



Oxfordshire Suicide and Self-Harm Prevention Strategy

Executive Summary

2020-2024

Working together to reduce suicide and self-harm in Oxfordshire

Executive Summary

In Oxfordshire, on average, just under 60 people die by suicide each year. Every Oxfordshire life matters, and our local suicide and self-harm prevention strategy aims to prevent these early deaths.

Suicide impacts broadly; not only on immediate family and close friends, but also on colleagues and wider society.

Preventing suicide is everyone's business, and no single organisation or community group can do this in isolation. Oxfordshire has a wide-ranging, well-established multi-agency group (MAG) that is dedicated to preventing suicide and self-harm. These range from public and private sectors, to national and local charity sector organisations, who have all made a commitment to both the development and delivery of this strategy.

THE STRATEGY

Oxfordshire's approach is based on national strategy recommendations, combined with the local knowledge and insight that our work since 2014 has given us. The four-year strategy, running from 2020-2024, has four focus areas.

The focus areas are underpinned by four action areas, with the detail of this being delivered by all members of the MAG. Progress will be monitored and reported to the Oxfordshire Health Improvement Board, who deliver on the joint Health and Wellbeing Strategy for Oxfordshire.

1. Suicide & self-harm safer communities

Building resilience within communities, schools, local business and employers and grass roots projects to make suicide prevention everyone's business.

2. Suicide & self-harm safer professionals & work settings

Ensure that professionals are upskilled so if they are worried about someone – a client, friend, co-worker or a loved one - they feel confident to ask about their mental wellbeing. This will include digital literacy to raise awareness of the risks of social media on suicidality.

3. Accessible support for those effected by suicide & self-harm

Our well-established approach to real time surveillance is key in providing our bereaved family and friends with almost immediate supportive signposting and support.

4. Strong, integrated suicide & self-harm network

We plan to reinforce new and emerging relationships over the lifetime of the strategy, e.g. with self-harm networks and substance misuse organisations. We will learn from those bereaved by suicide and those with lived experience by integration to our MAG.

The full version of the strategy is available to read [here](#)

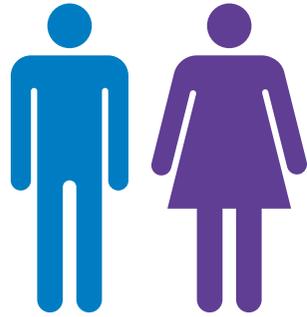
2016-2018

IN OXFORDSHIRE

8.6
PEOPLE PER
100,000
DIED BY SUICIDE

IN ENGLAND

9.6
PEOPLE PER
100,000
DIED BY SUICIDE



2016-2018



ADMISSIONS TO A&E
FOR SELF-HARM
IS HIGHEST IN
15-19 YEAR OLDS
IN OXFORDSHIRE

THIS IS ABOVE THE AVERAGE IN ENGLAND

2018 OXFORDSHIRE DEATHS

65% WERE BETWEEN THE AGES 20 AND 49
AGES 30-39 AND 40-49
HAD THE HIGHEST NUMBER OF DEATHS

MOST COMMONLY IDENTIFIED CONTRIBUTING FACTORS

2018

- 1 Relationship issues
- 2 Bereavement
- 3 Financial problems
- 4 Alcohol
- 5 Chronic physical health conditions

MEN : WOMEN
IN 2018 THE RATIO
OF DEATHS WAS

