

Collaborate with non-mental health agencies

Introduction:

Improve awareness of support services available and start conversations about suicide prevention within non-mental health services.

Objectives:

1. Raise community awareness about suicide prevention specifically targeting males.
2. To better understand the needs of males in suicide crisis.
3. To overcome challenges faced by males when engaging in support.

Collaborative Initiatives:

1. We attended two welcome days at Nottingham College, at their Basford and City campuses. Approximately 200 older boys were in attendance, and we spoke with many students about their experiences of mental health, and the support available to them. In addition to engaging with students, we networked and provided information and advice to both campus staff and other attending professionals. Including personal trainers, financial advisors, and abuse support services.
2. Prior to the Football world cup 2022, we dropped in local pubs, fast-food establishments, and betting offices, to distribute promotional materials and have informal conversations about our services and support offers, we spoke to approximately 30 establishments all of which fed back that a large number of males utilising these services, especially on a match day and they were grateful for the psychoeducation provided and were keen to support in any way.
3. We attended NottAlone and Mental Health Support Team (MHST) collaborated mental health event. The theme for the Young People's Mental Health Week was 'Let's Connect'. The event aimed to emulate the theme in one of the biggest forums Nottingham has had coming together to learn, share ideas and practice to support children's overall well-being. The event was open to all schools in Nottingham City and Nottinghamshire, inviting their Senior Mental Health Leads and Student Mental Health Ambassadors. Roughly 1000 young people and professionals attended throughout the day, we were able to answer any questions attendees had and ensure they felt validated when sharing their lived experience and their voices heard. We provided introductions to our suicide prevention services and referral processes and had high engagement throughout. We were able to build alliances with attendees, enabling more people to access appropriate support.

4. We have also had numerous conversations with local solicitors. This is due to the increased risk divorced men are to suicide, as researched by The Samaritans (2012). Conversations with Hopkins Solicitors in Nottingham have resulted in The Tomorrow Project's details being included in standard letters written to people accessing their Families Team. They send an average of 41 letters per month, therefore reaching 41 additional people at risk of suicide, with the majority being male. Additionally, we are in the process of being included on their website, signposting anyone with thoughts of suicide to our services. This is to reach those browsing for divorce lawyers but not necessarily using their services.
5. We connected with Framework in Newark & Sherwood, providing psychoeducation in relation to Suicide prevention and accessing appropriate provisions. We particularly wanted to target Framework, due to men being six times more likely to experience homelessness than women and the fact that homelessness is a high-risk factor for Suicide.
6. We have met with the Mental Health Support Team Service Manager supporting schools and colleges in Nottingham City and are arranging to meet the counterpart for Nottinghamshire County, providing insight into services with the aim to work collaboratively with existing resources to upskill School faculties on the support that is available to someone in Suicide crisis.

Key Learnings:

1. We offered safe conversations about mental health and suicide in informal settings with high footfalls of males. We encouraged attendees to talk openly about their mental health, offering psychoeducation around Suicide prevention efforts at a community level reducing the stigma surrounding this topic.
2. Engaging agencies outside the mental health sphere is crucial for successful suicide prevention initiatives specifically targeted to Males. Collaborating with local sports centres increases the reach of prevention efforts and ensures that information and support are readily accessible to individuals at risk.

Conclusion:

The Tomorrow Project Crisis Pathway has seen a 12% increase in men and older boys being referred to our service when comparing 2021 to 2022. In 2021, 23% of our referrals were male, but this rose to 35% in 2022.

From these referrals we have also seen a 12% increase in males accepting and engaging in support following their referral, therefore, not only are more men being referred to our service, but more men are engaging in support too.

Alongside this on average, our male caseload clients are showing a 45% decrease in BDI-21 scores, a 44% decrease in PHQ-9 scores, and a 32% decrease in GAD-7 scores.

