The University of Manchester

# NCISH Annual Report

## (2008-2018)

HQIP
Healthcare Quality Improvement Partnership

**1,601** suicides by people under mental health care in 2018

**27%** who died by **suicide** had contact with **mental health services** in the **12 months** before death

Mental health **in-patient** and **post discharge** deaths continue to **fall**

### Patients who lived alone

**746** **deaths per year**

**More self-harm, drug and alcohol use**

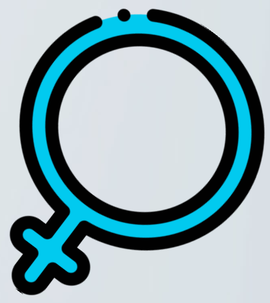
**Higher rates of unemployment, physical and mental illness**


**Services should address these clinical and social risks**

### Patients under 25

**134** **deaths per year**

**Increasing numbers in 15-17 year olds and female patients**



**Personality disorder, eating disorders, drug misuse and self-harm more common**

**Improve skills to respond to clinical complexity**

**National Confidential Inquiry into Suicide and Safety in Mental Health (2021)**

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(2008-2018)

## Patients from ethnic minority groups

**107** deaths per year

**Risk profile differs between ethnic groups**

**Different prevention for severe mental illness, substance misuse and recent migration**

**Services to be aware of diverse social and clinical characteristics**

## Suicide prevention during COVID-19

**133** suspected suicide deaths

**Increase** in anxiety, loneliness & isolation

**1/3** had reported disruption in regular support

**2/3** reported adverse experiences related to the pandemic

**Additional support may be needed for vulnerable groups**

## Suicide prevention in mental health services

**10 ways to improve safety**

- Safer wards
- Early follow-up on discharge
- No out of area admissions
- 24-hour crisis teams
- Family involvement in 'learning lessons'
- Guidance on depression
- Personalised management plans
- Outreach teams
- Low staff turnover
- Services for dual diagnosis

**Healthcare organisations can self-assess their services using our Safer Services toolkit**

**National Confidential Inquiry into Suicide and Safety in Mental Health (2021)**