Our findings suggest...

**In-patient care**

Services should make sure wards are a safe place for you to recover

**Young people**

A wide range of professionals should be able to help you if you are in crisis

**Recent self-harm**

Everyone should get a good assessment after self-harm

**Women**

Services need to recognise why women can be at risk of self-harm and suicide

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who died by **suicide** had contact with **mental health services** in the previous **12 months**

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28% people