

# Annual report 2019

## National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH)

28%  
people

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

### Our findings suggest...

#### Women aged under 25



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If you self-harm, services should treat you with compassion, respect and dignity

#### Patients aged over 75



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Help should be available if you are facing physical illness, loneliness or bereavement

#### Anxiety disorders



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Therapy should be offered - a chance to talk, take practical steps to deal with anxiety

#### Risks of internet use



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You should avoid content that makes you uncomfortable