National Confidential Inquiry into Suicide and Homicide by People with Mental Illness
Key Findings - Annual Report 2015

Suicide in male patients

There has been a 73% increase in suicides in male patients aged 45-54 in the UK since 2006.

Pressures on acute mental health care

There is continuing concern over suicide in acute care, particularly the increase in deaths under crisis resolution / home treatment teams in England.

Patient suicide in acute care in England

- 9% In-patients
- 14% Crisis Resolution / Home Treatment
- 17% Recently discharged patients

Suicide by opiate overdose

Opiates are the most common type of drug taken in fatal overdose in the UK.

Number of patient suicide by opiates in the UK

- 82 in 2003
- 141 in 2013

Stranger homicides

7% of stranger homicides are committed by mental health patients. The figure has fallen from a peak in 2006.
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Working with families

Families and carers are an under used resource

Staff told us closer contact with patient’s families in their view could have reduced risk in:

14% Patient suicides
18% Patient homicides

Families could play a greater part in suicide prevention.

Physical illness

Most common physical illness

Neurological: 20%
Endocrine: 17%
Rheumatological/orthopaedic: 16%

In the UK around a quarter of patients who die by suicide have a major physical illness.

Sudden Unexplained Death in In-patients in England and Wales

9 sudden unexplained deaths per year in patients <45 years

Most SUDs in younger patients (<45 years) have a lower rate of known physical illness and a higher rate of polypharmacy.

- Cardiovascular disease: 24%
- Respiratory disease: 20%
- Epilepsy: 13%