

1,691

suicides by people under recent mental health care in 2023

26%

of all people who died by suicide in 2013-2023
had recent contact with mental health services

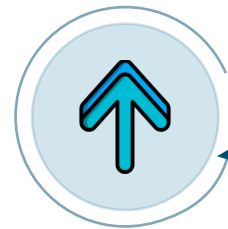
Acute mental health care settings

430

deaths per
year



Proportion of
deaths on ward
increasing



Rise in number
of suicides by
strangulation on
the ward



Post-discharge
deaths may be
increasing



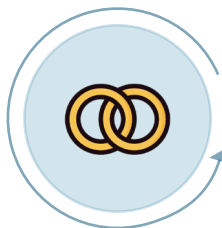
Highest risk after
discharge is now on
days 4 and 6

A renewed focus is needed on ward safety; early follow-up should anticipate any imminent deterioration

Suicide under crisis care settings

224

deaths per
year



More were **older**
and **married**. 44%
lived alone



Depression,
recent self-harm
and **adverse life**
events were
common

Services to review suitability of crisis care for patients who live alone, have recent onset depression, and self-harm

Suicide by patients aged 75 and over

94

deaths per
year



A fifth had recently
self-harmed;
12% had a recent
bereavement



Over half also had
a **physical illness**.
**Depression and
dementia** most
common diagnoses

Services should recognise the impact of physical illness, social isolation and recent self-harm as potential warning signs

Suicide and anxiety disorders

122

deaths per
year



Increase in all age
groups; comorbid
depression
common



The majority
were receiving
antidepressants;
only a quarter
receiving **talking
therapies**

Anxiety is a serious disorder that may be associated with suicide; it is important that talking therapies are available

Suicide and recent migrants

76

deaths per
year



Increase in the
number since
2017. **Depression**
is common



Many discharged
to **socioeconomic
adversity** and poor
social support

A multi-agency care strategy is needed when discharge planning