28% of people who died by suicide had contact with mental health services in the previous 12 months.

Our findings suggest...

**Safer prescribing**
- You may be prescribed short-term supplies of opiate-containing painkillers.

**Discharge**
- You should be offered an appointment within 2-3 days of hospital discharge.

**Treatment in local area**
- If you need to be admitted, you should be offered a bed on a local in-patient unit.

**Services for dual diagnosis**
- Mental health & drug/alcohol services should work together.

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