Key figures from 2015

Rates of self-harm

Rates of self-harm by gender, 2003 to 2015

- There has been a decrease in overall rates of self-harm.
- Males aged 35-54 had the highest rates among men in 2015.
- Females aged 15-24 continue to have the highest rates of self-harm.

Characteristics of individuals who self-harm

- 57% female
- 15% lives alone
- 74% history of self-harm
- 47% unemployed
- 21% student

Mental health

- Most common psychiatric diagnoses:
  - Depression 27%
  - Alcohol &/or drug misuse 40%
  - Stress & anxiety 9%
  - Personality disorder 9%

Drug and alcohol misuse

- Harmful alcohol use is most common among males aged 35-54 & females aged 55+.
- Substance misuse is most common in males aged 15-24.
- 48% secondary diagnosis of drug/alcohol misuse.
- 65% consumed alcohol at the time of self-harm.

Funded by:
Most common precipitants of self-harm

- Male: 47%
- Female: 55%

Most common overdose drugs
- Paracetamol & compounds (47%)
- Other (31%)
- Other analgesic (27%)
- Antidepressants (29%)
  - Benzodiazepine (11%)
  - Antipsychotics (8%)
  - Minor tranquilliser (7%)
  - Opiates (3%)

Primary methods of self-harm
- Overdose 68%
- Self-cutting or stabbing 21%
- Self-poisoning other 1% (e.g. drank bleach)
- Other 10% (e.g. hanging)

Problems reported by individuals

- Relationships: Male 47%, Female 46%
- Mental health: Male 44%, Female 24%
- Alcohol: Male 17%, Female 17%
- Work/study: Male 16%, Female 12%
- Bereavement: Male 15%, Female 11%
- Housing: Male 13%, Female 11%
- Physical health: Male 15%, Female 7%
- Abuse: Male 15%, Female 7%

Emergency Department Management

- 44% General hospital admission
- 28% No referral
- 45% Of those receiving a specialist psychosocial assessment from mental health staff: were referred on to psychiatric aftercare

Only 48% received a psychosocial assessment, despite NICE guidelines recommending all ED self-harm patients should receive one.