



# Draft Suicide Audit 2015/16

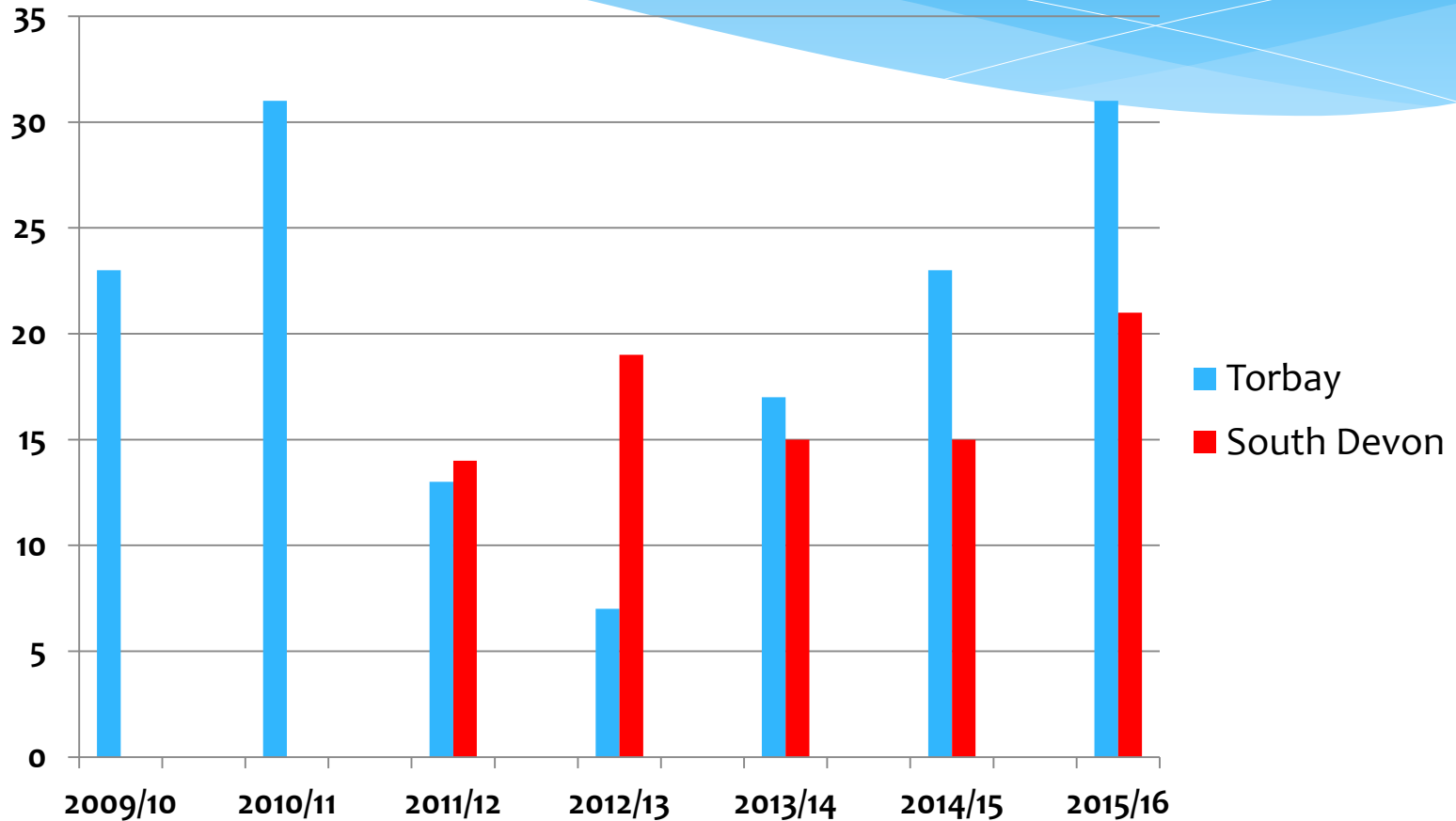
Torbay and South Devon

Gerry Cadogan

Public Health Principal

Public Health Torbay

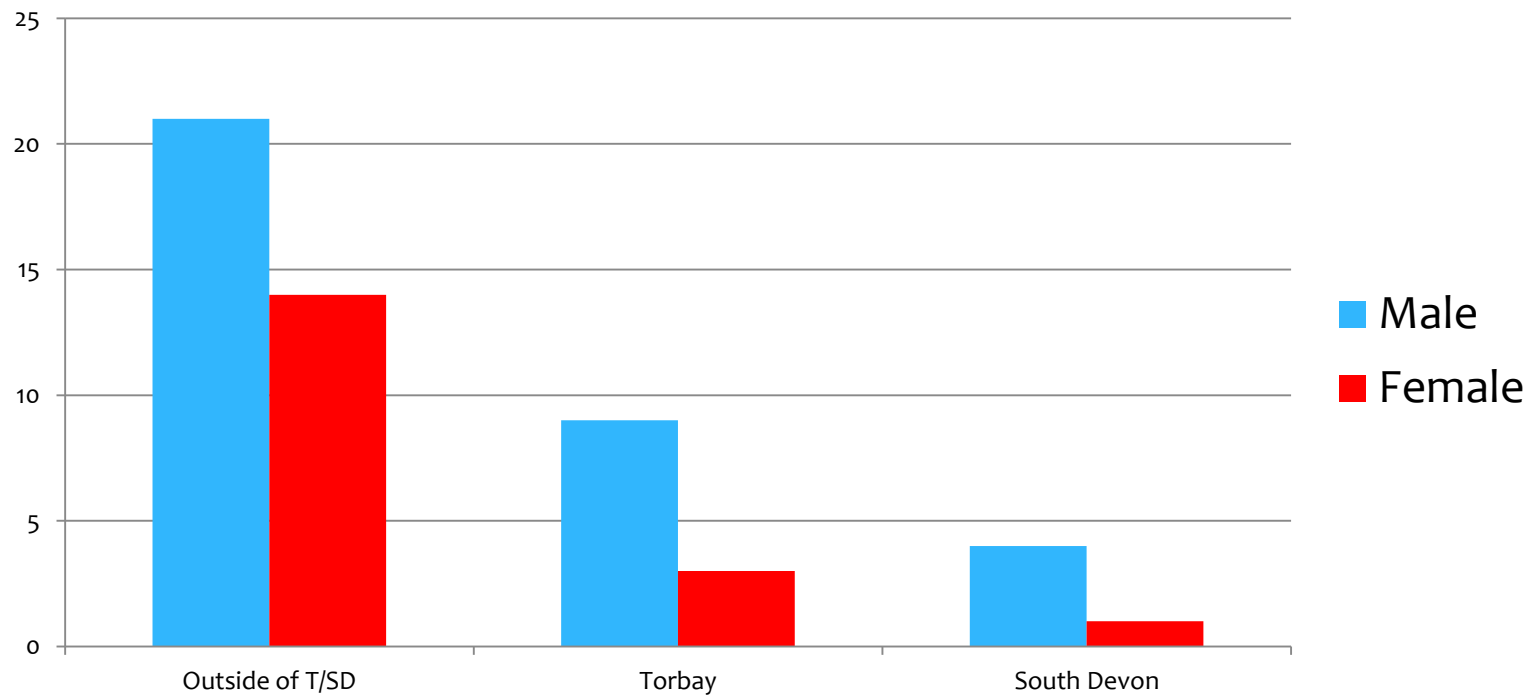
# TREND IN SUICIDE NUMBERS FOR TORBAY AND SOUTH DEVON



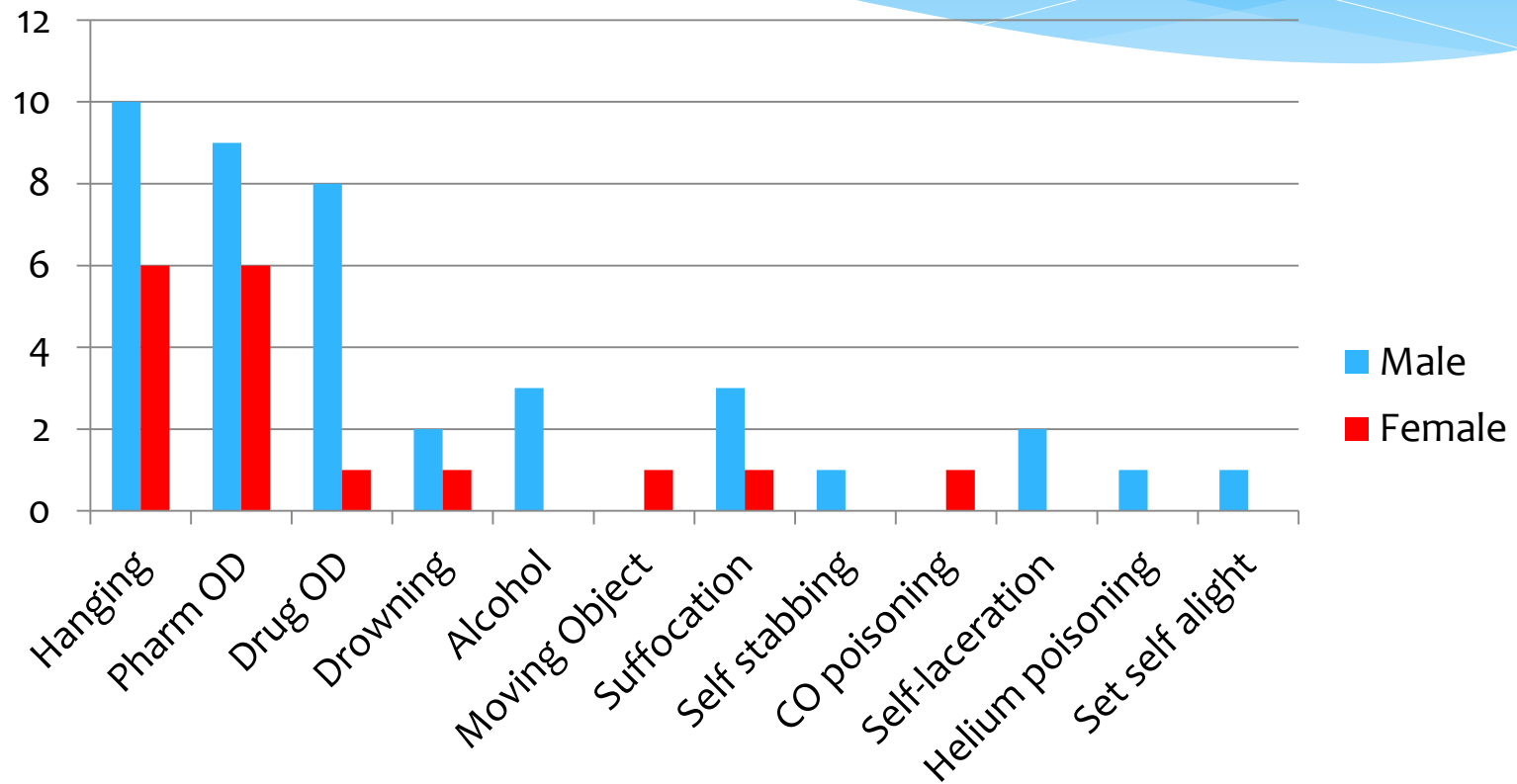
# Place of birth 2015/16\*

(T/SD: Torbay / South Devon)

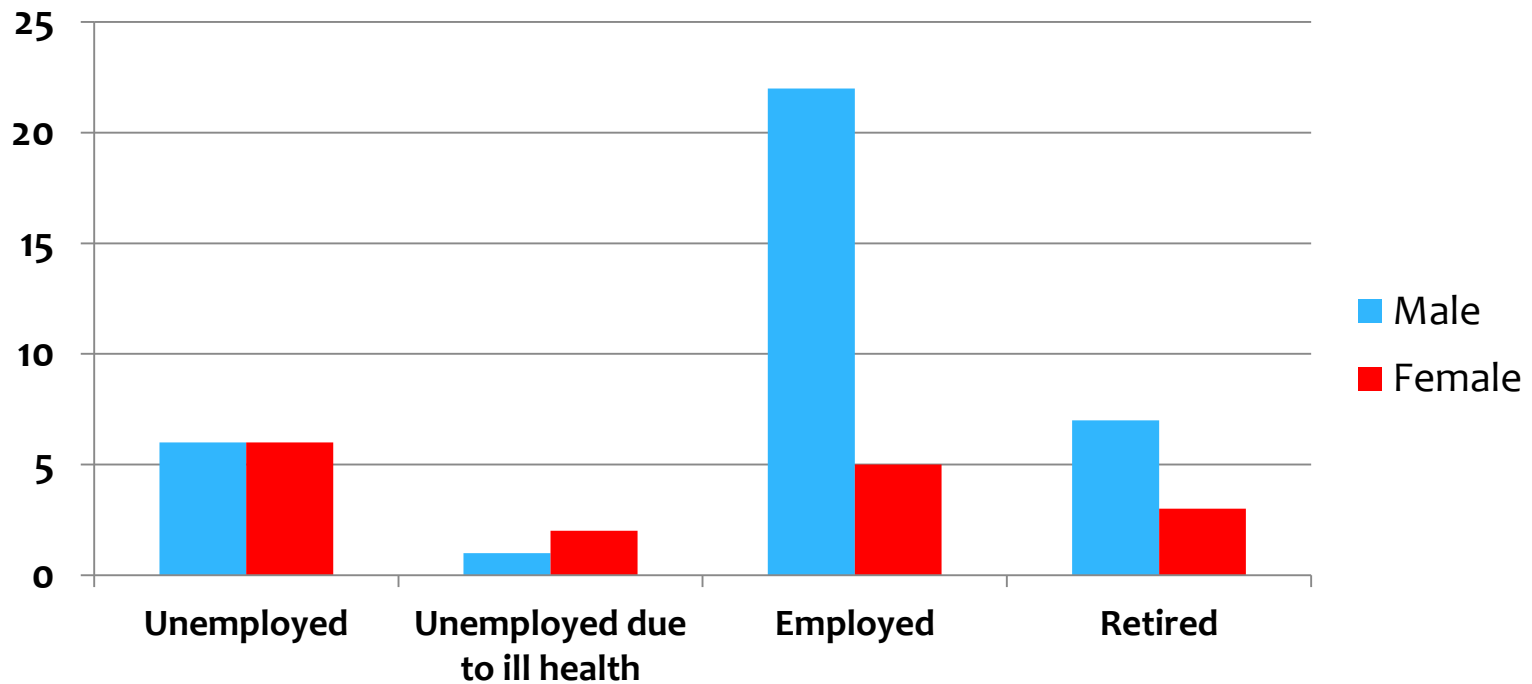
\* but lived in T/SD for more than 10 years



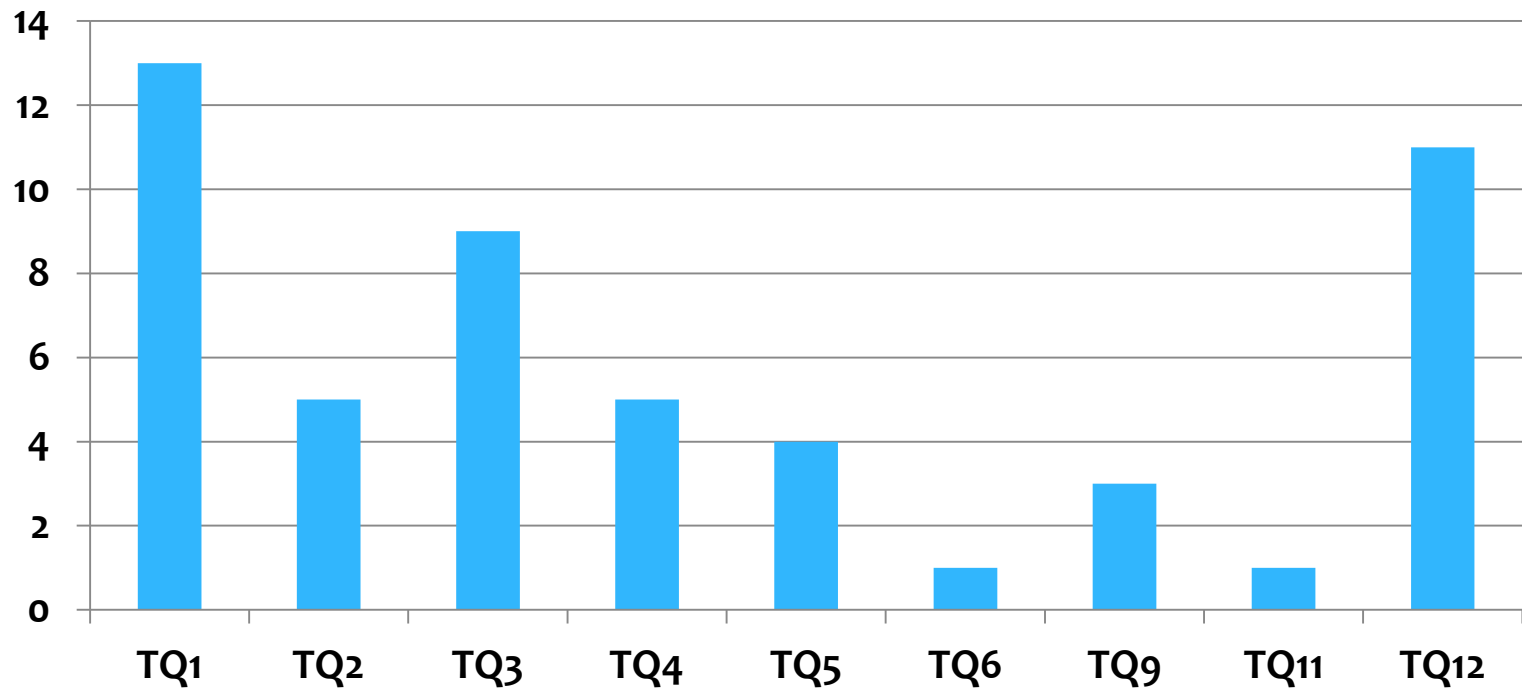
# Method of Suicide 2015/16



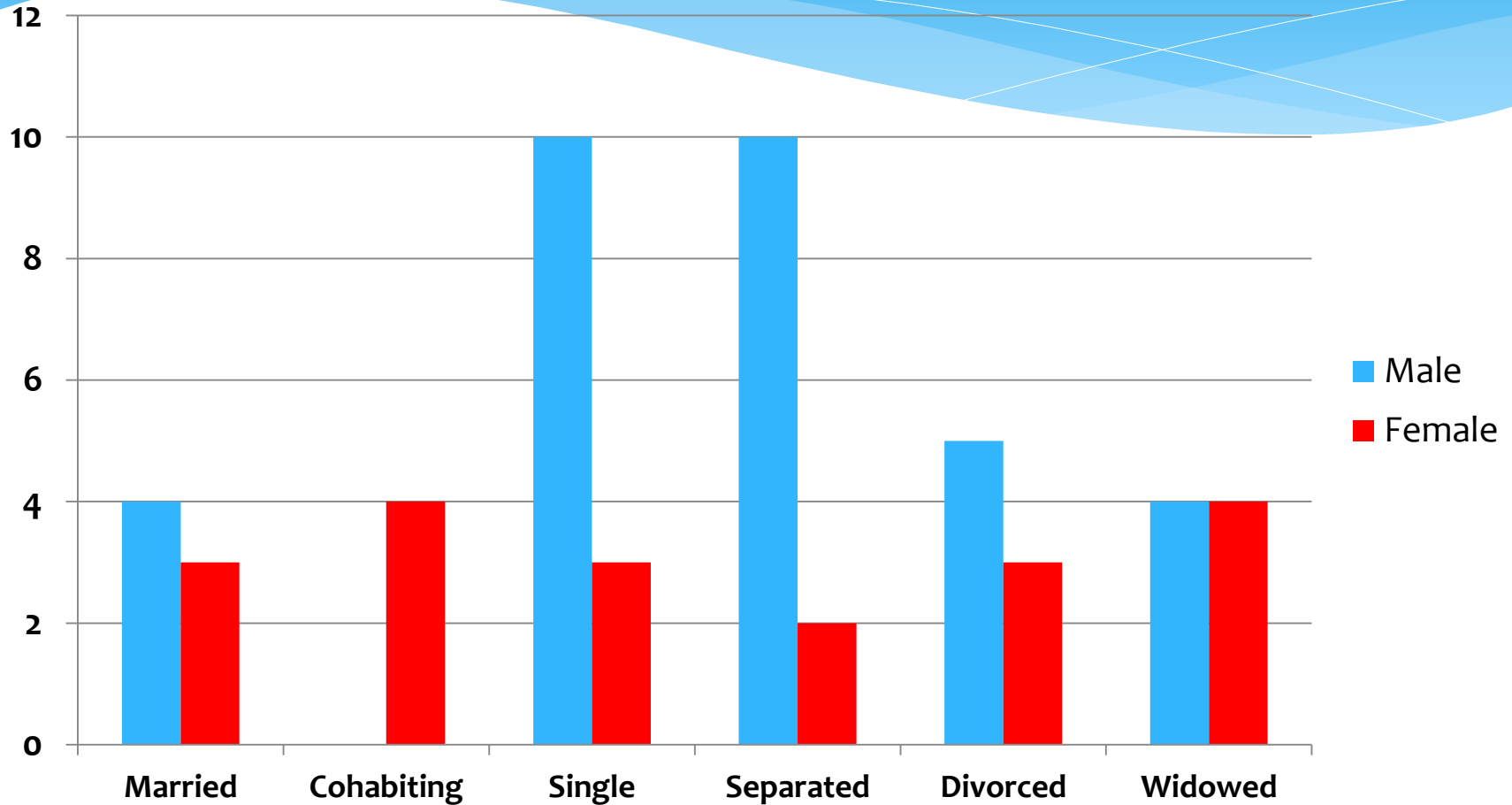
# Employment Status 15/16



# Suicide by Postcode 2015/16

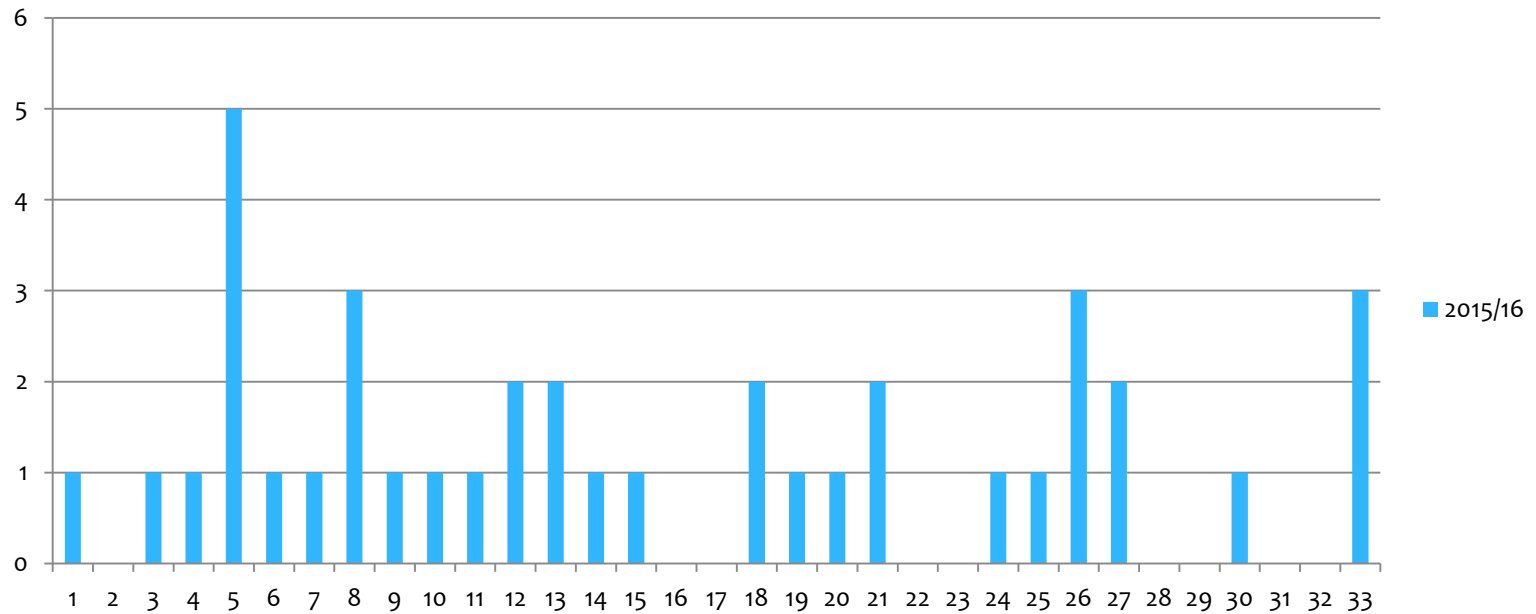


# Relationship status 2015/16



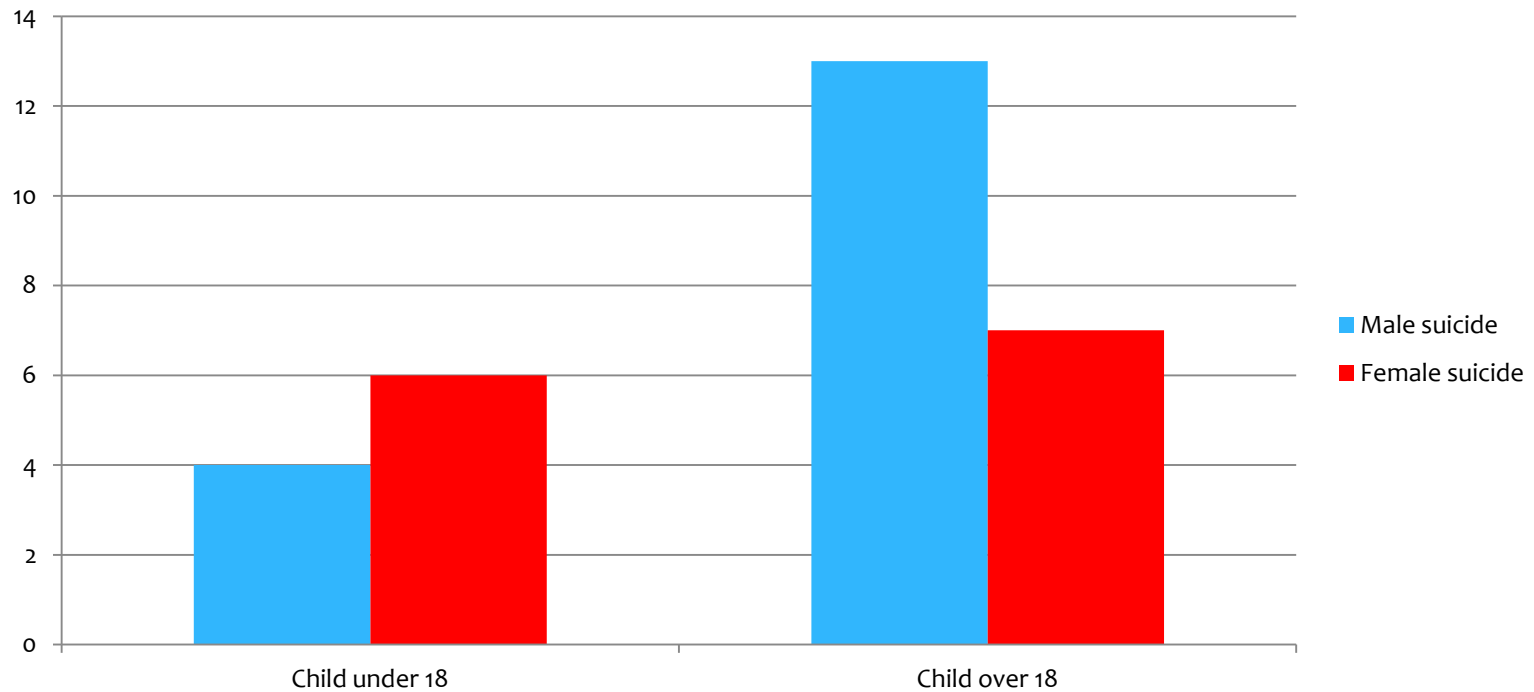
# SUICIDES BY GP PRACTICE 2015/16

## SUICIDES BY GP PRACTICE 2015/16





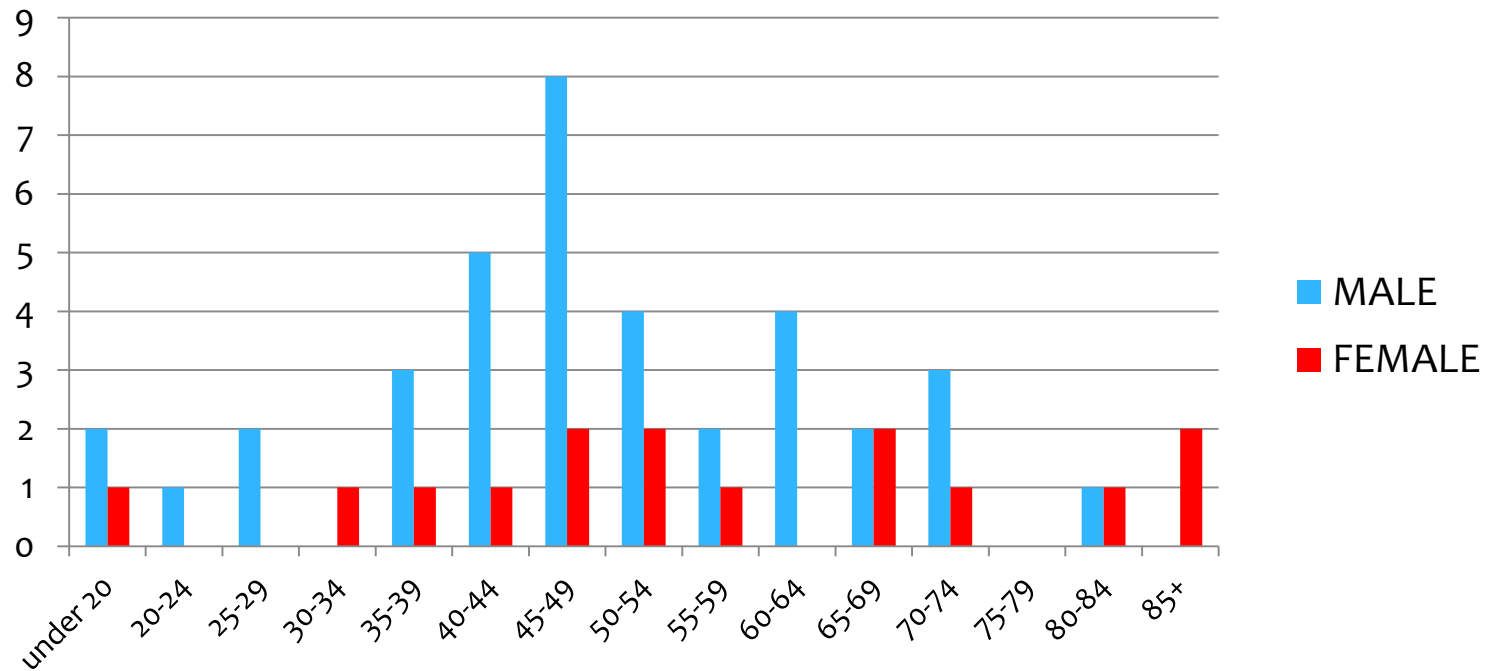
# Children left behind by Male and Female suicides 2015/16



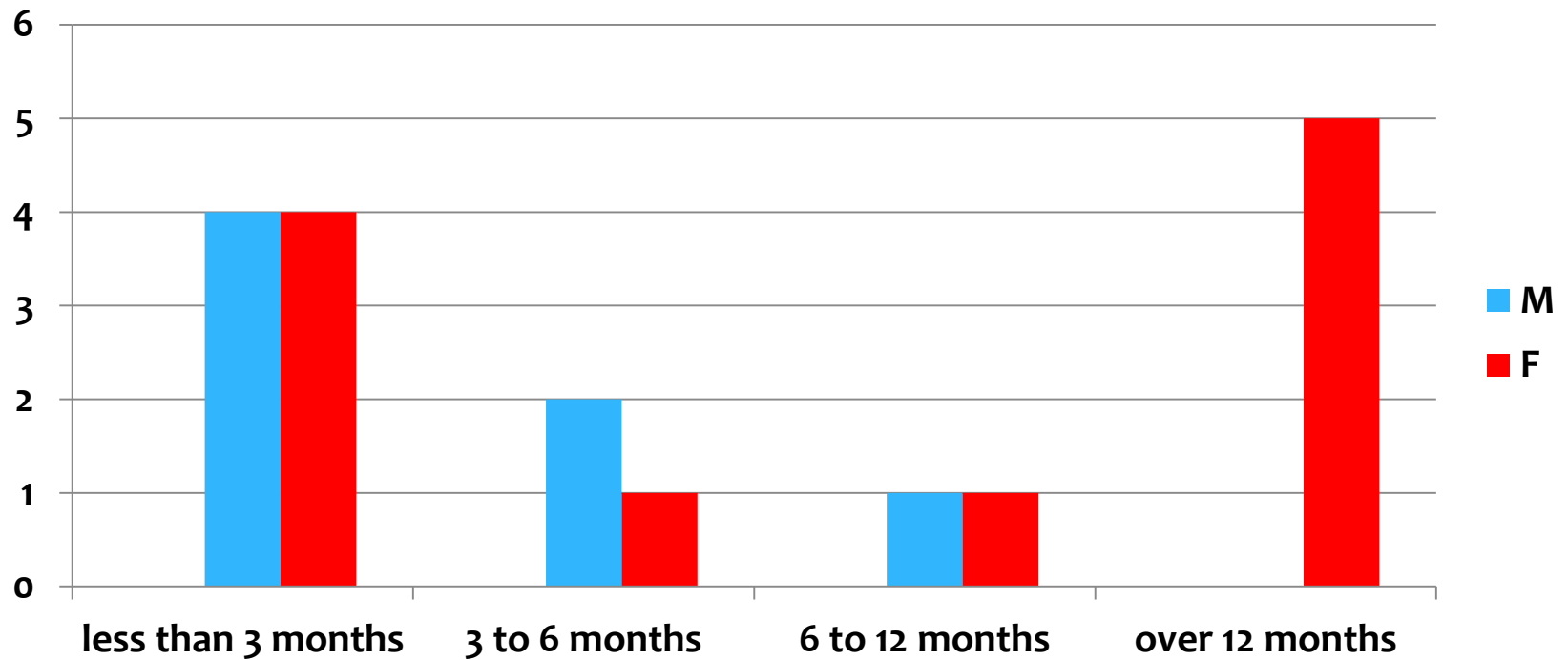
# Drugs used in Suicide 2015/16

| DRUG                                              | MALE | FEMALE |
|---------------------------------------------------|------|--------|
| Citalopram                                        |      | 1      |
| morphine/oxycodone/amitryptilline /nortryptilline | 1    |        |
| Paracetamol/codeine/co-codamol                    | 1    |        |
| co-codamol and amitryptilline                     | 1    |        |
| Oramorph                                          | 1    |        |
| Methadone/amitryptilline/tramadol                 |      | 1      |
| Legal highs plus asthma drugs                     |      | 1      |
| Methotrexate and zopiclone                        |      | 1      |
| oxycodone/amitryptilline                          |      | 1      |
| amitryptilline and nortryptophan                  | 1    |        |
| legal highs and amitryptolline                    | 1    |        |
| propranolol and alcohol                           |      | 1      |
| Amitryptilline ,codeine ,aspirin, alcohol         | 1    |        |
| Codeine linctus                                   | 1    |        |

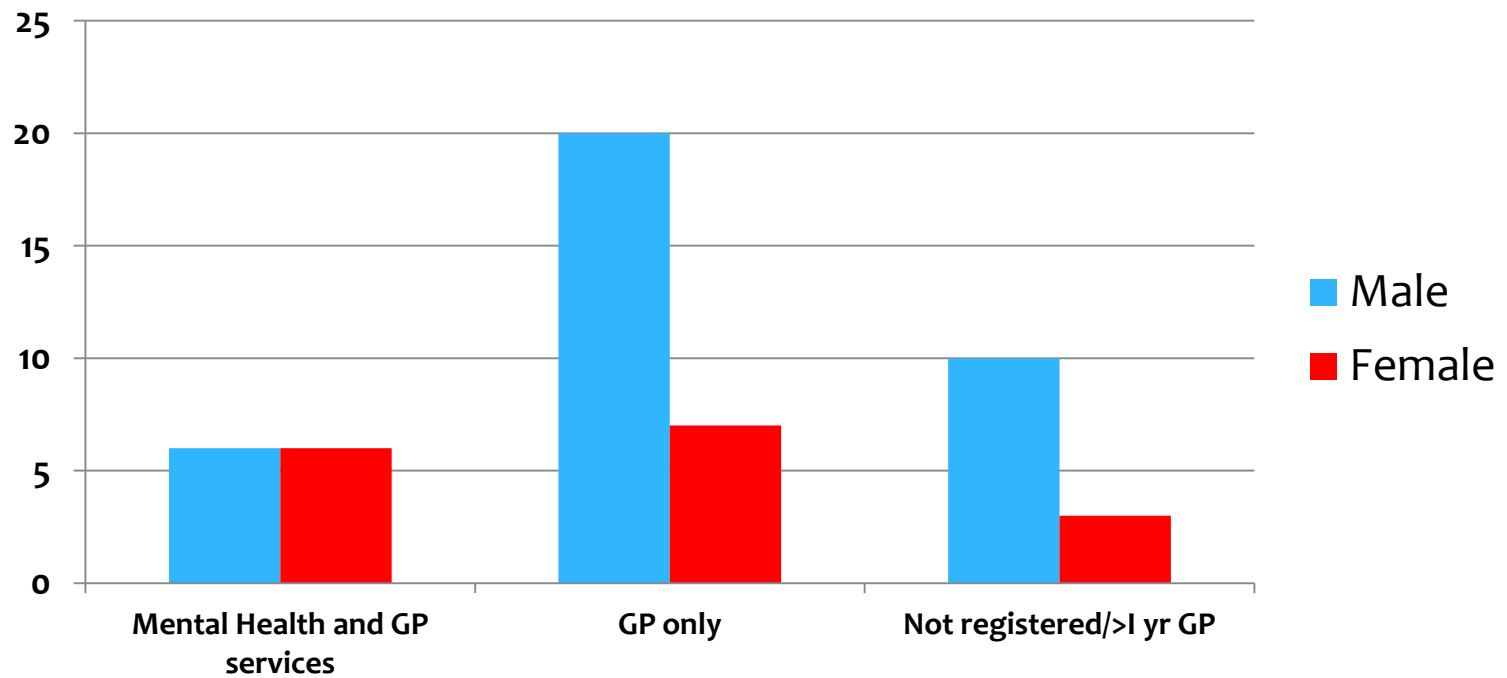
# Age Range: Suicides 2015/16



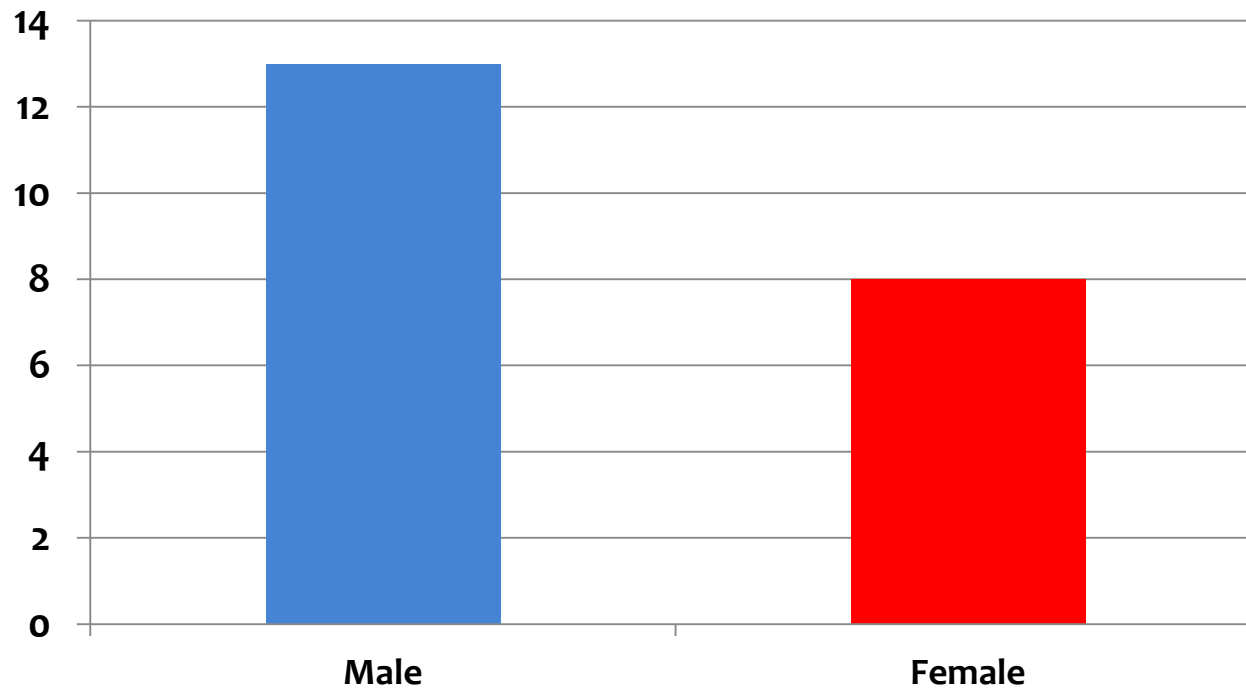
# Last Contact with GP (if known) where depression/suicide ideation reported



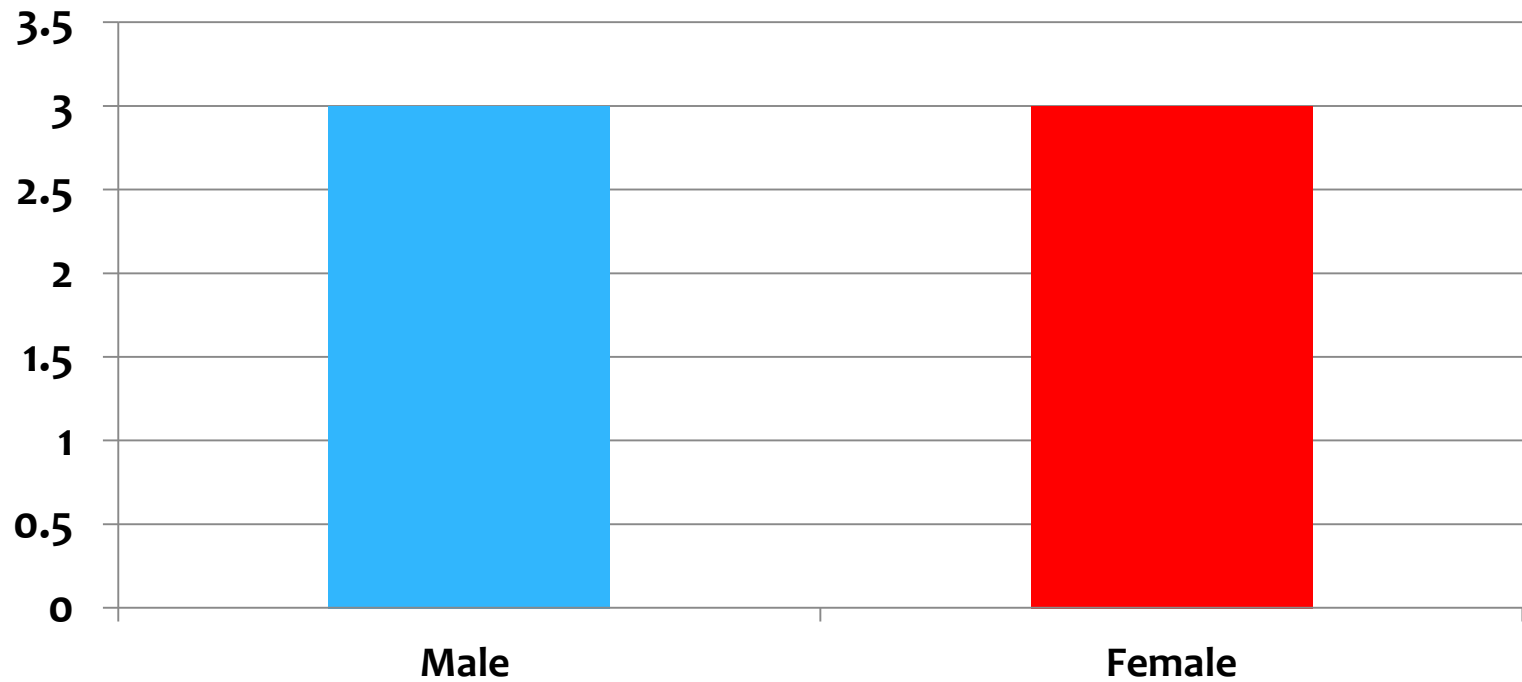
# Contact with Mental Health/GP Services



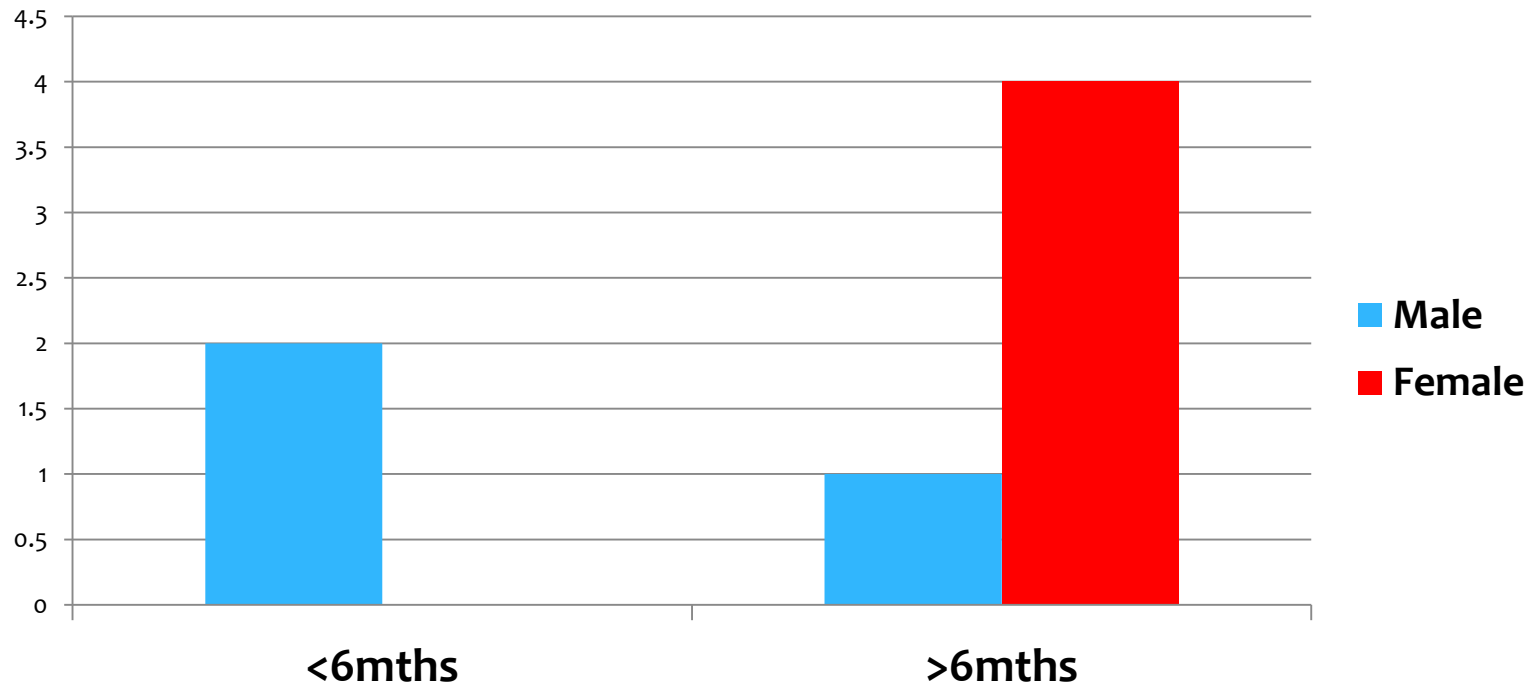
# Previous Suicide attempts/Self-Harm episodes



# Previous Police Involvement (< 1 year)

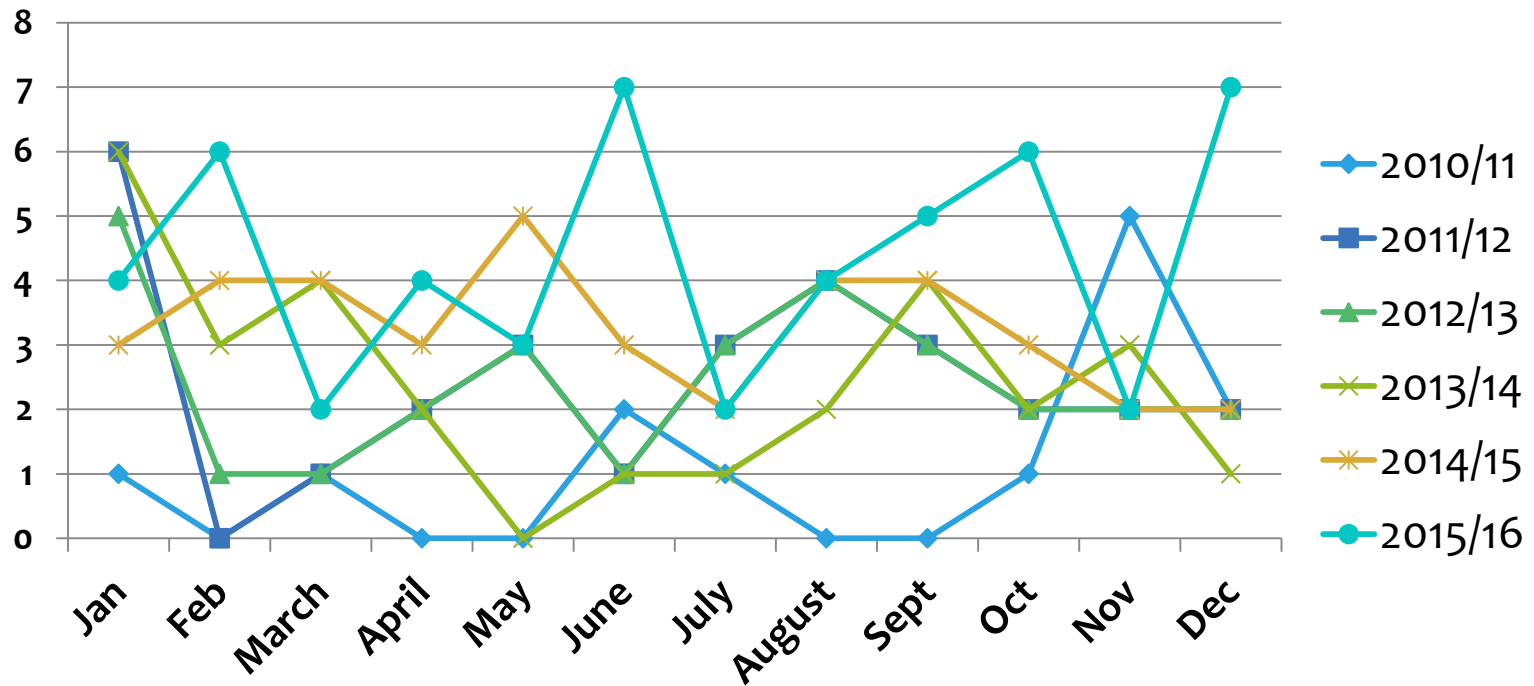


# Previous ED contacts prior to death

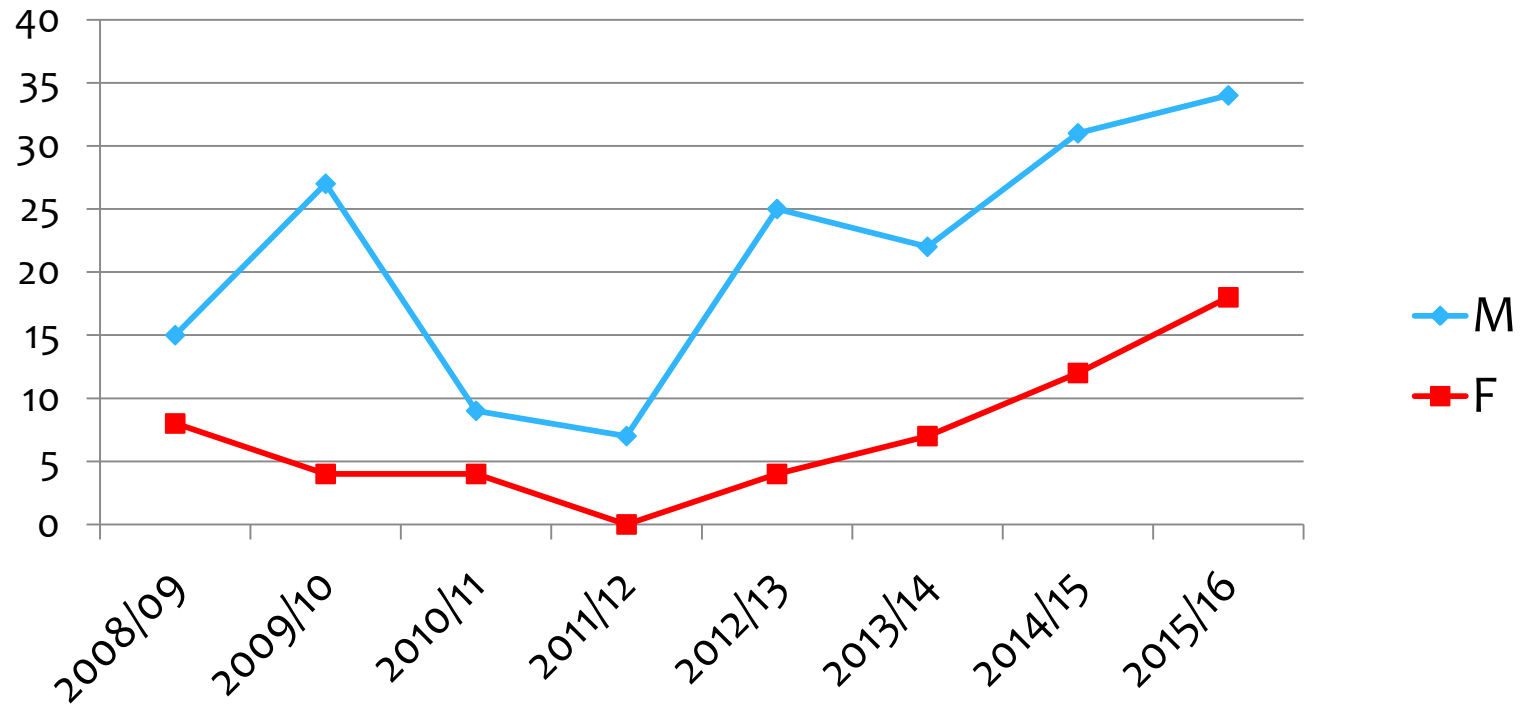




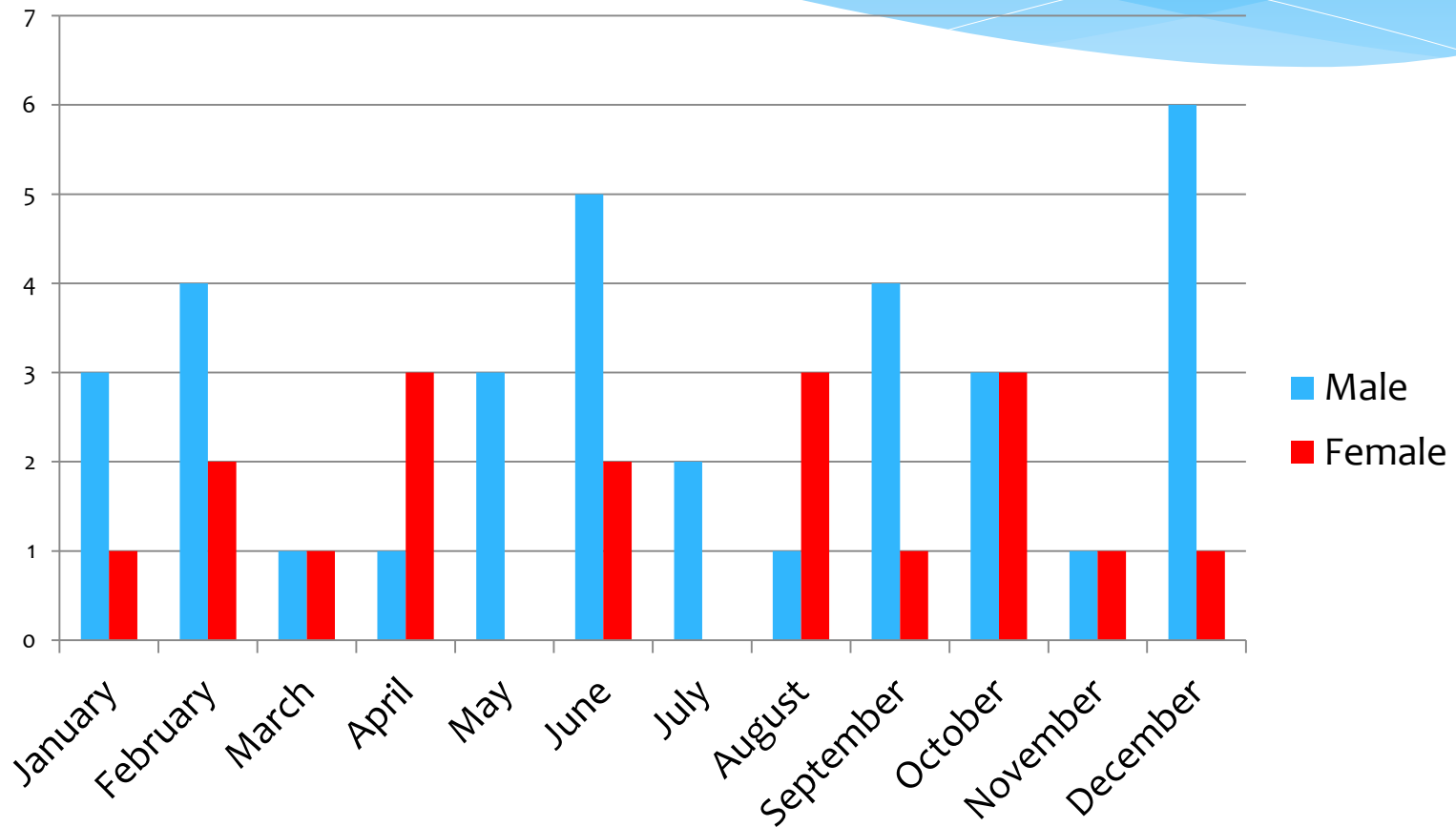
# Suicide trends 2011 to 2016



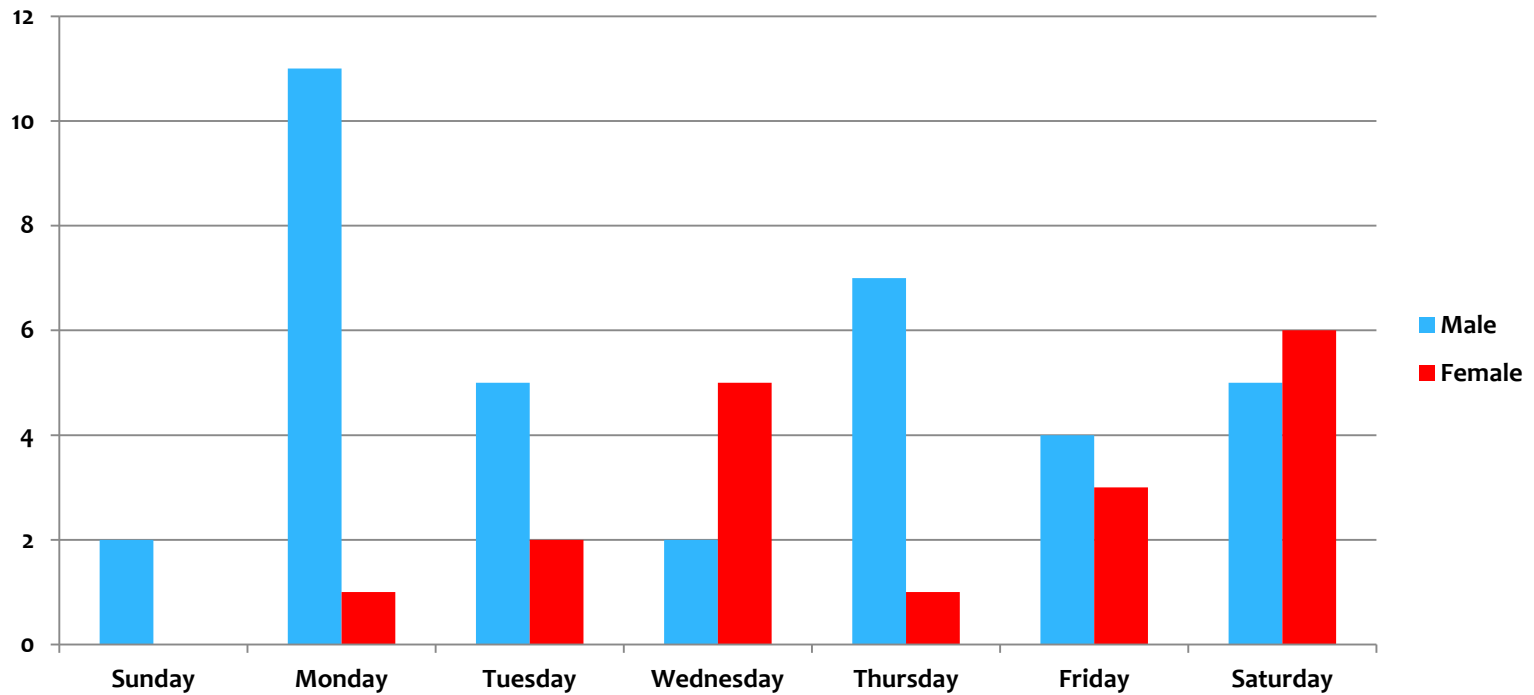
# Suicide by Gender from 2008 to 2016



# Suicide by month 2015/16

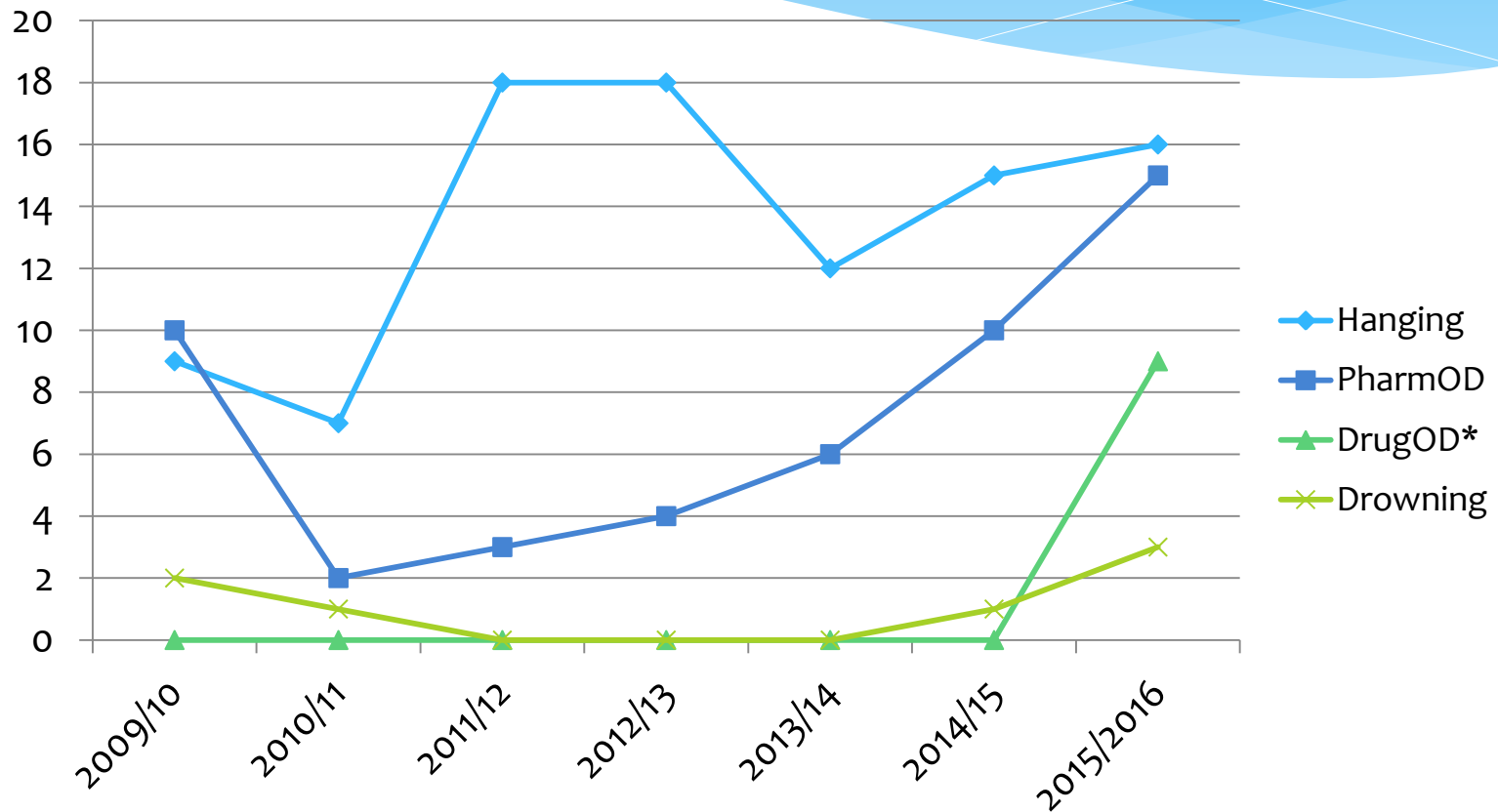


# Suicide by Day 2015/16

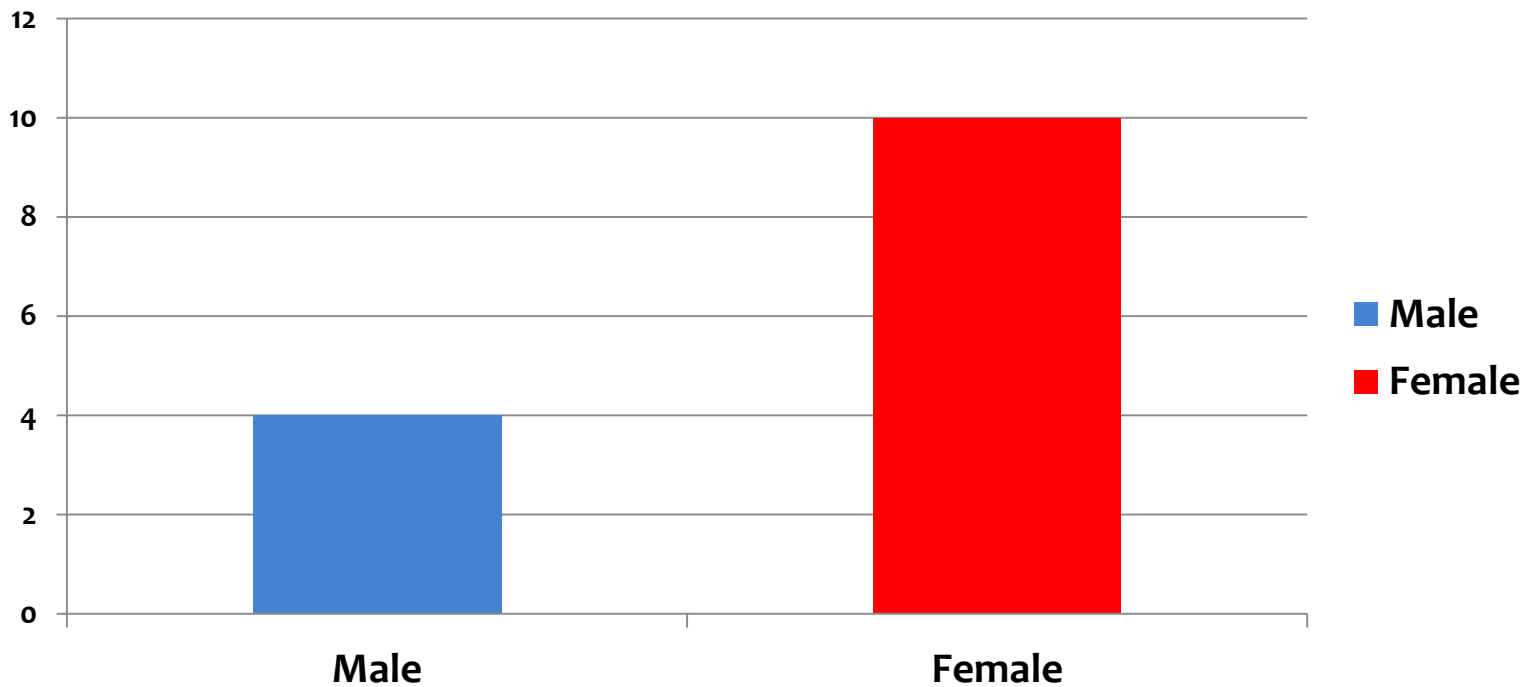


# Annual Variations in four most common suicide methods

(\* is mainly New Psychoactive Substances)



# Suicide Notes/Texts left



# Learning: Some comments from Mental Health Services

- \* 'this could have been caused due to her deteriorating physical health issues and her mother's terminal illness'
- \* '...had made repetitive statements that she wanted to die.'
- \* 'It came to light after W's death that his father had taken his life in exactly the same way a decade earlier'
- \* 'DPT staff found out that X was deceased from the local press'
- \* 'In the past he has been located on railway lines, on top of tall buildings, and had slashed his wrists'
- \* 'Z had recently come off all her medication for depression as she was putting on weight'

# Learning: Some Comments from GPs

- \* 'A did not turn up for her appt. No further arrangements were made for follow up'.
- \* 'B had recently lost his mother and went through a severe depression'
- \* 'Has several physical ailments. C knows the future will be difficult'
- \* 'He was anxious about the possibility of moving to a new care home'



# Learning: Some Comments from friends/family

- \* **‘He came to Torbay for a fresh start but didn’t know anyone’**
- \* **‘We tried a number of avenues to get him help’**
- \* **‘He became distressed about the number of people coming into the house to clear up’**
- \* **‘His partner had left him the day before’**
- \* **‘He took his life on what he said was a special day for him and his wife, who had passed’**
- \* **‘Both her mental health worker and her GP were on holiday’**
- \* **‘His mother had died 3 days previously... he had said he would ‘go mental’ if his mother died’**

# Adapted extracts from suicide notes

- \* **'I don't want to go into a home for the elderly'**
- \* **'What's the point?'**
- \* **'I will only be a burden in later life'**
- \* **'Sorry, but I can't stand it any more'**
- \* **'I cannot go on living without my....'** (name of ex-wife)
- \* **'I cannot go on with my body failing me like this'**
- \* **'I have paid all the bills and left my bank details for you for the funeral etc'**

# CONCLUSIONS FROM 2015/16 AUDIT-1

- \* The suicide numbers in Torbay are the highest since 2010/11, and the highest for South Devon since 2011/12
- \* Hanging and drug overdoses respectively are the most common methods of suicide for both men and women
- \* 52% of people were employed
- \* In Torquay , TQ1 and TQ3 respectively have the highest suicide numbers, with TQ12 being the highest for South Devon
- \* Relationship problems/loss are a major risk factor for suicide
- \* In overdoses, amitriptyline was used in 50% of cases
- \* The highest number of suicides for men was in the 45 to 49 age group, followed by 40 to 44 years

# CONCLUSIONS FROM 2015/16 AUDIT-2

- \* **More people had contact with their GP than with mental health services before their death**
- \* **Previous suicide attempts and incidents of self harm are risk factors for suicide**
- \* **The suicide peak in 2015/16 was in May and December**
- \* **Monday was the most common day of the week for death**
- \* **Whilst hanging is still the most common method, the rate of overdoses is increasing possibly due to the impact of New Psychoactive Substances (NPS)**