Suicide by children and young people
July 2017

Actions for young people at risk

- Support for young people who are bereaved, especially by suicide: 1/4 had been bereaved
- Mental health a priority in colleges & universities
- Housing support & mental health care for looked after children: 65-70 deaths per year in university or college students aged <25
- 13 deaths per year in looked after children aged <20
- Mental health support for lesbian, gay, bisexual, & transgender groups: 1/4 LGBT young people (<20) had been bullied

Suicide-related internet use

- 26% under 20s
- 13% 20-24 year olds

Remove information on suicide methods
Encourage online safety

Self-harm

- Self-harm: key to suicide prevention, especially working with substance misuse services
- 52% under 20s
- 41% 20-24 year olds
- High rates of alcohol & drug misuse, especially in 20-24 year olds

National Confidential Inquiry into Suicide and Homicide by People with Mental Illness
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Stresses in the lives of young people

**Academic pressures**
More frequent in under 20s

**Economic adversity**
Workplace & financial problems more common in 20-24 year olds

**Bullying**
A fifth of under 20s had been bullied, face to face or online

**Housing problems**
20-24 year olds reported more problems with accommodation

**40% in recent service contact**

- Mental health: 26%
- Social care: 8%
- Youth justice: 21%

**Cumulative risk**

1. Traumatic experiences in early life
2. Adversity & risk behaviours in adolescence
3. Recent stressful event

**Prevention measures**

- Support for young children and their families
- Access to CAMHS including self-harm & substance misuse services
- Crisis support, healthy workplaces and campuses

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