

# Suicide Prevention Scotland.



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# Higher Risk Settings & Circumstances

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# Agenda

Welcome & Housekeeping

Overview of Higher Risk Settings Work

Practice Example

Break

Breakout/Table Discussions

Breakout Feedback & Closing Remarks

Close

# Welcome & Housekeeping

# Background

- Creating Hope Together – Scotland's Suicide Prevention Strategy

## **Action area 6: Data, evidence and planning**

- Action 6.1: In settings and services where people are at higher risk of suicide, ensure there is a suicide prevention action plan in place which takes account of risk and protective factors, and connects to statutory partners (where appropriate) and local suicide prevention plans – to ensure smooth transition release or discharge. This should draw on existing plans, resources and best practice approaches taken within settings to suicide prevention.



# Where we are now

- Creating Hope Together Action Plan 2026-2029

## Outcome 1

1.2 Give particular consideration to the needs of people who may be at higher risk of suicide. This could be because they are living and/or working in higher risk circumstances or settings, or because they belong to a population group that places them at higher risk. We will also sharpen our focus on occupations which have higher rates of suicide. Our work will include a specific focus on people experiencing Severe and Multiple Disadvantage (SMD[8]). This will include working with a range of partners at national and local level involved in joint work on Public Protection.



# Why Invest in Suicide Prevention?

- Suicide has a devastating impact on families and communities
- Significant financial/emotional costs relating to suicides yearly.
  - Suicide costs the UK £9.58bn annually;
  - £1.46m per death (2022)
- Additional costs incurred by health services, emergency responders, workplaces and wider society
- **Why focus on higher-risk settings and circumstances**
  - Suicide is not evenly distributed. Risk is higher in specific groups, settings and circumstances, shaped by inequality, trauma and life experience.
  - Targeting where risk is highest enables earlier intervention, safer environments and greater impact than universal approaches alone.



# Identifying higher-risk settings and circumstances

- National Records of Scotland (NRS)
- Scottish Suicide Information Database (ScotSID)
- UK/International data
- Wider academic literature
- Suicide reviews
- Lived & living experience evidence
- Practitioner experience



# What have we done so far?

- Engaged with partners in Prisons, Housing and Secure Care
- Gathered feedback on development of High Risk Settings Guidance
- Academic Advisory Group Paper: Suicide Prevention in High-Risk Settings: A Scoping Review
- Ran 2 workshops with Scottish Prisons Service
- Gathered practice examples of suicide prevention activities



# What did we learn?

- Implementation gap
- Competing priorities
- Organisational challenges & buy in
- Capacity
- Existing practice contributing to Suicide Prevention
- Insights from workforce
- More flexibility in approach
- Move from developing action plans to supporting activity



# How we will work / What we will do

- Whole of government/public health approach to suicide prevention
- Utilise data sources to better identify those at higher risk of suicide
- Increase capacity of stakeholders to develop evidence-based actions
- Work collaboratively in partnership with stakeholders across sectors
- Make best use of evaluation, to increase understanding of suicide risk and interventions



# Resources/Support

- [Suicide Prevention Scotland's website](#) - provides access to a selection of high-quality resources, tools and contacts for anyone affected by suicide.
- [Public Health Scotland](#) - provides a suite of Mental health and [suicide prevention learning resources](#) including: [Supporting a mentally healthy workplace: a guide for managers](#); [Scottish Suicide Information Database \(ScotSID\)](#)
- CRUSE Scotland [Suicide Bereavement Support for Workplaces : Cruse Scotland](#)
- Samaritans Scotland – [How we can help | How Samaritans can help you | Samaritans](#)
- [You First - Suicide Prevention Scotland](#) - Podcast focusing on workforce wellbeing.
- [Suicidal Behaviour Research Laboratory](#) – conduct interdisciplinary research including experimental research, clinical and non-clinical studies as well as psychosocial interventions as we strive to understand and prevent suicide.
- [Peer Recovery Hub](#) – Scottish Recovery Network. The hub is full of tools, events and opportunities to inspire you to develop and champion peer support for mental health recovery.

# Questions?

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# Break

15 minutes

# Breakout Discussions



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# Breakout Feedback & Closing Remarks

Contact us: [PHS.SuicidePreventionTeam@phs.scot](mailto:PHS.SuicidePreventionTeam@phs.scot)