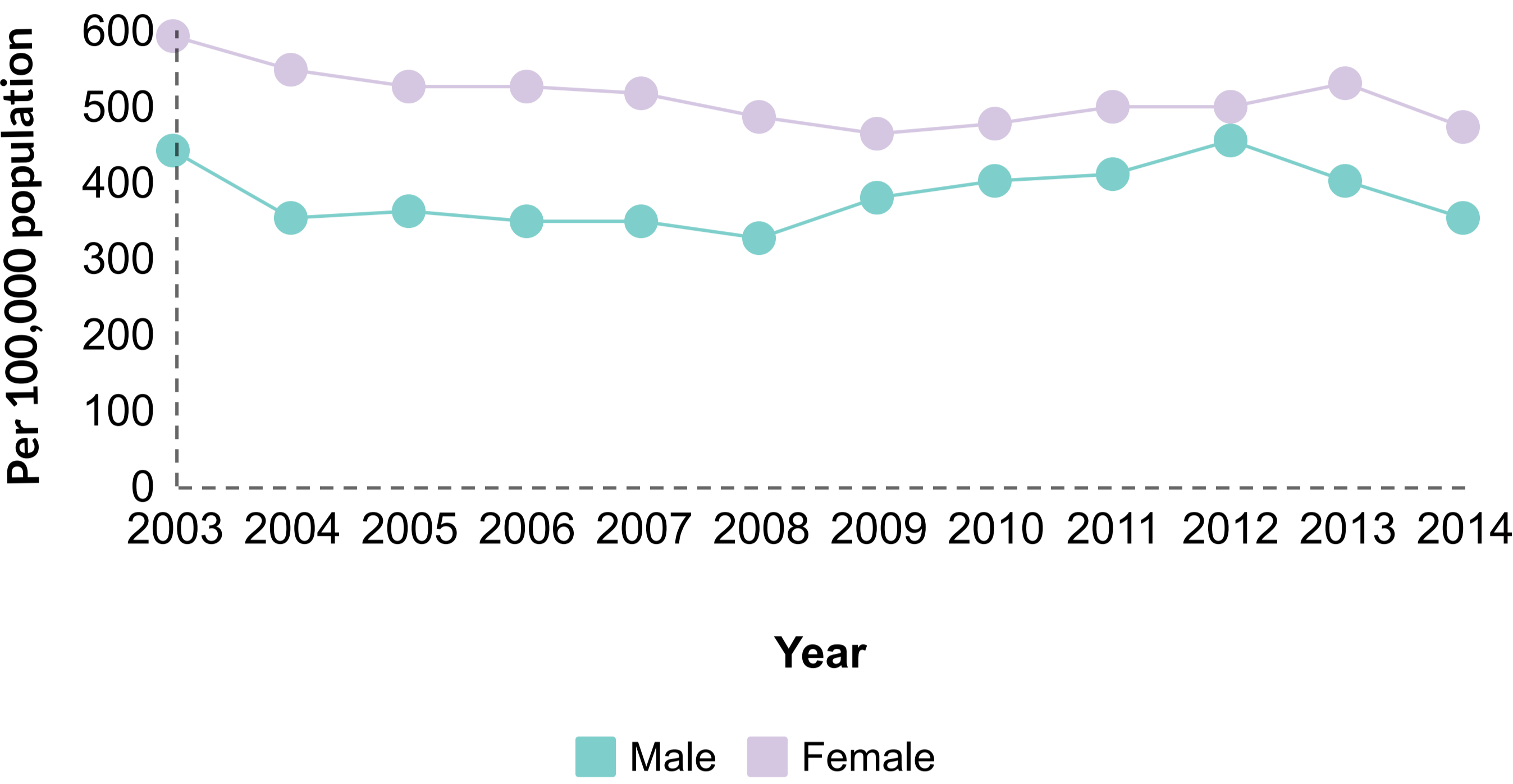


# The Manchester Self-Harm Project

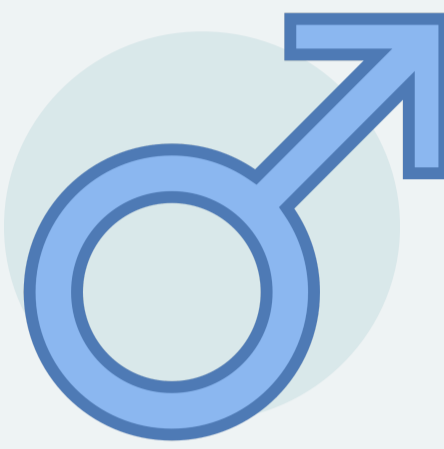
## Key figures from 2012-2014

### Rates of self-harm

Rates of self-harm by gender, 2003 to 2014



There has been a decrease in overall rates of self-harm

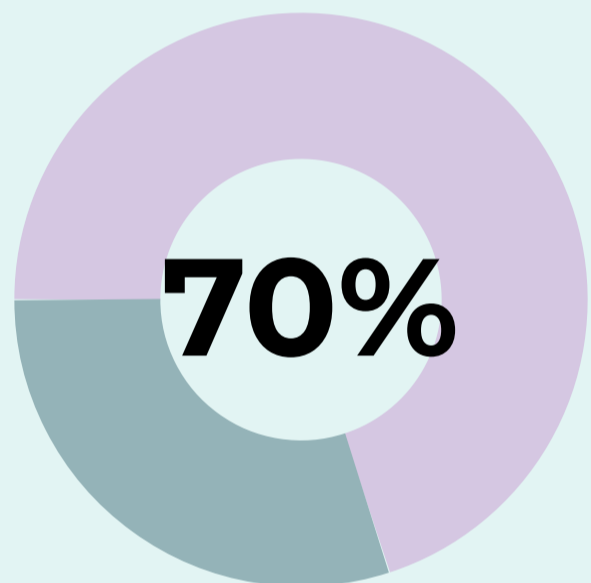


**Males** aged 15-24 had the highest rates among men in 2014

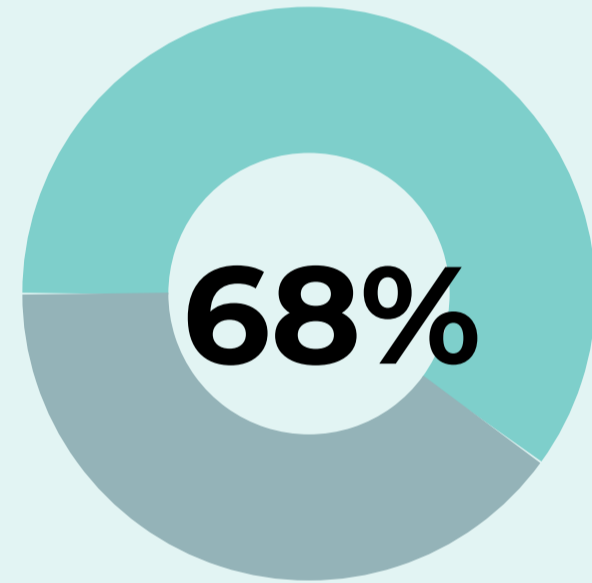


**Females** aged 15-24 continue to have the highest rates of self-harm

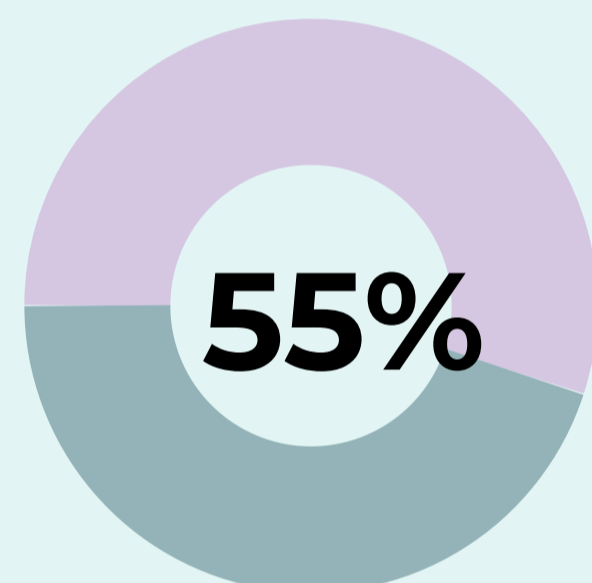
### Characteristics of individuals who self-harm



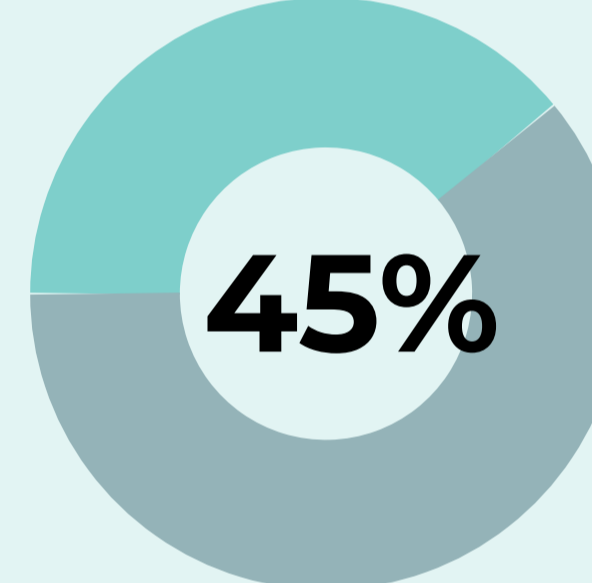
single



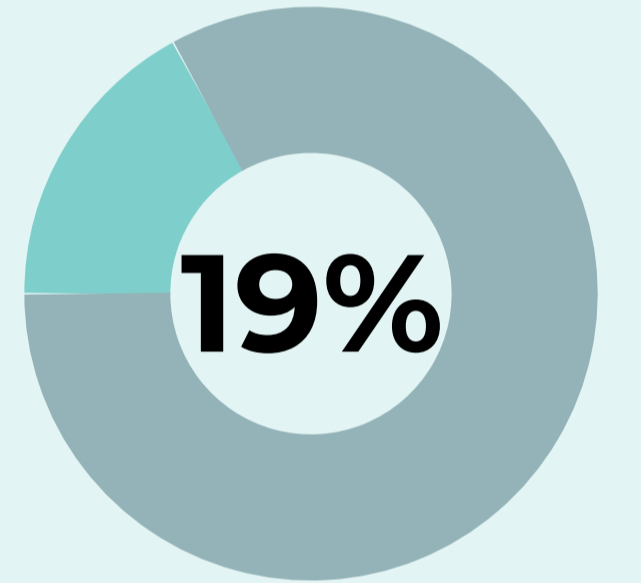
history of self-harm



female



unemployed



live alone

36%

aged 15-24

25%

aged 25-34

32%

aged 35-54

7%

aged 55+

### Mental health

Common primary diagnoses

Depression

32%

Alcohol misuse

33%

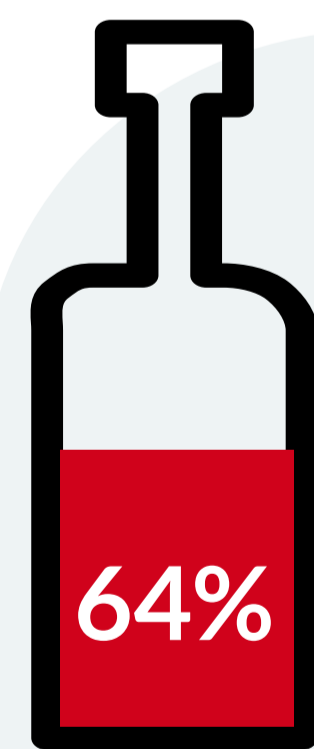
Drug misuse

22%

Stress & anxiety

4%

### Drug and alcohol misuse



consumed alcohol at the time of self-harm



secondary diagnosis of drug/alcohol misuse



Harmful alcohol use is most common among males aged 35-54

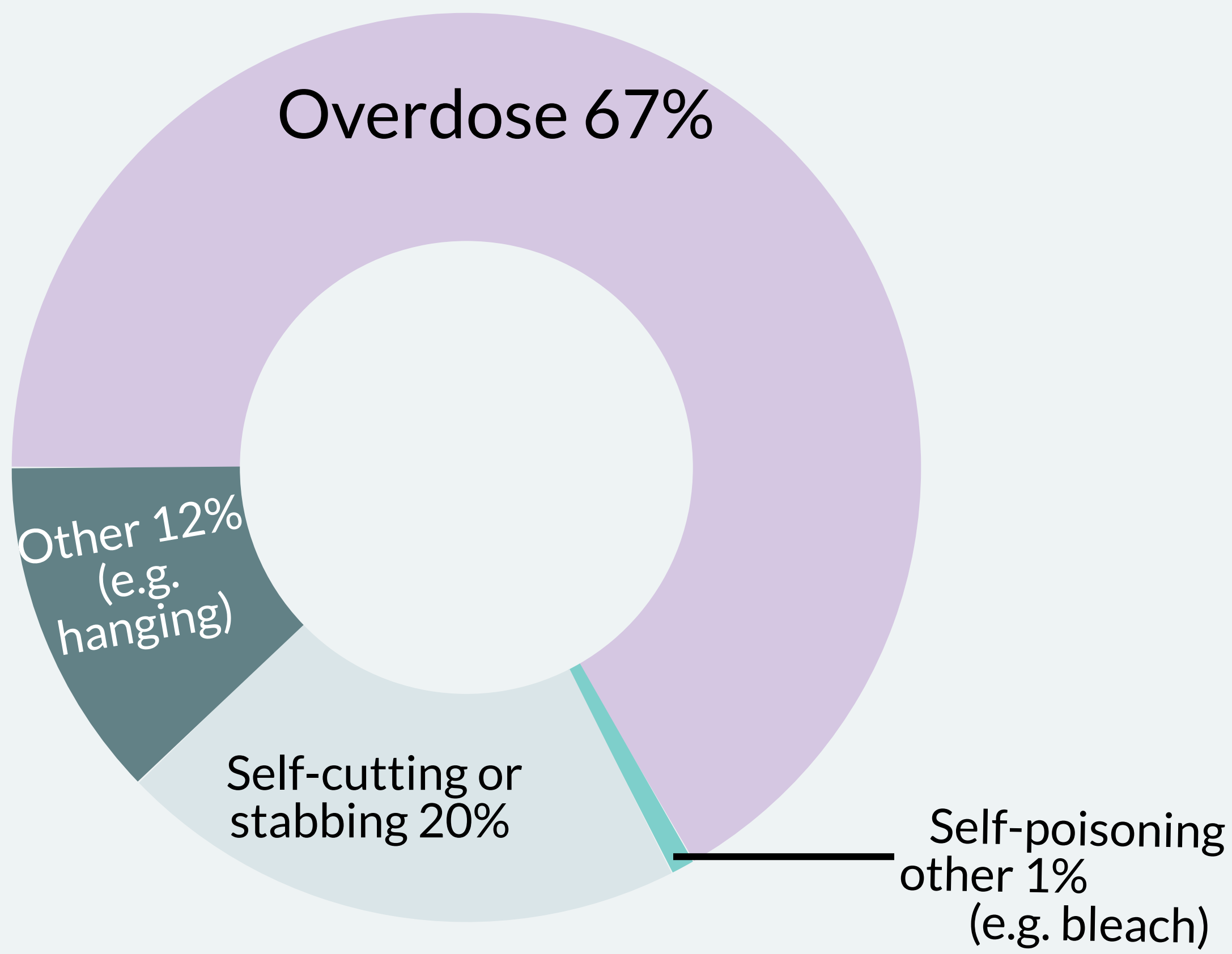


Substance misuse is most common in males aged 25-34

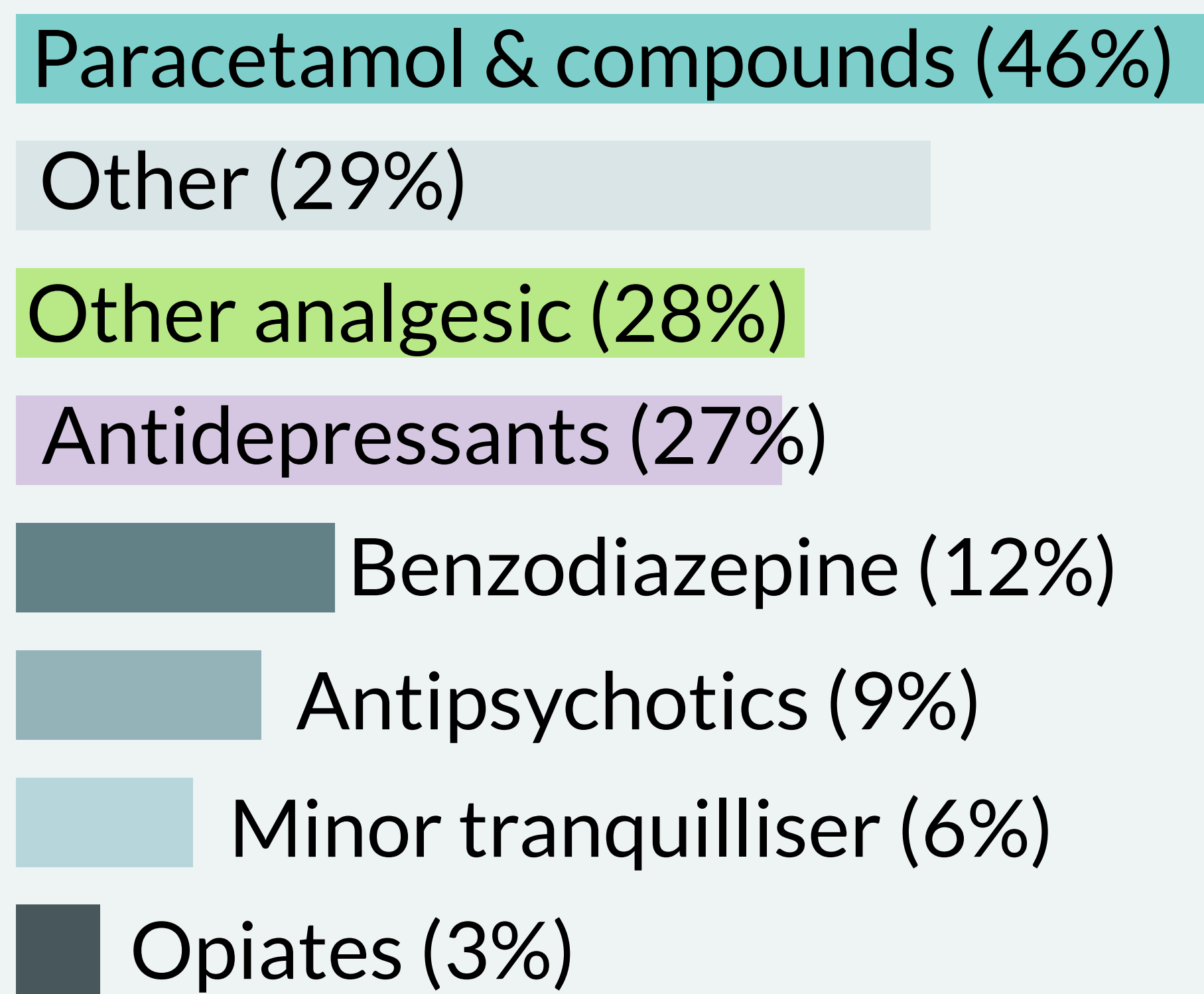


## Characteristics of self-harm episodes

### Primary methods of self-harm

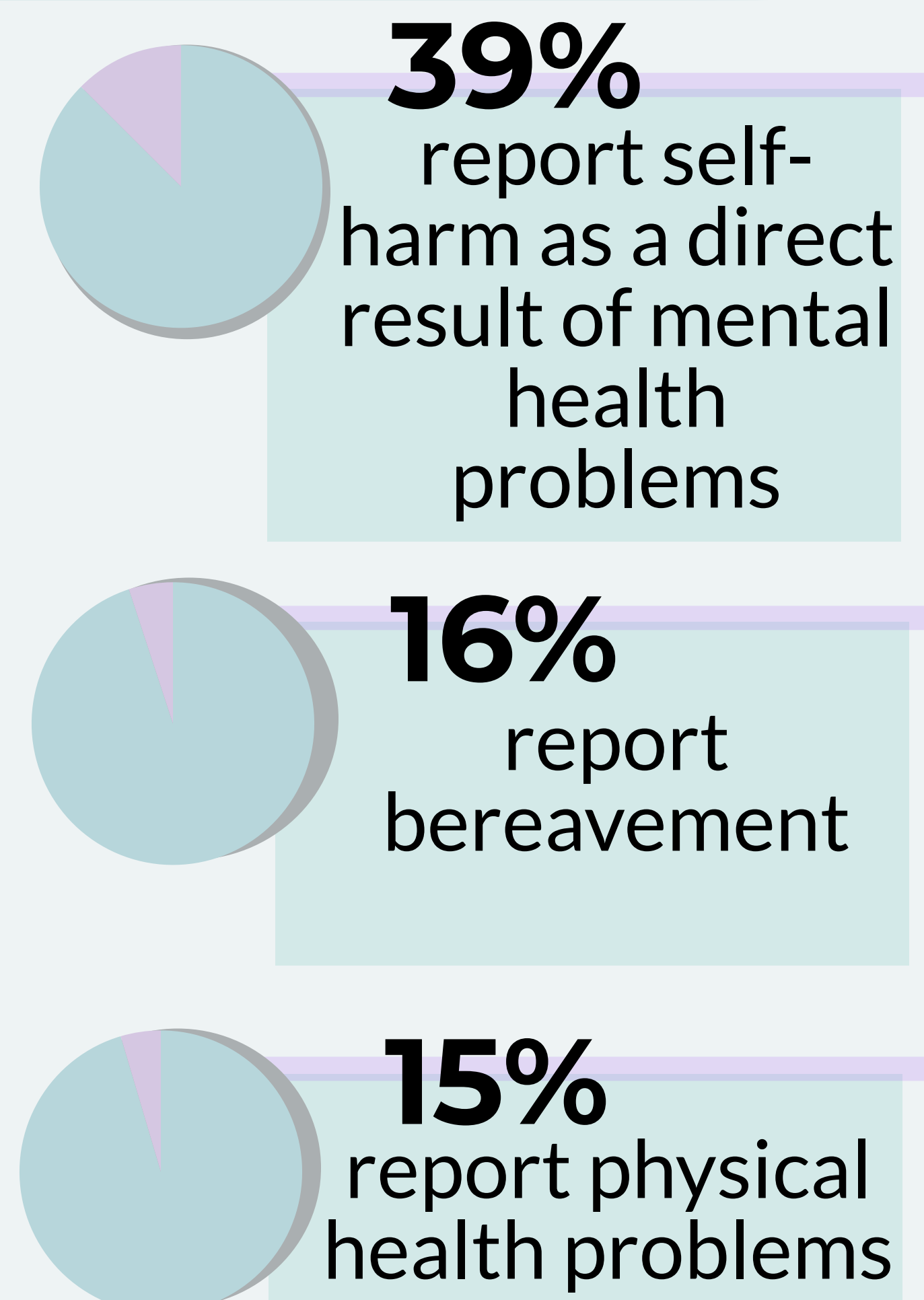
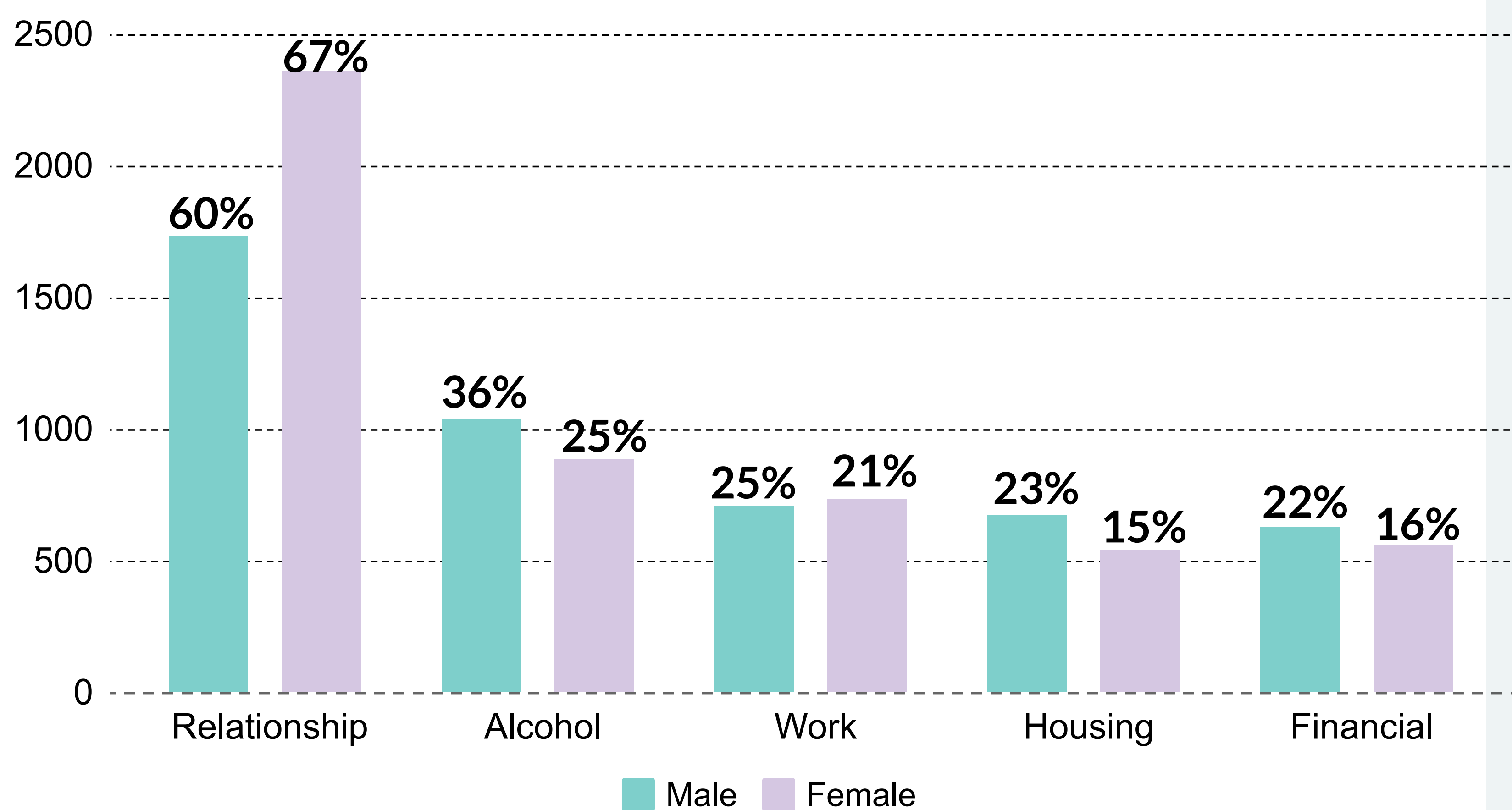


### Most common drugs taken in overdose



## Most common precipitants of self-harm

### Problems individuals report



## Management

42%



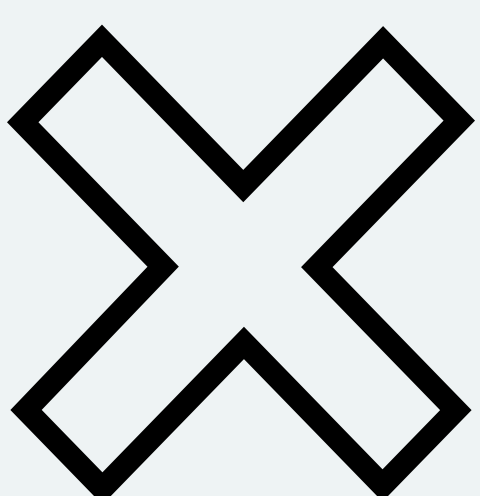
General hospital admission

23%



Psychiatric referral

20%



No referral



NICE guidelines recommend psychosocial assessments. However, only

54%

received an assessment.