

Yn falch i fod
yn rhan o
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GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Update on Progress – Understanding Suicide in Monmouthshire

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University Health Board

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Suicide Prevention in Gwent

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Gwent Public Health Team, Aneurin Bevan University Health Board

Self-Care and Safety

- Acknowledge that any discussions around suicide can be distressing.
- We may talk about issues today, that might make you feel uncomfortable, so please look after yourselves and step out/away if you need to. If you need support, please speak to someone you trust and/or contact a help line.
- Whilst talking and asking about suicide does not increase the risk of suicide, providing detailed information including method can increase risk. As such, we will not be discussing individuals.



Mental Health Helpline For Wales

Community Advice & Listening Line

Offering a confidential listening and support service

Freephone: 0800 132 737

Text help to: 81066

GIG 111 **Cymru**
PWYSO 2

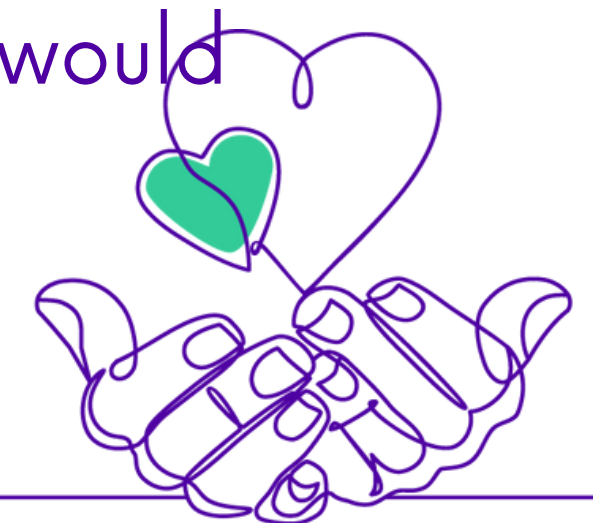
NHS 111 **Wales**
PRESS 2

Media Reporting and Social Media

- Guidelines are available to support responsible and sensitive coverage
 - [Independent Press Standards Organisation \(IPSO\) Guidance on Reporting Suicide](#)
 - [Samaritans Media Guidelines](#)
 - World Health Organisation (WHO) [Preventing suicide: a resource for media professionals](#)
 - Samaritans Social Media Guidelines – available soon

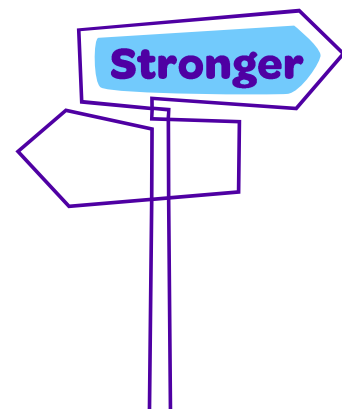
Pre-Election Period

- Today's presentation will respect pre-election period guidelines and we would ask that any questions raised do the same



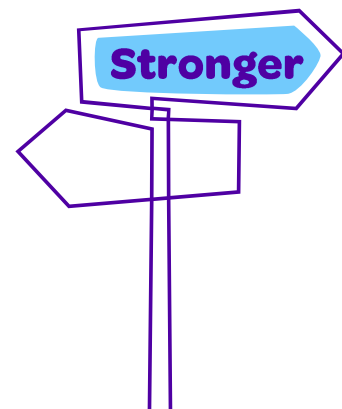
Introduction

- Re-orientation to our last conversation
- Data
 - Real Time Suspected Suicide Surveillance (RTSSS)
 - Office for National Statistics (ONS)
- Our vision
- Progress to date and feedback from Mental Health and Learning Disabilities Division
- Priority areas for action



Our last visit – July 2025

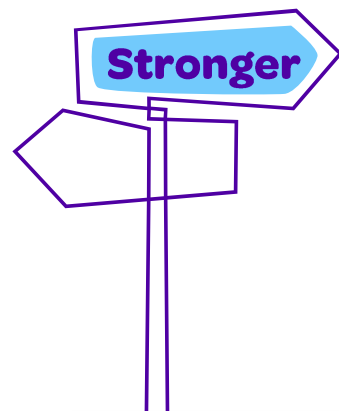
- A close examination of sudden and unexpected deaths for mental health patients in ABUHB
- The review covered 2021 – June 2024 and covered all causes of deaths
- All deaths are recorded, investigated and scrutinised for learning
- All affected people are supported
- A reminder that intended suicide remains a rare but impactful event and that, very sadly, the majority of people that intentionally take their own life, are not known to or under the direct care of mental health services





Introduction

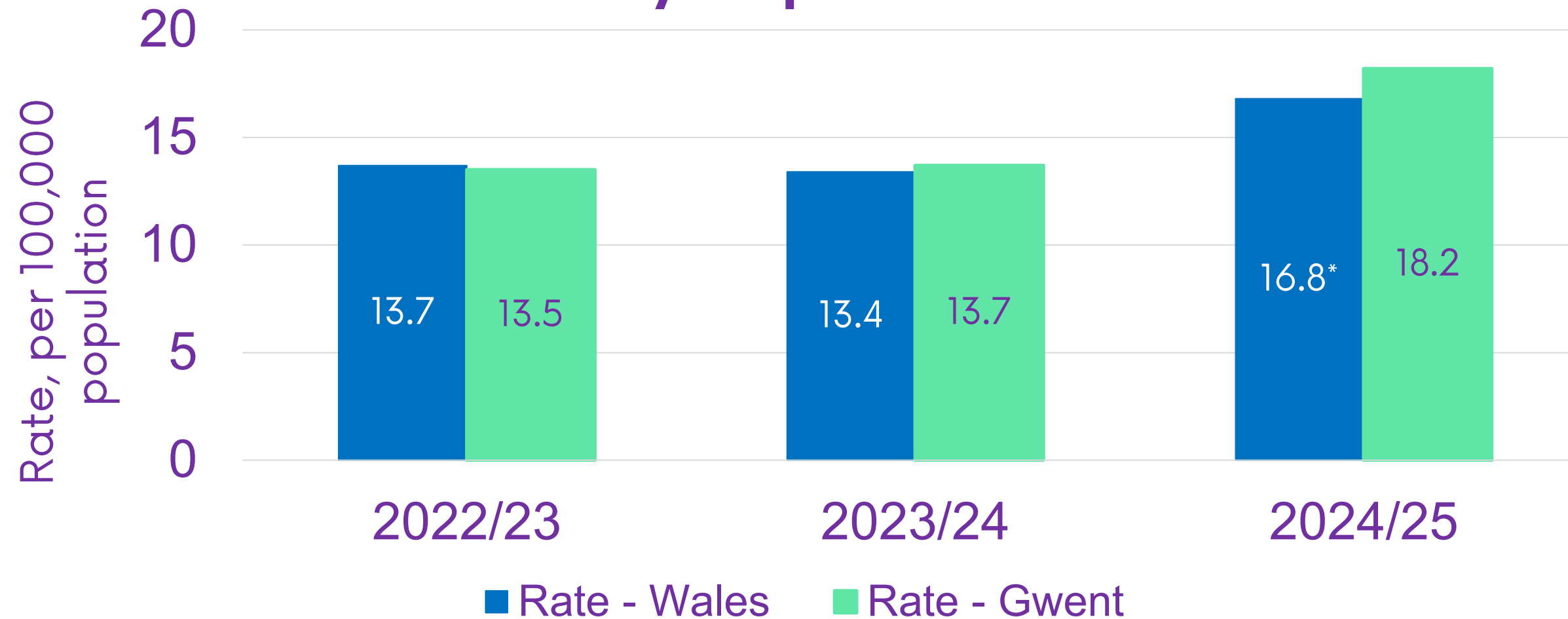
- Data
 - Real Time Suspected Suicide Surveillance (RTSSS)
 - Office for National Statistics (ONS)





Key Findings from the RTSSS

Deaths by Suspected Suicide



*The rate in 2024/25 for Wales was statistically significantly higher than in 2023/24 and 2022/23. This could be because of a real increase in the rate of suspected suicides in Wales or it could be because of increased reporting into RTSSS during 2024/25.

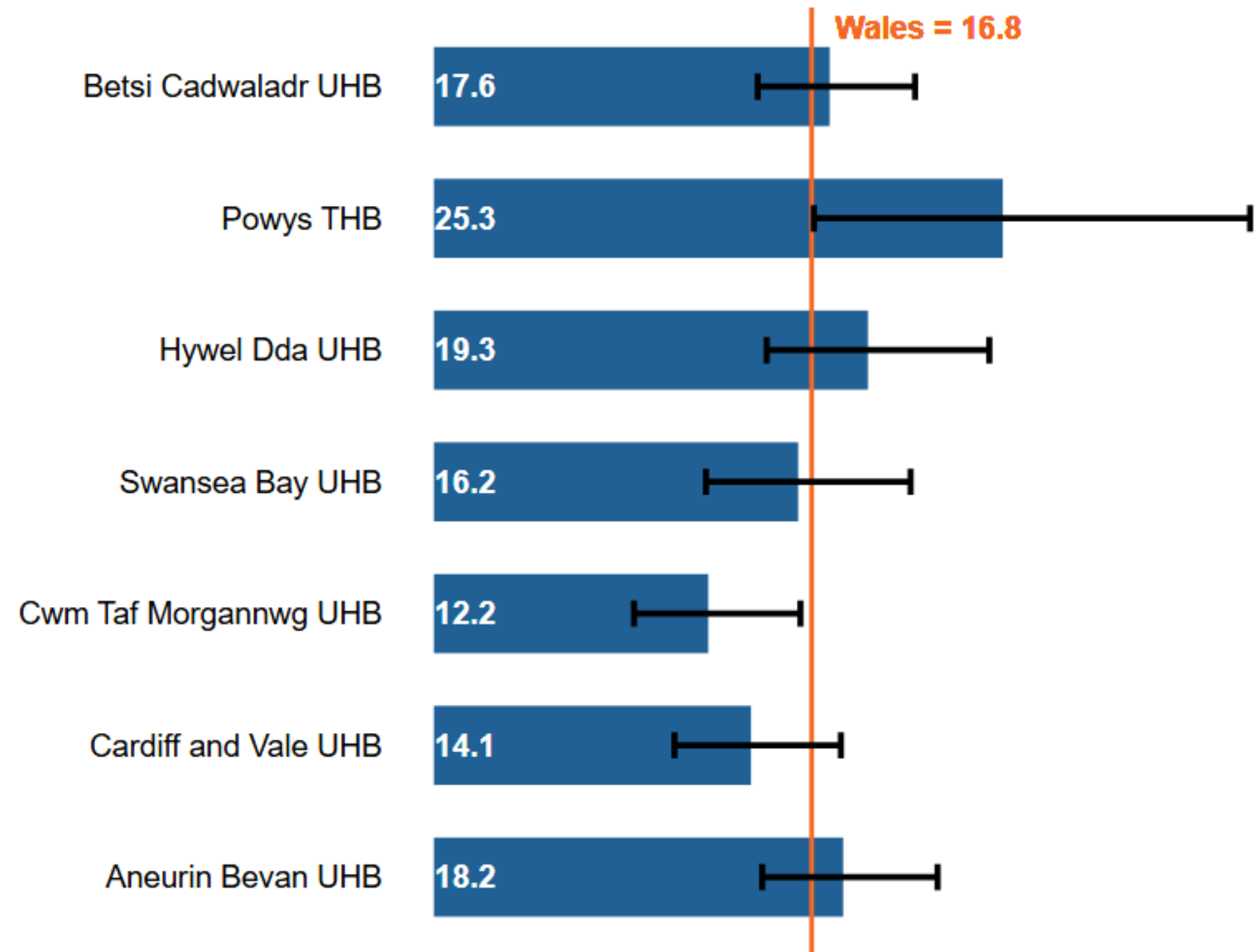
The rate for Gwent in 2024/25 is not statistically significantly higher than the Wales average rate, or compared to the rate in Gwent in 2023/24 or 2022/23.



Key Findings from the RTSSS

Deaths by suspected suicide, by health board area of residence

Crude rate per 100,000, Welsh residents, 2024/25



The rate in 2024/25 was statistically significantly higher in Powys Teaching Health Board compared with the all-Wales rate, and statistically significantly lower in Cwm Taf Morgannwg University Health Board.

The rate for Aneurin Bevan UHB is not statistically significantly different than the Wales average.

Key Findings from the RTSSS

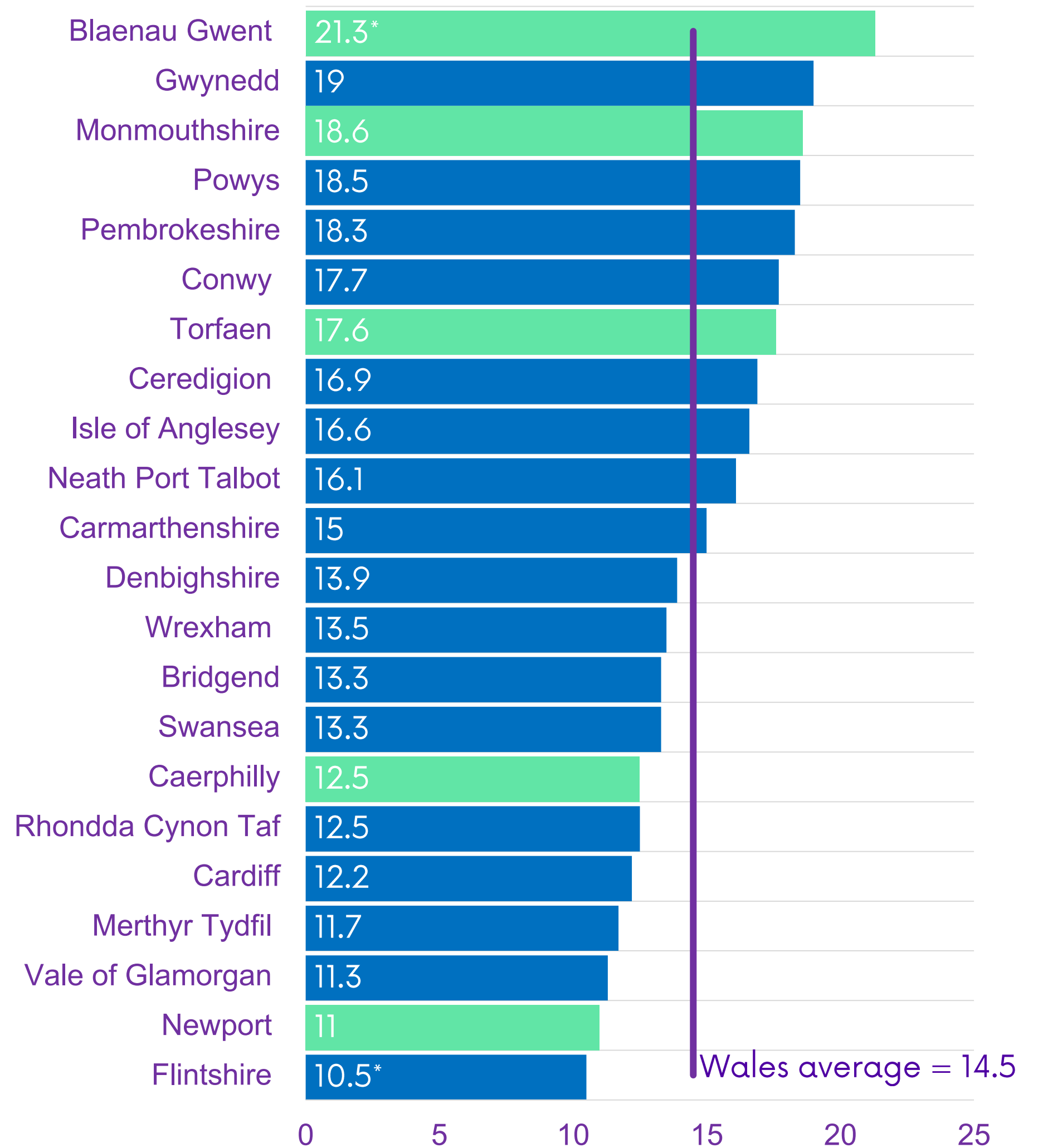
Deaths by suspected suicide by local authority of residence

Crude rate per 100,000, Welsh residents, 3-year period, 2022/23 to 2024/25

Please note that this graph includes data from 2022/23; 2023/24; and 2024/25 combined.

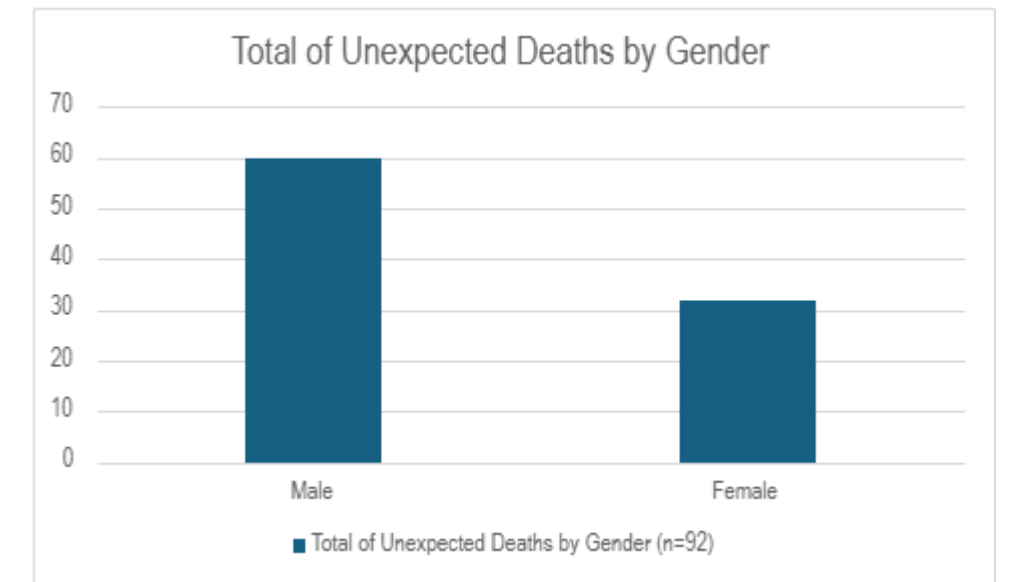
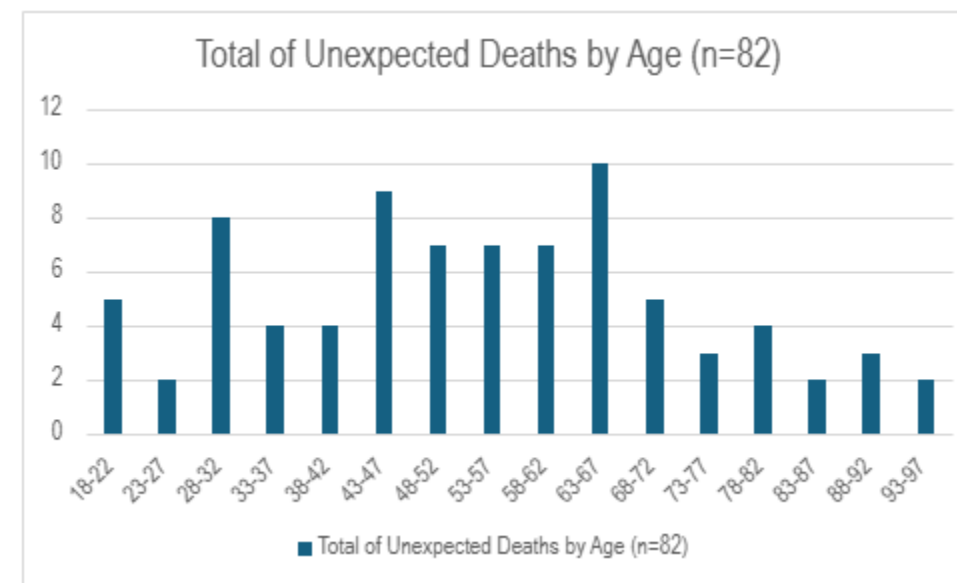
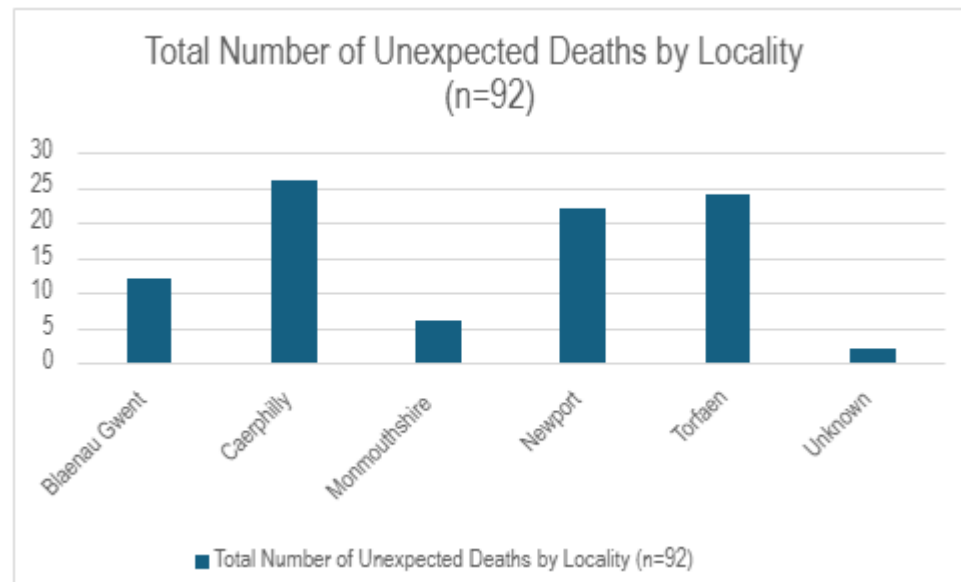
The rate for Monmouthshire is not statistically significantly higher than the Wales average.

*Denotes a statistically significant rate compared to the Wales average.



Updated data from Mental Health and Learning Disabilities Services

- In the period July 2024 and June 2025, there were 92 SUDs of patients known to MH services in the 12 months prior to their death; 25 of these were death by suicide/suspected suicide



Most recent data (MH and LD specific)

- We are currently conducting a deep dive on data from April – October 2025
- Looking at this data for Monmouthshire, there were 11 reported deaths – the majority of these are associated with dementia and frailty
- Service developments
 - Open access to 111 option 2, 24/7 (service that people of all ages can call for urgent mental health support, brief intervention, signposting, and onward referral to appropriate local services)
 - A pilot began on 12th April to integrate crisis assessment and urgent referral pathways, ensuring timely access to assessments and support for service users and referring professionals. This service is co-located with 111 press 2, moving toward a single point of access model.

Risk Factors for Suicide

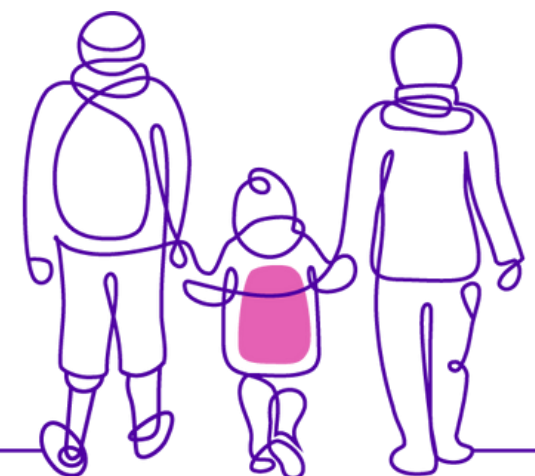
- Suicidal thoughts are common: 25% lifetime prevalence
- Self-harm and previous suicide attempt
- Physical and mental health
- Socioeconomic inequalities: including deprivation, debt, unemployment, and economic inactivity
- Relationship/family issues
- Domestic abuse – perpetrator, victim,

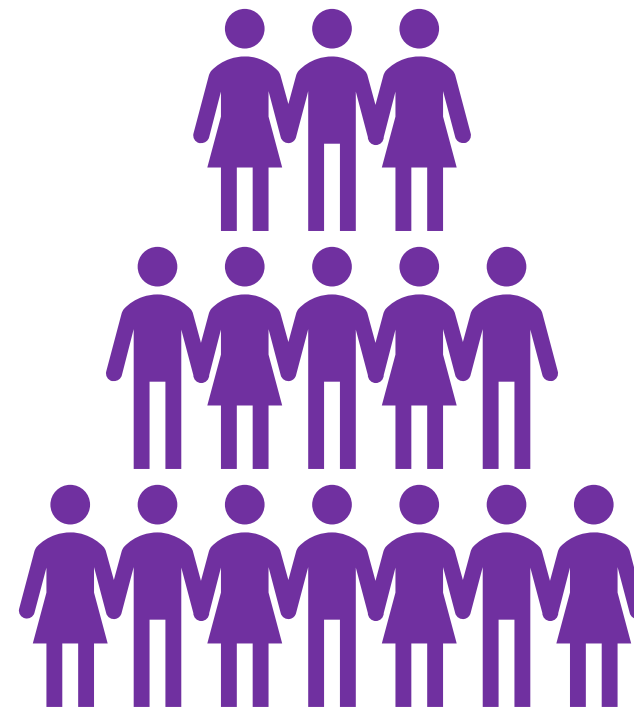
witness



Impacts of Suicide

- Each death by suicide affects around 135 people
- May lead to relationship break up, unemployment, financial problems, worsening physical health, and mental health problems





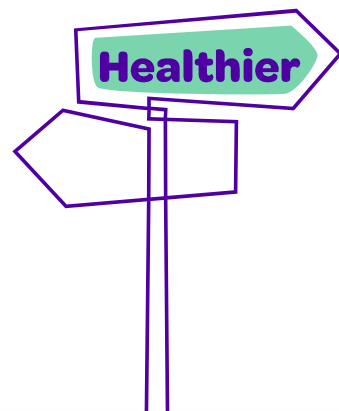
**Suicide prevention is
everyone's business**



Our vision

Our vision is for every person affected by suicide or self-harm to feel safe, understood, and supported within compassionate, informed communities.

Anyone experiencing thoughts of suicide or self-harm will feel empowered to seek timely, accessible, person-centred care that meets their needs when and where they need it. Organisations serving those living in Gwent will work together to strengthen the focus on prevention.





Progress to Date

- Leading annual partner consultations to develop a **regional framework and delivery plan**
- Coordinating **routine reviews of Gwent Police suspected suicide data** to identify trends/themes which require a preventative intervention
- Initiating **Task and Finish Groups** addressing high-risk populations and locations of concern, from data, resulting in targeted interventions (e.g., awareness campaigns, community engagement initiatives)
- Securing ongoing funding for a **local suicide bereavement support service** and for training and commissioning third-sector trainers to deliver **Suicide First Aid courses**
- Developing and maintaining the **Melo website**, with content on suicidal thoughts, providing accessible mental health and wellbeing resources for public and professionals
- Developing a **Padlet for professionals** which contains up to date information, reports, training and events



Home

Find self-help

A-Z Topics

Resources

Courses

Helplines & Services

In your area

Blog

Testimonials

Search

Find Urgent Help

Welcome to Melo

Free self-help for your mental health and wellbeing

Melo contains information, advice and self-help resources to help you look after your mental health and wellbeing.

To get started simply enter a search term to find specific resources.

Q What are you looking for today?

Search Q

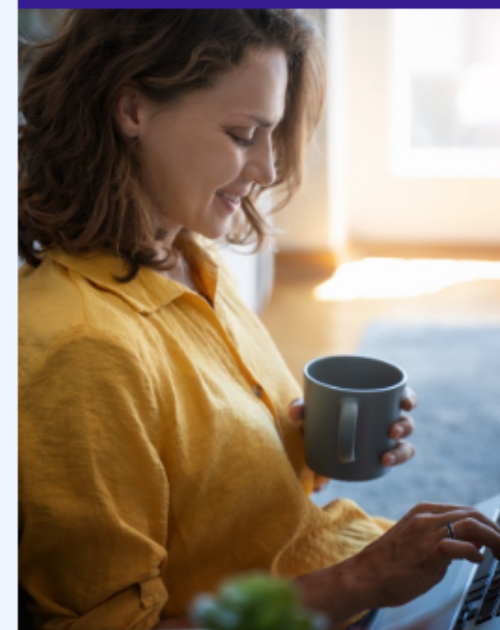
[View our A-Z topic list →](#)

[Take a quick tour ↓](#)

All materials are reviewed and approved by Aneurin Bevan University Health Board



Bwrdd Iechyd Prifysgol Aneurin Bevan University Health Board



[Melo - Mental Health & Wellbeing Resources, Courses & Support](#)



sshpcymru + 3 + 5h

Gwent SSH Information Board

Everything you need to succeed

News



sshpcymru 19 days ago

Add comment

sshpcymru 5 months ago

royalfoundation.com

Events



sshpcymru a day ago

The Farm Walk for Hope

A walk for those bereaved or impacted by suicide

Join us at the home of Wales's largest Christmas Tree Grower for a farm walk and the opportunity to connect with others who have been affected by suicide

Sunday, 19th April 2026 at 11:30am
Poundfield Farm, Three Crosses, Swansea, SA4 3PB
Contact Kate on kate@thefoundation.org.uk or 07984 149637 to reserve a space

Add comment

sshpcymru 2 days ago

Free ASIST Training - Western Super Mare - Open to anyone supporting Veterans / those part of the forces community

PAPYRUS have been granted funds from The Armed Forces Covenant Fund to deliver an ASIST course on 28-29th April in Weston Super Mare.

Open to anyone supporting Veterans / those part of the forces community (personally, professionally or in a voluntary

Self Harm



sshpcymru 20 days ago

gov.wales

The Quality Statement for Self-Harm | GOV.WALES

Add comment

Mental Health & Wellbeing Resources



joanogonovsky 5 months ago

Melo-Cymru-Poster-A4

Digital Melo poster for public display

Add comment

joanogonovsky 5 months ago

PDF

Suicide Prevention DIGITAL 9_16 aspect VERTICAL

4 variations of digital suicide

Helplines and Services



jackiewilliams6_2 6 months ago

NHS 111 Press 2

abuhb.nhs.wales

Mental Health Crisis

NHS 111 press 2 is available for urgent mental health support 24/7, free to call, even if the caller has no credit.

Add comment

jackiewilliams6_2 6 months ago

Childline

childline.org.uk

Get Support | Childline

Childline is available 24/7 and offers free confidential support for

Suicide Bereavement Support Services



jackiewilliams6_2 6 months ago

2wish Bereavement Charity

2wish.org.uk

Home - 2 Wish

For anyone affected by a sudden death of a child or young person aged 25 and under.

Add comment

sshpcymru 8 months ago

Gwent Suicide Bereavement Support Service

JACOB ABRAHAM FOUNDATION

Lived Experience



sshpcymru 9 months ago

samaritans.org

Lived experience opportunity

Add comment



Priority Areas for Action

Objective 1: Listening and Learning

- Establish Intelligence Sub-Group
- Continue Data Review Group
- Establish a Lived Experience Sub-Group

Objective 2: Preventing

- Establish a Communications, Engagement and Training Sub-Group
- Work with partners to reduce risk factors: e.g., housing, VAWDASV, drugs and alcohol, debt

Objective 3: Empowering

- Gwent Padlet
- Workforce Task & Finish Group

Priority Areas for Action

Objective 4: Supporting

- Establish a Self-Harm Sub-Group
- Promote training and learning opportunities for public and professionals
- Pilot a suicide prevention service

Objective 5: Equipping

- Promote Melo Charter
- Focus on support for children, young people, parents and schools

Objective 6: Responding

- Support specialist suicide bereavement services
- Develop local protocols in response to new national protocols
- Focus on staff mental health and wellbeing

A final word on self-care

- A reminder that intentionally taking one's own life is a rare but impactful event and it would not be unusual for you to be affected by what you have heard today
- Please do use the resources available to all of us in our communities to help your understanding and support your own well-being

24/7 help in an emotional crisis: 111 press 2

[Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)

[Suicide Prevention Charity | Campaign Against Living Miserably \(CALM\)](#)

[Staying Safe](#)

[Melo - Mental Health & Wellbeing Resources, Courses & Support](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)



melo,

Become a Melo Champion

Join us in creating a culture where mental health and wellbeing and suicide is openly discussed and supported.



Thank You