

STITCH

Services and Trusts Integrating To improve Care in self Harm

OUR VISION

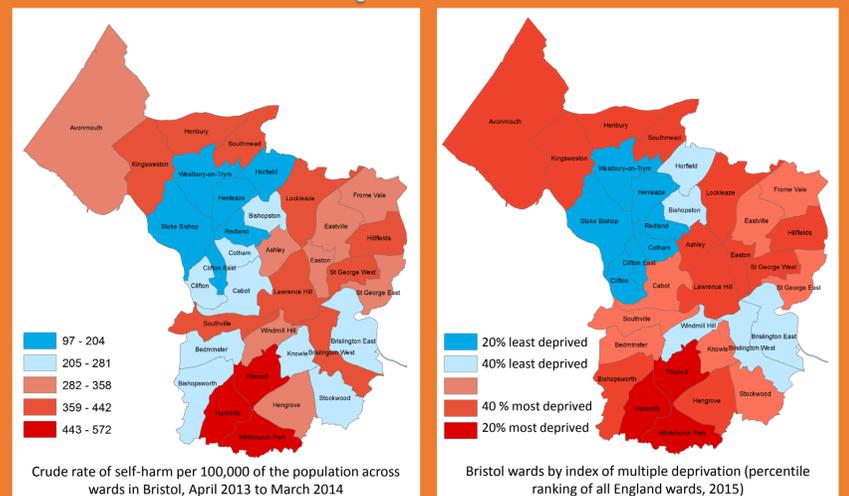
To reduce the number of suicides in the Bristol area, by transforming understanding of self-harm and improving treatment and support for self-harm patients.



BACKGROUND

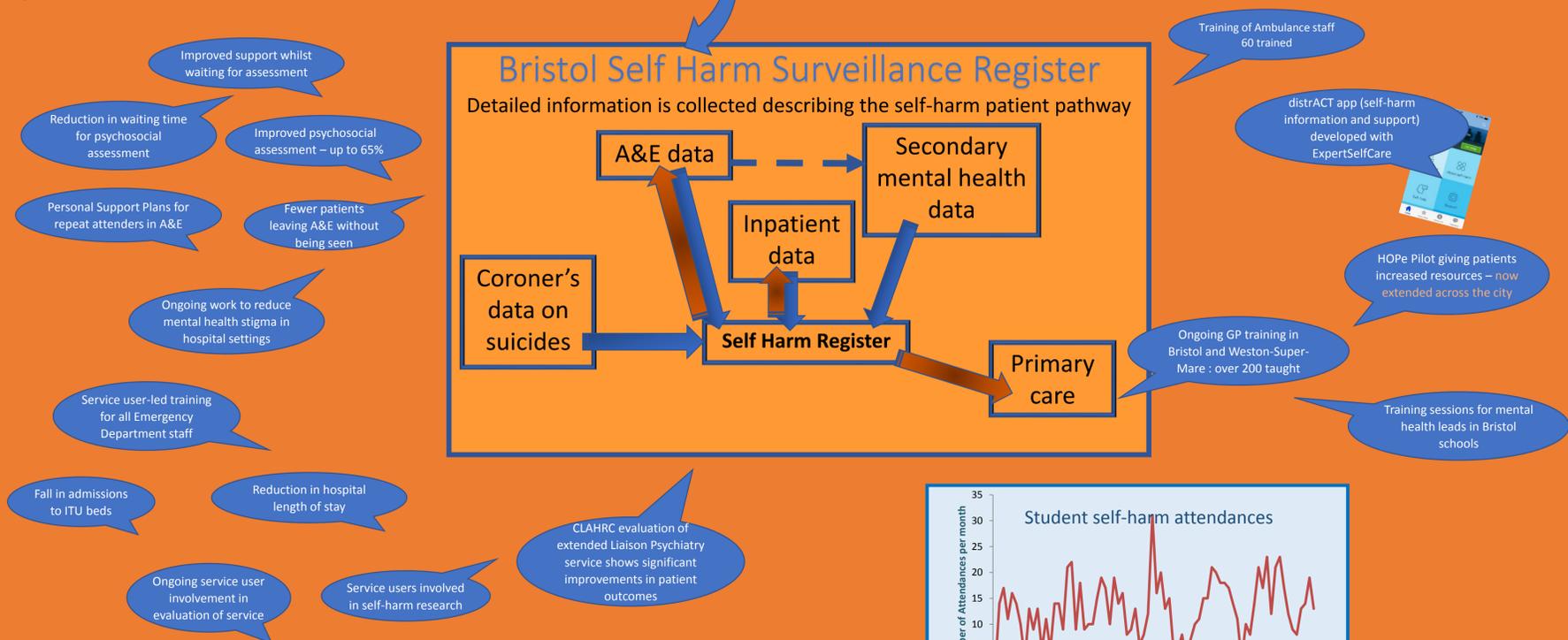
- Self-harm is a growing problem for the NHS in Bristol and across the rest of the UK, with over 200,000 hospital emergency department cases reported nationally every year.
- The number of people who self-harm in Bristol alone is estimated at around 25,000.
- Self Harm is the highest risk predictor of suicide, with self-harm patients 35 times more likely to end their own lives.

Self-harm and socio-economic deprivation



ACHIEVEMENTS

- We set up the Bristol Self Harm Surveillance Register (BSHSR) to collect detail about self harm individuals - to see how care pathways can be improved.
- Data collection started with the Bristol Royal Infirmary and we now collect from both general hospitals in the city and the children's hospital. We aim to extend to Weston Hospital.
- Improvements in care can be monitored as well as outcomes including completed suicide.



OPPORTUNITIES FOR COLLABORATION

- Shared GP training – particularly around recognising conditions and offering support
- Further exploration of socio-economic factors
- Extending established work into North Somerset
- Supporting student wellbeing
- Pain management and high-lethality drugs prescriptions
- Shared training for schools' mental health leads

