Welsh Government

Consultation Document

Talk to Me 2
Suicide and Self Harm Prevention Strategy and Action Plan for Wales

Date of issue: 12 December 2014
Action required: Responses by 5 March 2015
Overview

Talk to Me 2 the Suicide and Self Harm
Prevention Strategy and Action Plan for Wales
builds on Talk to Me the national action plan
to reduce suicide and self harm in Wales,
published in 2009. Talk to Me 2 sets out the
strategic aims and objectives to prevent and
reduce suicide and self harm in Wales 2014-
2019. It identifies priority people, places and
actions and sets out how to deliver action
nationally and locally.

How to respond

Please respond to this consultation by using
the form at the end of this document.

Further information and related
documents

Large print, Braille and alternative
language versions of this document are
available on request.

Talk to Me, the national action plan to reduce
suicide and self harm in Wales was published
in 2009. It can be found here: http://wales.
gov.uk/topics/health/improvement/index/
talk/?lang=en

Contact details

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Any response you send us will be seen in full
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also be seen by other Welsh Government staff
to help them plan future consultations.

The Welsh Government intends to publish a
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We may also publish responses in full.
Normally, the name and address (or part of
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the response. This helps to show that the
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We would get in touch with the person and
ask their views before we finally decided to
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Talk to Me 2

Suicide and Self Harm Prevention Strategy and Action Plan for Wales

The main issues and the case for change

1. In 2009 Welsh Government published Talk to Me a five year National Action Plan to reduce Suicide and Self Harm in Wales. The Plan was aimed mainly at people who were at highest risk and contained seven key commitments:
   - Promote mental health and wellbeing
   - Deliver early intervention.
   - Respond to personal crisis.
   - Manage the consequences of suicide and self harm
   - Promote learning, research and improve information on suicide and suicide prevention.
   - Work with the media to ensure appropriate reporting on mental health and suicide.
   - Restrict access to the means of suicide.

2. In 2012 the Minister for Health and Social Services requested that a review of progress be undertaken by Public Health Wales. The review found that although there had been good progress in some of the commitments the inclusion of a large number of supporting actions in the Plan was felt to have reduced focus on delivering actions specific to suicide and self harm prevention.

3. The review recommended action should be taken to enhance the involvement of Health Boards, local authorities and a broad range of other organisations named in Talk to Me. Subsequently a letter was issued from the Chief Executive of NHS Wales to all Health Board Chief Executives clarifying their responsibilities in this area. Following the review, the Minister for Health and Social Services asked Public Health Wales to redraft the Plan.

4. There is no single reason why someone may try to take their own life. Suicide is best understood by looking at each person’s life and circumstances. Suicide and self harm are largely preventable. Risk factors for suicide and self harm can be addressed at individual, group or population level. This requires the collective action of individuals, communities, services, organisations, government and society. Suicide prevention must be truly cross-governmental, cross-sectoral and collaborative, or 3C, with shared responsibility at all levels of the community.

The Proposals

5. In line with the review recommendation to focus on delivering actions specific to suicide and self harm prevention, the overall strategic aims of Talk to Me 2 are:

   To reduce the suicide rate in the general population in Wales; and

   To promote, coordinate and support plans and programmes for the prevention of suicidal behaviours and self harm at the national, regional and local levels.
6. Beneath these aims are six strategic objectives. These are:

*Objective 1:* Further improve awareness, knowledge and understanding of suicide and self harm amongst the public, gatekeepers and professionals in Wales
*Objective 2:* To deliver appropriate responses to personal crises, early intervention and management of suicide and self harm
*Objective 3:* Information and support for those bereaved or affected by suicide and self harm
*Objective 4:* Support the media in responsible reporting and portrayal of suicide and suicidal behaviour
*Objective 5:* Reduce access to the means of suicide
*Objective 6:* Continue to promote and support learning, information and monitoring systems and research to improve our understanding of suicide and self harm in Wales and guide action

7. The Action Plan sets out the suicide prevention activity that will be a national priority in Wales over the next five years. There are 14 priority actions set within the six strategic objectives and responsibility for delivering these fall to a range of national, regional and local statutory and Third sector partners, in line with the 3C approach of this Strategy.