expansive area of sparsely populated countryside surrounding several small towns (overall population density – 26 persons per sq km). Perth City has a total population of 43,450; the six smaller towns have populations between 2,500 and 8,000; the remainder of the total 134,949 population is distributed throughout the outlying countryside. (2001 Census) The rural issues experienced by a significant proportion of Perth and Kinross residents in relation to accessing services can restrict healthy lifestyle choices and prevent appropriate use of services.

The total population of the area expanded by 5% in the years between 1991 and 1999 and this rise is projected to continue, reaching a total population of 138,100 by 2008. There are two key population trends within the area:

- Population Growth: population projections based on 3% growth were adopted in the Finalised Perth and Kinross Structure Plan.
- Ageing Demographic Pattern: By 2016, the population of Perth and Kinross aged 65-79 is projected to rise by 3,865 persons, an increase of 20.89%. Further to the population aged 80 and over is projected to rise by 2,237 persons, representing an increase of 36.55% between 2000 and 2016.

### Prosperity

The area is fortunate in that overall it enjoys relative prosperity. With an unemployment rate of 2%, Perth and Kinross has a lower rate of unemployment than Tayside and Scotland as a whole. However, there are specific areas within Perth and Kinross where unemployment levels are above the national average, for example Tulloch and North Muirton in Perth.

The high employment rates to an extent mask the income issues, particularly as locally generated incomes are evidently out of line with the high house prices in the area. Although unemployment is low, employment based average earnings in Perth and Kinross are estimated to be below the Scottish average. This demonstrates the outcome of a high dependence on service sector industries and manual employment as well as an increase in the number of part time jobs in the area. In November 2001, 7% of all households in Perth and Kinross were in receipt of Income Support. Again these households were more in evidence in specific areas.

### Wellbeing

Although physical disability remains serious and continues to affect a great number of children, mental health problems have evidentially become more significant as a cause of childhood disability.

### Ethnicity

The ethnic profile of the area according to the 2001 Census is approximately one percent of the population are from an ethnic minority group. The largest groups are Chinese and Muslim Faith people who have originated from Pakistan and the Middle East.

### Particular issues/groups causing concern

The local Needs Assessment undertaken highlighted particular concerns about:

- The lack of proactive follow up support for people who attempt suicide or self harm.
- Access to services for homeless people not in temporary accommodation.
- Support mechanisms for people leaving prison. Perth and Kinross has 3 prisons, one short-term and remand, one long term and one open.
- The needs of people in more outlying areas who may be socially isolated.
- The lack of immediate and longer term support for those who are affected directly by suicide: the family, staff groups, other prisoners, patients, or colleagues of the person who committed suicide.

In addition, within Perth and Kinross the estimated prevalence of drug use is 1.3%, however it is widely recognised that problematic alcohol use is also a significant issue. The level of reported drinking by young people has been particularly concerning. The 2002 Scottish Adolescent Lifestyle and Substance Use Survey reported that 53% of 15 year olds in Perth and Kinross had drunk alcohol in the week preceding the survey, this is *significantly* higher than the reported national figure. This survey also reported that 55% of the 13 and 15 year olds that had drunk alcohol in the previous week perceived that their families didn't mind them drinking alcohol, this is significantly higher than the national total of 45%.

Choose Life: Needs Assessment towards a local action plan for Perth and Kinross, Dec 2003. This document focuses on the importance of partnership working at all levels. Issues for young people and the importance of joint working within services to reduce suicide are high on the agenda.

## Action Plan Team Profile

**Full Name (of Planning Group):** Choose Life Reference Group

**Remit:** To co-ordinate, implement and monitor the Perth and Kinross Choose Life Action Plan.

### Chair

**Name:** Paul Graham

**Designation:** Policy Planning Manager

**Organisation:** Perth & Kinross Council

|  |  |
|--|--|
| <b>Number and dates of Meetings held 2003-2004</b> |  |
|--|--|

### Members up to August 2004

| <b>Name</b>      | <b>Designation</b>               | <b>Organisation</b>                                      |
|------------------|----------------------------------|--|
| Dr Karen Adam    | Consultant for Public Medicine   | NHS Tayside  |
| Liz Angus        | Co-ordinator, Support Services   | Education & Children's Services, Perth & Kinross Council |
| Peter Bates      | Chairman                         | NHS Tayside  |
| Ian Bell         | Chief Inspector                  | Tayside Police   |
| Peter Bing       | Executive Manager                | Perth & Kinross Leisure                                  |
| Penny Brodie     | CVS Manager                      | PKAVS  |
| Elizabeth Brown  | Elder                            | Church of Scotland                                       |
| David Brough     | Elder                            | Alyth Parish Church                                      |
| Dr A Burnell     | Consultant Psychiatrist          | Murray Royal Hospital                                    |
| Nicola Gibson    | Planning Officer                 | Education & Children's Services, Perth & Kinross Council |
| Sheenah Cochrane | Homeless Persons Service Manager | Housing, Perth & Kinross Council                         |
| Jim Devine       | Primary Care Manager             | Perth & Kinross LHCC                                     |
| Dr Mike Field    | Consultant                       | Murray Royal Hospital                                    |
| Dr Diane Forrest | Clinical Psychologist            | Murray Royal Hospital                                    |
| Neil Fraser      | Strategy & Performance Manager   | NHS Tayside  |
| Cathy Hamilton   | Carers Support Officer           | NSF Tayside Carers Support Project                       |

| <b>Name</b>         | <b>Designation</b>                                      | <b>Organisation</b>                               |
|---------------------|---|---|
| John Irons          | Community Safety Officer                                | Perth & Kinross Council                           |
| Rose Kirk           | Health Improvement Officer and Choose Life Co-ordinator | Perth & Kinross Council                           |
| Joyce Lewis         | Acting Head of Social Work                              | Community Care, Perth & Kinross Council           |
| Bob Main            | Chief Superintendent                                    | Tayside Police                                    |
| Rev Graham Matthews | Chaplain  | HM Prison, Perth                                  |
| Lorna McCurrach     | Planning Officer  | Housing & Community Care, Perth & Kinross Council |
| Neil Morrison       | Manager   | Fourways Mental Health Day Care Centre            |
| Diarmid Murray      | Chief Executive   | Perth Association for Mental Health               |
| Jim Robertson       | Chairman  | The Samaritans                                    |
| Rachel Scott        | Training & Development Officer                          | Womens' Rape and Sexual Abuse Centre              |
| Dr Jan Sinclair     | GP  | Taymount Surgery                                  |
| Robert Smith        | Prison Manager  | HM Prison, Perth                                  |
| Fiona Stewart       | Mental Health Manager                                   | Murray Royal Hospital                             |
| Kathryn Thomson     | Support Worker  | People Like Us (PLUS)                             |
| Colin Thomson       | Community Psychiatric Nurse                             | Murray Royal Hospital                             |

## Linking with National Policy at Local Level

The Local Choose Life Action Plan reflects the key objectives and priority groups outlined in the National Strategy, within the context of local issues and priorities highlighted by the Perth and Kinross Needs Assessment.

As identified in the national strategy, support, focus and co-ordination of actions is required at a local level, therefore in the first local Action Plan that there was a need to:

Support the co-ordination by local agencies to develop and implement local suicide prevention action plans by initiating developments such as –

- identifying a Choose Life co-ordinator;
- engaging stakeholders in implementing the national strategy at a local level;
- undertaking a local needs assessment;
- establishing co-ordination between relevant strategic groups;
- developing a local action plan.

The over-riding theme of the national strategy is collaboration and it is suggested that a wide range of professionals, communities and other organisations are required to be involved. Perth and Kinross addressed this by establishing a multi-agency Working Group to support the needs assessment exercise and ensuring the stakeholder group had representation from as broad a base as possible.

To implement the national strategy it was also felt essential that the local strategy focus on “Encouraging innovative local voluntary services, community-based and self-help initiatives”. This will be achieved by –

- increasing the capacity and capability of front-line staff;
- integration of mental health and education initiatives in existing health and education provision;
- development of multi-agency protocols.

The Choose Life Local Implementation Support Fund for local areas within Perth and Kinross has provided resources to support local actions and activities in line with the main objectives and priority groups set out in the national Choose Life strategy.

## Appendix 1

### Local suicide statistics and relevant trends, etc

|      | Scotland | Angus | Dundee<br>Dundee: | Perth &<br>Kinross |
|------|----------|-------|-------------------|--------------------|
| 1996 | 596      | 14    | 36                | 16                 |
| 1997 | 599      | 15    | 27                | 8                  |
| 1998 | 649      | 11    | 31                | 24                 |
| 1999 | 637      | 21    | 24                | 11                 |
| 2000 | 648      | 9     | 29                | 12                 |

In 2001 the death rate attributed to intentional self-harm and intent undetermined was higher in Perth and Kinross than in both Tayside and in Scotland as a whole.

## Appendix 2

### SUMMARY PROFILE OF SERVICES

#### Response

The tables below are drawn from the data provided through the mapping current needs survey (section 2.3 of the main report). The survey achieved a good response rate with only four of the forty eight survey questionnaires sent out not returned, namely the Push Project, Churches Action for the Homeless, SAMH and Open Minds. It should be noted then that the data below is not comprehensive and other relevant services such as Hopscotch, volunteer befriending schemes, employment support services, independent advocacy exist but are not included due to the time and resource limitations of the need assessment.

The tables in this appendix include data received from all forty four responses although there was an element of merging responses, for example if two responses were received relating to the same psychiatric inpatient unit. Therefore the list of services in Table 1 includes just 38 different services.

**Table 1 Services working with specific groups of people.**

| Service  | Main Client Group(s) |              |               |           |                  |                 |                            |              |        |           |
|--|----------------------|--------------|---------------|-----------|------------------|-----------------|----------------------------|--------------|--------|-----------|
|  | Children             | Young people | Mental health | Substance | People in prison | Homeless people | People affected by suicide | Older people | Carers | Employees |
| Educational Psychology                                 | ◆                    | ◆            |               |           |                  |                 |                            |              |        |           |
| Morrison's Academy                                     | ◆                    | ◆            |               |           |                  |                 |                            |              |        |           |
| School Health Nurse Loch Leven Health Centre           | ◆                    | ◆            |               |           |                  |                 |                            |              |        |           |
| Children and Young People Team, Drumhar Health Centre  | ◆                    | ◆            |               |           |                  |                 |                            |              |        |           |
| Tourette Scotland                                      | ◆                    | ◆            |               |           |                  |                 |                            |              |        |           |
| YMCA   |                      | ◆            |               |           |                  |                 |                            |              |        |           |
| Youth Enquiry Service                                  |                      | ◆            |               |           |                  |                 |                            |              |        |           |
| The GO Project   |                      | ◆            |               |           |                  |                 |                            |              |        |           |
| Young Carers Project                                   |                      | ◆            |               |           |                  |                 |                            | ◆            |        |           |
| The WEB Project  |                      | ◆            |               |           |                  |                 |                            |              |        |           |
| Child and Adolescent Psychiatry Murray Royal Hospital  | ◆                    | ◆            | ◆             |           |                  |                 |                            |              |        |           |
| Cyrenians  |                      |              | ◆             |           |                  |                 |                            |              |        |           |
| Perth Association for Mental Health                    |                      |              | ◆             |           |                  |                 |                            |              |        |           |
| Social Work Services, Murray Royal Hospital            |                      |              | ◆             |           |                  |                 |                            |              |        |           |
| Gateway Enterprises, Murray Royal Hospital             |                      |              | ◆             |           |                  |                 |                            |              |        |           |
| 'Care Together' - Perth Royal Infirmary                |                      |              | ◆             |           |                  |                 |                            |              |        |           |
| Psychiatric Inpatient Service Sunnyside Royal Hospital |                      |              | ◆             |           |                  |                 |                            |              |        |           |

|   |  |   |   |   |   |   |   |   |   |
|---|--|---|---|---|---|---|---|---|---|
| Psychiatric Inpatient Services Murray Royal Hospital                  |  |   | ◆ |   |   |   |   |   |   |
| Community Mental Health (Murray Royal Hospital)                       |  |   | ◆ |   |   |   |   |   |   |
| Scottish Association for Mental Health                                |  |   | ◆ |   |   |   |   |   |   |
| Open Minds  |  |   | ◆ |   |   |   |   |   |   |
| 'Care Together' - Perth and Kinross Council                           |  |   | ◆ | ◆ |   |   | ◆ |   |   |
| Forensic Psychiatry   |  |   | ◆ |   | ◆ |   |   |   |   |
| Liaison Psychiatry  |  | ◆ | ◆ | ◆ |   | ◆ |   |   |   |
| Care Together - Drugs, Alcohol and Addiction                          |  |   |   | ◆ |   |   |   |   |   |
| Drug and Alcohol Action Team  |  |   |   | ◆ |   |   |   |   |   |
| Substance Misuse Services Murray Royal Hospital                       |  |   |   | ◆ |   |   |   |   |   |
| Perth and Kinross (P&K) Council Homeless Strategy Implementation Team |  |   |   |   |   | ◆ |   |   |   |
| Healthcare for the Homeless Team, Drumhar Health Centre               |  |   |   |   |   | ◆ |   |   |   |
| Churches Action for the Homeless                                      |  |   |   |   |   | ◆ |   |   |   |
| CRUSE Bereavement Care  |  |   |   |   |   |   | ◆ |   |   |
| Womens Royal Voluntary Service  |  |   |   |   |   |   |   | ◆ |   |
| Perth and Kinross Association for Voluntary Services Carers First     |  |   |   |   |   |   |   |   | ◆ |
| Perth and Kinross Council Personnel Service                           |  |   |   |   |   |   |   |   | ◆ |
| UNISON  |  |   |   |   |   |   |   |   | ◆ |
| Chaplaincy at Perth Royal Infirmary                                   |  | ◆ | ◆ | ◆ |   | ◆ | ◆ | ◆ | ◆ |
| Perth Samaritans  |  | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ |
| Citizens Advice Bureau, Perth   |  | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ | ◆ |

**Table 2 Emergency services**

| Service                 | Main Client Group(s) |              |               |           |                  |                 |                            |              |        |           |
|-------------------------|----------------------|--------------|---------------|-----------|------------------|-----------------|----------------------------|--------------|--------|-----------|
|                         | Children             | Young people | Mental health | Substance | People in prison | Homeless people | People affected by suicide | Older people | Carers | Employees |
| Tayside Police          | ◆                    | ◆            | ◆             | ◆         | ◆                | ◆               | ◆                          | ◆            | ◆      | ◆         |
| Perth Ambulance Station | ◆                    | ◆            | ◆             | ◆         | ◆                | ◆               | ◆                          | ◆            | ◆      | ◆         |
| Tayside Fire Brigade    | ◆                    | ◆            | ◆             | ◆         | ◆                | ◆               | ◆                          | ◆            | ◆      | ◆         |

**Table 3 The suicide related situations coming to the attention of services with children and young people as a key client group**

| Service   | Self-harm | Referrals from school | Referral from police, GPs, concerned others | Family/relationship breakdown | Isolation/ xclusion | Bullying | Eating disorders | Emotional problems/ stress | Suicide attempts | Low self-esteem | Mental health diagnosis & treatment problems | Suicidal ideation/ isk | Responding to suicide attempts & crisis | Bereavement crisis | Alcohol and drug | Homelessness | Mental health crisis | Debt, poverty, unemployment etc | Abuse trauma |
|---|-----------|-----------------------|---|-------------------------------|---------------------|----------|------------------|----------------------------|------------------|-----------------|--|------------------------|---|--------------------|------------------|--------------|----------------------|---------------------------------|--------------|
| Educational Psychology                                | ◆         | ◆                     |   |                               |                     |          |                  |                            |                  |                 |  |                        |   |                    |                  |              |                      |                                 |              |
| Morrison's Academy                                    |           |                       |   | ◆                             | ◆                   |          |                  | ◆                          |                  |                 |  |                        |   |                    |                  |              |                      |                                 |              |
| School Health Nurse Loch Leven Health Centre          |           |                       |   |                               |                     | ◆        | ◆                | ◆                          |                  |                 |  |                        |   |                    |                  |              |                      |                                 |              |
| Children and Young People Team, Drumhar Health Centre | ◆         |                       |   |                               |                     |          |                  |                            | ◆                |                 |  | ◆                      |   |                    |                  |              |                      |                                 |              |
| Tourette Scotland                                     | ◆         |                       |   |                               |                     |          |                  |                            |                  | ◆               |  | ◆                      |   |                    |                  |              |                      |                                 |              |
| YMCA  |           |                       |   |                               | ◆                   |          |                  |                            |                  | ◆               |  | ◆                      | ◆                                       |                    | ◆                |              |                      |                                 |              |
| Youth Enquiry Service                                 | ◆         |                       |   |                               |                     |          |                  |                            |                  |                 |  |                        |   |                    |                  |              |                      |                                 |              |
| The GO Project  | ◆         |                       |   |                               |                     |          |                  |                            |                  |                 |  |                        | ◆                                       |                    |                  | ◆            | ◆                    | ◆                               | ◆            |
| Young Carers Project                                  |           |                       |   | ◆                             |                     | ◆        |                  |                            |                  |                 |  |                        |   |                    | ◆                |              |                      |                                 | ◆            |
| The WEB Project                                       | ◆         |                       |   | ◆                             |                     |          |                  |                            |                  |                 |  |                        |   |                    | ◆                |              |                      |                                 | ◆            |
| Child and Adolescent Psychiatry Murray Royal Hospital | ◆         |                       |   |                               |                     |          |                  |                            | ◆                |                 |  | ◆                      |   |                    |                  |              |                      |                                 |              |

**Table 4 The suicide related situations coming to the attention of services with people with mental health problems as a key client group**

| Service  | Self-harm | Referrals from school | Referral from police, GPs, concerned other | Family / relationship breakdown | Isolation / exclusion | Bullying | Eating disorders | Emotional problems / stress | Suicide attempts | Low self-esteem | Mental health diagnosis & treatment problems | Suicidal ideation / risk | Responding to suicide attempts & crisis | Bereavement crisis | Alcohol and drug | Homelessness | Mental health crisis | Debt, poverty, unemployment etc | Abuse trauma |
|--|-----------|-----------------------|--|---------------------------------|-----------------------|----------|------------------|-----------------------------|------------------|-----------------|--|--------------------------|---|--------------------|------------------|--------------|----------------------|---------------------------------|--------------|
| Cyrenians  |           |                       |  |                                 |                       |          |                  |                             |                  |                 |  | ◆                        | ◆                                       |                    |                  |              | ◆                    |                                 |              |
| Perth Association for Mental Health                    |           |                       |  |                                 |                       |          |                  |                             |                  |                 |  | ◆                        |   |                    |                  |              | ◆                    |                                 |              |
| Social Work Services, Murray Royal Hospital            |           |                       |  |                                 |                       |          |                  |                             |                  |                 |  | ◆                        | ◆                                       |                    |                  |              | ◆                    |                                 |              |
| Gateway Enterprises, Murray Royal Hospital             |           |                       |  |                                 |                       |          |                  |                             |                  |                 |  | ◆                        | ◆                                       |                    |                  |              | ◆                    |                                 |              |
| 'Care Together' - Perth Royal Infirmary                |           |                       |  | ◆                               | ◆                     |          |                  |                             |                  |                 |  | ◆                        |   | ◆                  |                  |              | ◆                    | ◆                               |              |
| Psychiatric Inpatient Service Sunnyside Royal Hospital | ◆         |                       | ◆  |                                 |                       |          |                  |                             | ◆                |                 |  | ◆                        |   |                    |                  |              |                      |                                 |              |
| Psychiatric Inpatient Services Murray Royal Hospital   | ◆         |                       | ◆  |                                 |                       |          |                  |                             | ◆                |                 |  | ◆                        | ◆                                       |                    |                  |              |                      |                                 |              |
| Community Mental Health (Murray Royal Hospital)        |           |                       |  |                                 |                       |          |                  |                             |                  |                 |  | ◆                        | ◆                                       |                    |                  |              |                      |                                 |              |
| 'Care Together' - Perth and Kinross Council            |           |                       |  |                                 | ◆                     |          |                  |                             |                  | ◆               | ◆  | ◆                        |   |                    | ◆                |              | ◆                    | ◆                               |              |
| Forensic Psychiatry                                    |           |                       |  |                                 |                       |          |                  |                             |                  |                 |  | ◆                        |   |                    |                  |              |                      |                                 |              |
| Liaison Psychiatry                                     |           |                       |  |                                 |                       |          |                  |                             |                  |                 |  |                          | ◆                                       |                    |                  |              |                      |                                 |              |

**Table 5 The suicide related situations coming to the attention of services with people who misuse substances as a key client group**

| Service   | Self-harm | Referrals from school | Referral from police, GPs, concerned others | Family / relationship breakdown | Isolation / exclusion | Bullying | Eating disorders | Emotional problems / stress | Suicide attempts | Low self-esteem | Mental health diagnosis & treatment problems | Suicidal ideation / risk | Responding to suicide attempts & crisis | Bereavement crisis | Alcohol and drug abuse | Homelessness | Mental health crisis | Debt, poverty, unemployment etc | Abuse trauma |
|---|-----------|-----------------------|---|---------------------------------|-----------------------|----------|------------------|-----------------------------|------------------|-----------------|--|--------------------------|---|--------------------|------------------------|--------------|----------------------|---------------------------------|--------------|
| Care Together - Drugs, Alcohol and Addiction    |           |                       |   |                                 |                       |          |                  |                             |                  |                 |  | ◆                        |   |                    | ◆                      |              | ◆                    |                                 | ◆            |
| Substance Misuse Services Murray Royal Hospital |           |                       |   |                                 |                       |          |                  |                             |                  |                 |  | ◆                        |   |                    | ◆                      |              | ◆                    |                                 |              |

**Table 6 The suicide related situations coming to the attention of services with homeless people as a key client group**

| Service   | Self-harm | Referrals from school | Referral from police, GPs, concerned others | Family / relationship breakdown | Isolation / exclusion | Bullying | Eating disorders | Emotional problems / stress | Suicide attempts | Low self-esteem | Mental health diagnosis & treatment | Suicidal ideation / risk | Responding to suicide attempts & crisis | Bereavement crisis | Alcohol and drug | Homelessness | Mental health crisis | Debt, poverty, unemployment etc | Abuse trauma |
|---|-----------|-----------------------|---|---------------------------------|-----------------------|----------|------------------|-----------------------------|------------------|-----------------|-------------------------------------|--------------------------|---|--------------------|------------------|--------------|----------------------|---------------------------------|--------------|
| P&K Council Homeless Strategy Implementation Team       |           |                       |   | ◆                               |                       |          |                  |                             |                  |                 |                                     |                          |   |                    | ◆                |              | ◆                    |                                 | ◆            |
| Healthcare for the Homeless Team, Drumhar Health Centre |           |                       |   |                                 |                       |          |                  |                             |                  |                 |                                     |                          |   |                    | ◆                |              | ◆                    |                                 |              |

**Table 7 The suicide related situations coming to the attention of services with other key client groups**

| Service                                     | Self-harm | Referrals from school | Referral from police, GPs, concerned others | Family / relationship breakdown | Isolation / exclusion | Bullying | Eating disorders | Emotional problems / stress | Suicide attempts | Low self-esteem | Mental health diagnosis & treatment problems | Suicidal ideation / risk | Responding to suicide attempts & crisis | Bereavement crisis | Alcohol and drug abuse | Homelessness | Mental health crisis | Debt, poverty, unemployment_etc | Abuse trauma |
|---|-----------|-----------------------|---|---------------------------------|-----------------------|----------|------------------|-----------------------------|------------------|-----------------|--|--------------------------|---|--------------------|------------------------|--------------|----------------------|---------------------------------|--------------|
| CRUSE Bereavement Care                      |           |                       |   |                                 |                       |          |                  |                             |                  |                 |  | ◆                        |   | ◆                  |                        |              | ◆                    |                                 |              |
| Womens Royal Voluntary Service              |           |                       |   |                                 |                       |          |                  |                             |                  |                 |  |                          |   |                    |                        |              |                      |                                 |              |
| Perth and Kinross Council Personnel Service |           |                       |   |                                 |                       |          |                  | ◆                           |                  |                 |  | ◆                        |   |                    |                        |              |                      |                                 |              |
| UNISON                                      |           |                       |   |                                 |                       |          |                  |                             |                  |                 |  | ◆                        |   |                    |                        |              |                      |                                 |              |
| Chaplaincy at Perth Royal Infirmary         |           |                       |   | ◆                               |                       |          |                  |                             |                  |                 |  | ◆                        | ◆                                       | ◆                  |                        |              |                      |                                 |              |
| Perth Samaritans                            | ◆         |                       |   | ◆                               |                       |          |                  |                             |                  |                 |  | ◆                        |   |                    | ◆                      |              | ◆                    |                                 |              |
| Citizens Advice Bureau, Perth               |           |                       |   | ◆                               |                       | ◆        |                  | ◆                           |                  |                 |  | ◆                        |   |                    | ◆                      | ◆            | ◆                    | ◆                               |              |

**Table 8 The suicide related situations coming to the attention of emergency services**

| Service                 | Self-harm | Referrals from school | Referral from police, GPs, concerned others | Family / relationship breakdown | Isolation / exclusion | Bullying | Eating disorders | Emotional problems / stress | Suicide attempts | Low self-esteem | Mental health diagnosis & treatment problems | Suicidal ideation / risk | Responding to suicide attempts & crisis | Bereavement crisis | Alcohol and drug abuse | Homelessness | Mental health crisis | Debt, poverty, unemployment_etc | Abuse trauma |
|-------------------------|-----------|-----------------------|---|---------------------------------|-----------------------|----------|------------------|-----------------------------|------------------|-----------------|--|--------------------------|---|--------------------|------------------------|--------------|----------------------|---------------------------------|--------------|
| Tayside Police          |           |                       |   |                                 |                       |          |                  |                             |                  | ◆               |  | ◆                        | ◆                                       |                    |                        |              |                      |                                 |              |
| Perth Ambulance Station |           |                       |   |                                 |                       |          |                  |                             |                  |                 |  |                          | ◆                                       |                    |                        |              |                      |                                 |              |
| Tayside Fire Brigade    | ◆         |                       |   |                                 |                       |          |                  |                             |                  | ◆               |  | ◆                        |   |                    |                        |              |                      |                                 |              |

**Table 9 Ways in which services with a key client group of children and young people respond to suicide related situations**

| Service   | Training on self harm & suicide for guidance teachers & other staff | 1-1 Counselling with young people & family | Referral to GP | Referral to counselling & other | Drop - in | Confidential advice & support | Multi-agency Network | Advocacy & support | Street work | Building self-esteem | Deliberate Self-harm nursing response |
|---|---|--|----------------|---------------------------------|-----------|-------------------------------|----------------------|--------------------|-------------|----------------------|---------------------------------------|
| Educational Psychology                                | ◆   | ◆  |                |                                 |           |                               |                      |                    |             |                      |                                       |
| Morrison's Academy                                    |   | ◆  | ◆              | ◆                               |           |                               |                      |                    |             |                      |                                       |
| School Health Nurse Loch Leven Health Centre          |   |  |                |                                 | ◆         | ◆                             |                      |                    |             |                      |                                       |
| Children and Young People Team, Drumhar Health Centre | ◆   | ◆  |                |                                 |           |                               | ◆                    |                    |             |                      |                                       |
| Tourette Scotland                                     |   |  |                | ◆                               |           | ◆                             |                      | ◆                  |             | ◆                    |                                       |
| YMCA  |   |  |                |                                 |           |                               |                      |                    |             |                      |                                       |
| Youth Enquiry Service                                 |   |  |                |                                 |           | ◆                             |                      |                    |             |                      |                                       |
| The GO Project  |   | ◆  |                | ◆                               |           |                               |                      | ◆                  |             |                      |                                       |
| Young Carers Project                                  |   | ◆  |                |                                 |           |                               |                      | ◆                  |             |                      |                                       |
| The WEB Project                                       |   | ◆  |                |                                 | ◆         | ◆                             |                      |                    | ◆           | ◆                    |                                       |
| Child and Adolescent Psychiatry Murray Royal Hospital |   |  |                |                                 |           |                               |                      |                    |             |                      | ◆                                     |

**Table 10 Ways in which services with a key client group of people with mental health problems respond to suicide related situations**

| Service  | Referral to GP | Referral to psychiatrist or CPN for early appointment | Referral to other agencies e.g. homeless, advocacy, etc | Confidential advice & support | Highlight service gaps to decision makers | Risk assessment | Crisis intervention | Counselling | Practical help / advocacy | Problem solving & Advice on coping strategies | Group work | Mental health officer | Psychiatric / psychosocial assessment | Overdose & first aid advice* & other education | Admission to hospital | Distraction | Increased observation | Training for staff |
|--|----------------|---|---|-------------------------------|---|-----------------|---------------------|-------------|---------------------------|---|------------|-----------------------|---------------------------------------|--|-----------------------|-------------|-----------------------|--------------------|
| Cyrenians  | ◆              | ◆   |   |                               |   |                 |                     |             |                           |   |            |                       |                                       |  |                       |             |                       |                    |
| Perth Association for Mental Health                    |                |   | ◆   | ◆                             | ◆   |                 |                     |             |                           |   |            |                       |                                       |  |                       |             |                       |                    |
| Social Work Services, Murray Royal Hospital            |                | ◆   |   |                               |   | ◆               | ◆                   |             |                           |   |            |                       |                                       |  |                       |             |                       |                    |
| Gateway Enterprises, Murray Royal Hospital             |                | ◆   | ◆   |                               |   |                 |                     | ◆           | ◆                         |   |            |                       |                                       |  |                       |             |                       |                    |
| 'Care Together' - Perth Royal Infirmary                |                |   |   |                               |   |                 |                     | ◆           | ◆                         | ◆   | ◆          | ◆                     |                                       |  |                       |             |                       |                    |
| Psychiatric Inpatient Service Sunnyside Royal Hospital |                | ◆   | ◆   |                               |   | ◆               |                     |             |                           |   |            |                       | ◆                                     |  | ◆                     |             |                       |                    |
| Psychiatric Inpatient Services Murray Royal Hospital   |                |   |   |                               |   |                 | ◆                   |             |                           |   |            |                       | ◆                                     | ◆  | ◆                     |             |                       |                    |
| Community Mental Health (Murray Royal Hospital)        | ◆              | ◆   |   |                               |   | ◆               |                     |             |                           |   |            |                       | ◆                                     | ◆  | ◆                     | ◆           |                       |                    |
| 'Care Together' - Perth and Kinross Council            |                | ◆   |   |                               |   |                 |                     | ◆           |                           |   |            | ◆                     | ◆                                     |  | ◆                     |             |                       | ◆                  |
| Forensic Psychiatry                                    |                |   |   |                               |   |                 |                     | ◆           |                           |   |            |                       | ◆                                     |  |                       |             | ◆                     |                    |
| Liaison Psychiatry                                     |                |   |   |                               |   |                 |                     |             |                           |   |            |                       | ◆                                     |  |                       |             |                       |                    |

\* plans to develop peer education on overdose and first aid in line with Scottish executive advice on this

NB: to be completed for all groups and internal and external resources services can draw on will be included