

Decrease in general population suicide rate in 2020

1,660

suicides by people under recent (within 12 months) mental health care in 2020

27%

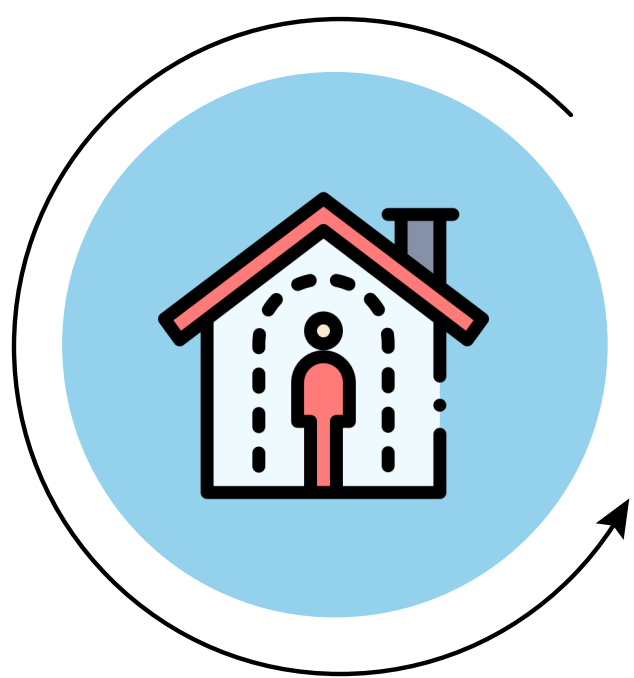
of all people who died by **suicide** in 2010-2020 had **recent** contact with **mental health services**

## Clinical risk

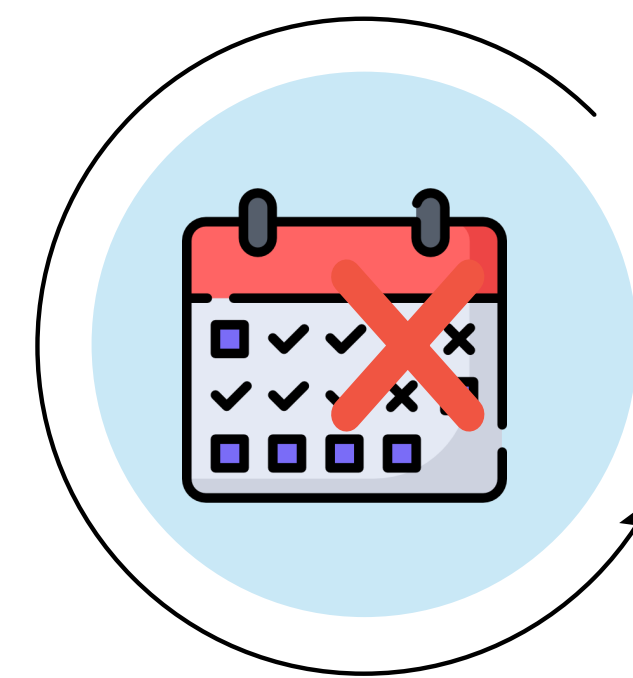
Common risk factors remain key to prevention



64% had previous **self-harm**



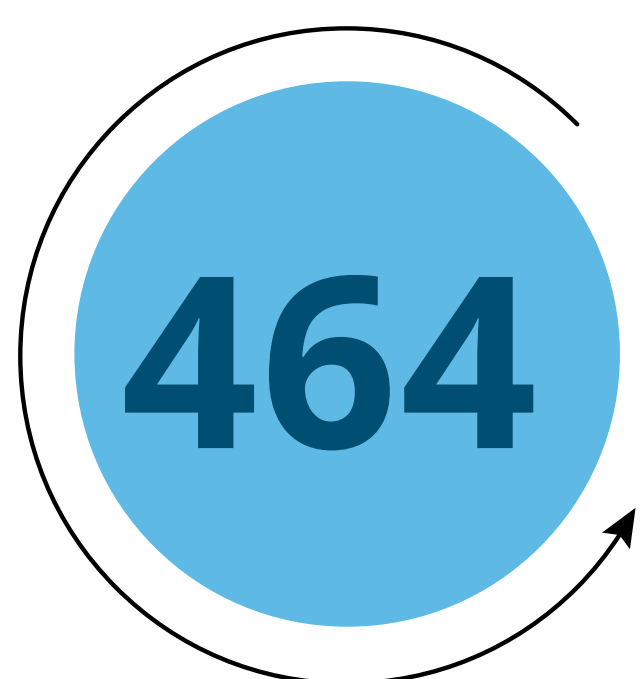
48% lived **alone**



23% missed **final service contact**

Involve family & carers after loss of contact

## Acute care settings



464 deaths per year



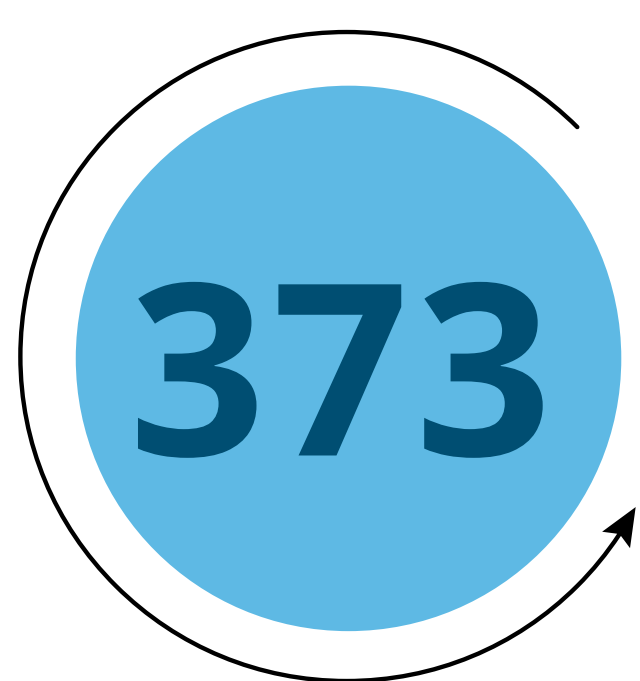
Half of in-patients on **agreed leave**



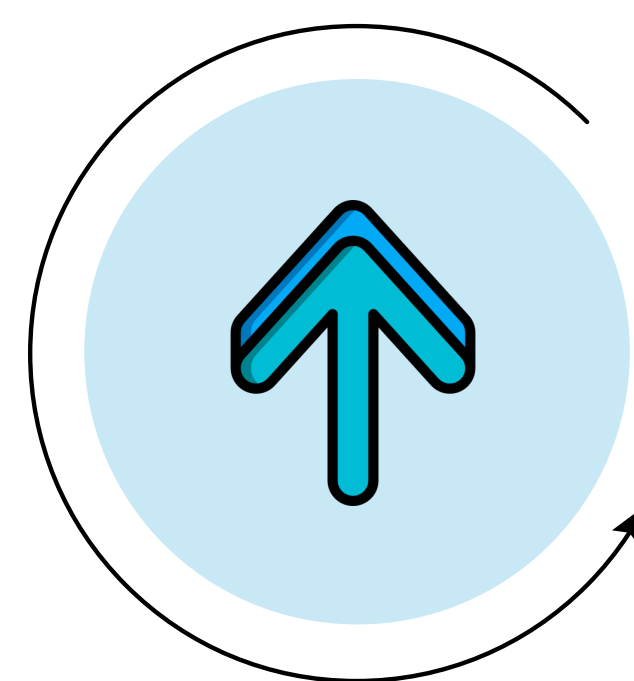
Highest risk on **day 3** after in-patient **discharge**

Focus should be on step down from hospital to community

## Recent economic adversity



373 deaths per year



Recent economic adversity has **increased**



Mainly **financial, workplace & housing** problems

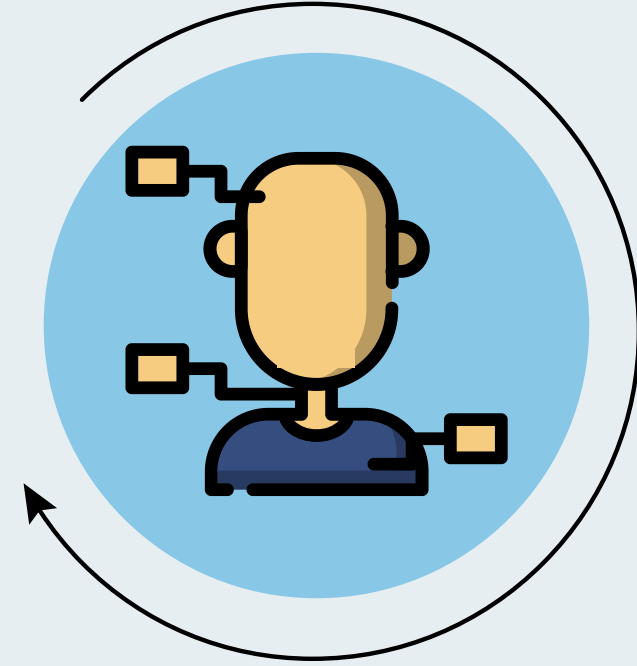
Services should signpost to support agencies

## Patients under 25

147

deaths per year

Higher rates of **anxiety**  
& **autism** (under 18s)



More **alcohol & drug**  
misuse (18-24 yr olds)

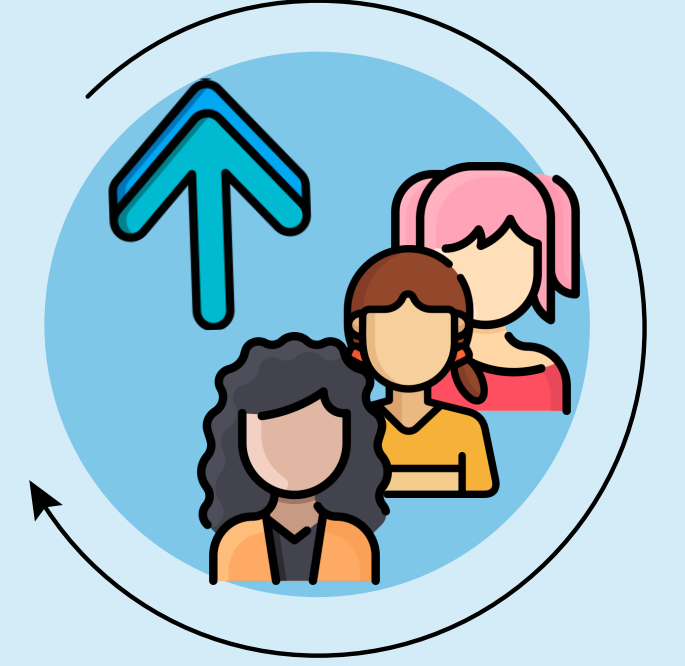
Access to self-harm services  
is crucial for young people

## Patients given a diagnosis of personality disorder

174

deaths per year

Deaths in this group  
**increasing** in **women**



Past **abuse, self-harm,**  
**alcohol & drug**  
misuse common

Better models of safe &  
compassionate care needed

## LGB & trans groups

45

deaths per year

**Younger** than other  
patients; **self-harm**  
common



Experience of  
childhood **abuse** &  
**domestic violence**

Therapies addressing  
trauma to be offered

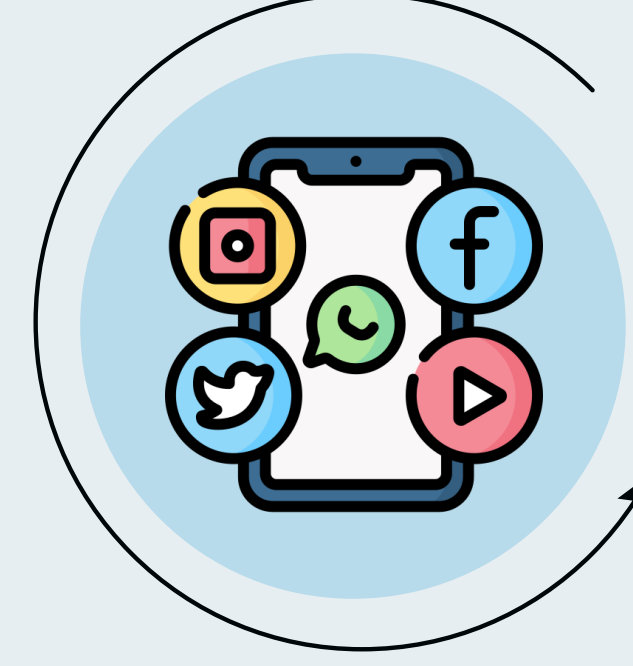
## Suicide-related internet use\*

\*Searching on suicide method, visiting "pro-suicide"  
sites, posting intent

73

deaths per year

Patients of all ages,  
most **25-44**



Under 25s more  
likely to **post**  
**suicide intent**

Online experience should be  
routine part of risk assessment