The Manchester Self-Harm Project is 20 years old this year!

An overview of 20 years monitoring self-harm in Manchester

**What does MaSH do?**

Collect and analyse data on all self-harm presentations to emergency departments in the City of Manchester

- **52,000+ episodes**
- **30,000+ individuals**

**Impact**

Our work has contributed to policy and guidelines

- 10 reports
- 5 PhDs supported
- 70+ journal papers

**Trends over time - rates of self-harm**

-男: Male
-女: Female

Routinely collected hospital data may underestimate the number of hospital presentations for self-harm by up to 60%

**Most common precipitants**

- relationship problems
- mental health
- alcohol problems

**Primary methods over time**

- overdose
- cutting/stabbing
- other self-poisoning
- other self-injury
15% of individuals present to hospital again for self-harm, within 1 year

1/3rd of people who repeat self-harm switch methods

Premature mortality after self-harm

20x more likely to die by suicide

40 years average years of life lost, due to suicide and accidents

50x more likely to die by suicide in the first year after presentation for self-harm

25 years average years of life lost, due to natural causes

Assessment and risk

60% receive a psychosocial assessment, despite NICE guidelines recommending 100%

40% reduction of risk of self-harm repetition by conducting a psychosocial assessment

The Multi-centre Study of Self-Harm in England

Self-harm rates are higher in Manchester, than in Oxford or Derby, mirroring local suicide rates

MaSH is also part of the Multicentre Study of Self-harm in England

Which includes similar projects at the University of Oxford and Derbyshire Healthcare NHS Foundation Trust and is funded by the Department of Health

The MaSH Project would like to thank:

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