

# **Suicide and Chronic Conditions**

*mental health & wellbeing  
for people with 'chronic conditions'*

## *People experiencing chronic conditions*

- Depression – 18,781
- Obesity – 9,336
- Asthma – 5,917
- Coronary heart disease – 5,081
- Diabetes Mellitus – 4,429
- C.O.P.D – 2,749
- Heart Failure – 2,445
- Stroke – 2,260
- Atrial Fibrillation – 1,713

# WHO 2000

## *chronic conditions & suicide*

### *Possible associations with increased risk*

- Diabetes
- M.S.
- Chronic liver, renal or gastrointestinal problems
- Bone / joints – chronic pain
- Cardiovascular disease
- *and - those who have difficulty in walking, seeing and hearing are also at risk*

# Suicide risk increases in painful and chronic conditions

- More males commit suicide than females – but!
- Twin peaks age: 15 – 35 and > 75
- Divorced, widowed and single people and those who live alone are more vulnerable.
- Those who have access to toxins or hazardous implements
- [availability] .
- Loss of job.
- Geographical relocation – rural, urban, ex-pats
- Life stressors viz. loss, work / financial, shame, anger, humiliation. frustration.

*Not included in this list - 'stripped identity'*

# State of 'mind'

1. *Ambivalence* – wish to live / die
2. *Impulsivity* – day to day events
3. *Rigidity* – unable to perceive of other ways

# *Stepped model of care*

1. Watchful waiting
2. Guided self help
3. Brief psychological therapies
4. Case management
5. CMHT

*Our project will work with people at the top of the 'cliff' viz. step one and two – it offers early intervention*

The project: [ $<$  less than 11 HADS]

- Assistance in managing the emotional impact on their illness
- Development of coping strategies
- Effect behavioural changes

# Project Pathway

- Following a Hospital Anxiety and Depression assessment and a score of less than 11 the person may be referred to the service.
- A trained and accredited counsellor will assist the person to identify their current needs, discuss the services available within the project and facilitate the development of an appropriate action plan. **[Mental Health Star]**
- There are three main components to the service viz. **Guided self-help, Peer Support and Counselling<sup>[1]</sup>**. Access to these will be dependant on the counsellor's assessment and subsequent action plan
- <sup>[1]</sup> As described in NICE draft Depression in Adults with chronic physical health problems [July 09]

# Guided self-help

- The development of Decision Aids and Trees
- Coaching – the G.R.O.W model [Goal, Reality [current], Options, Will]
- Stress management
- CBT on line
- Food and Mood
- Exercise on prescription
- Head and neck massage [Red Cross trained volunteers]
- Monitoring progress and outcomes or individuals HADS, WEMWBS, Recovery Star]
- Links with Expert Patient programmes etc.
- Anxiety management

# Peer Support

- Facilitating self-help groups, individuals with chronic conditions and if required relative support groups.
- Health and well-being education and training. A health and wellbeing [& key skills][ training pack]
- Links with Expert Patient programme.

# Counselling:

- Counselling will be available to those people who have been assessed as in need  
[solution focused]

# The recovery star domains

- Self care
- Living skills
- Social networks
- Work
- Relationships
- Addictive behaviour
- Responsibilities
- Identity /self esteem
- Trust / hope