

Annual Report 2019

National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH)

1,517

suicides by people under mental health care in 2017

28%
people

who died by **suicide** had contact with **mental health services** in the **12 months** before death

Long-term **downward** trend of suicide by **in-patients** continues

Patients aged 75 and over

84

suicide deaths per year

Lower rate of contact
with mental health care

20%

More depression,
bereavement, physical
illness



Need to work with other
community services



Women aged under 25

46

suicide deaths per year

Most assessed as low
risk of suicide

79%

Personality disorder,
self-harm, substance
misuse more common



Self-harm care should
meet quality standards



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Homeless patients

40

suicide deaths per year

16-72
years

Wide age-range,
mostly male

Under 45 years:



Self-harm



Substance
misuse

Over 45 years:



Depression



Financial
issues

Services to be aware of different pattern of risk

Patients with anxiety disorders

86

suicide deaths per year



Number of deaths rising



Access to IAPT



Reduced prescribing
of benzodiazepines

Internet risks

65

suicide deaths per year



Most often searching
for methods online



A potential risk for
all patients



Enquire about online
behaviours

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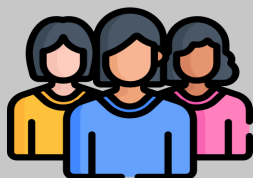
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who died by **suicide** had contact with **mental health services** in the **12 months** before death

Our findings suggest...

Women aged under 25



If you self-harm, services should treat you with compassion, respect and dignity

Patients aged over 75



Help should be available if you are facing physical illness, loneliness or bereavement

Anxiety disorders



Therapy should be offered - a chance to talk, take practical steps to deal with anxiety

Risks of internet use



You should avoid content that makes you uncomfortable