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World Suicide Prevention Day 2015

- 800,000 suicides per year worldwide
- 16 million self-harm episodes per year
- Second leading cause of death in 15-29 year olds
Suicide rate, England 1995-2013

- Record low in 2006-7
- Rise from 2008, linked to recession

Source: ONS ICD 10 codes X60-X84 (for 10 year olds and over), Y10-Y34 (for 15 year olds and over), excluding Y33.9 - where the coroner’s verdict was pending up to 2006. ICD 9 codes E950-E959 (for 10 year olds and over) and E980-E989 (for 15 year olds and over), excluding E988.8.
Suicide rates in NHS areas 2011-13

Colour-coded, highest rates = darkest
National Suicide Prevention Strategy 2012: Six actions

- Reduce risk in high risk groups
- Tailor approaches to improve mental health in specific groups
- Reduce access to the means of suicide
- Support for those bereaved by suicide
- Support media in delivering sensitive approaches to suicide
- Support research, data collection and monitoring
Suicide rates in England, by age and gender

- Rates in men 3 x higher
- Highest rates in men 40-54 years
- Higher in over 75s

Source: ONS ICD10 X60-X84 (for 10 year olds and over) and Y10-Y34 (for 15 year olds and over)
Suicides per week following discharge

- Peak of risk in first 1-2 weeks after hospital discharge
- 14% deaths occur before first follow-up
- Linked to lack of care plans
Suicide under crisis resolution/home treatment, England

- Suicide under CRHT now 3 x in-patient care
- 37% within a week
- 43% living alone
Suicide risk & number of GP consultations in previous 12 months

- Suicide linked to frequent GP consultation
- 12-fold increase with attendance x 2 per month
- Risk also high in non-attenders
Life expectancy in men who self-harm vs the general population

• 50%+ of those who die by suicide have a history of self-harm

• Risk of suicide increased 30-50 fold in the year after self-harm

Bergen et al 2012, Lancet
Suicide in children and young people: deaths per year (England; UK)

- **<18 years**: 70
- **<20 years**: 160
- **<25 years**: 500
- **UK**: 700

Number of suicide deaths

Age groups
Suicide in children and young people

- In care or custody
- History of abuse
- Bullying
- Copycat clusters
- Alcohol/drugs
- Social media
Self-inflicted deaths in prison custody, England & Wales

- Currently 80 deaths/year
- Rates fell post-2004
- Recent rise
Suicide after prison release

- Risk remains high on release
- Highest risk in first month
- Importance of “through the gate” services

Source: Pratt et al, Lancet 2006
Patient suicide method, England

- Around 50% of suicides are by hanging
- Commonest method in men & women
- Seen as quick and painless
Helium poisoning, England

Deaths

Registration Year

Source: ONS
Sensationalising and romanticising suicide

Sensationalising and romanticising suicide can have serious consequences, as evidenced by the tragic case of a 14-year-old girl who hanged herself after being bullied. The girl's parents, who are calling for anti-bullying legislation, hope that their daughter's death will serve as a wake-up call for schools and parents to take bullying more seriously.

Teen took his own life after break-up

Teenagers are especially vulnerable to the dangers of suicide, and recent studies have shown that break-ups can be a trigger for self-harm and suicide. In the case of this young man, his depression was so severe that he took his own life. It is crucial that we support young people during these difficult times.

Cut in sickness benefits ‘led man to hang himself’

The economic climate has been particularly challenging for people with mental health issues, and recent cuts to sickness benefits have been particularly hard on those already struggling with depression. This case highlights the importance of providing adequate support and resources to people in need.

‘Romeo & Juliet’ lovers in hanging tragedy

Romantic tales of love and sacrifice can sometimes inspire dangerous behaviors, such as suicide. In this case, the young couple's hopeless love story led to their tragic deaths. It is important to address the romanticization of suicide in the media and in popular culture.

Boy, 13, hangs himself over £420 Xbox bill

Technology addiction can be a significant factor insuicide, especially among young people. In this case, the young boy hanged himself after being unable to come up with £420 to pay for his Xbox bill. It is crucial that we educate young people on the dangers of technology addiction and the importance of financial responsibility.

Bullies I’m coming for you’: Dad’s heartbreak after 14-year-old found hanged at school

Parents and educators must be vigilant in identifying and addressing bullying behaviors. In this case, the parents of the murdered boy are calling for action to prevent similar tragedies from happening in the future. It is crucial that we work together to create a safer environment for all children.
Support for bereaved families

- Support and practical advice
- Where to find help
National support for local action

- Services that men will access
- Plan to reduce heavy drinking
- Prevent suicide clusters, eliminate “hotspots”
- “Zero Suicide”