

The Manchester Self-Harm Project

is 20 years old this year!

MANCHESTER
1824
The University of Manchester

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

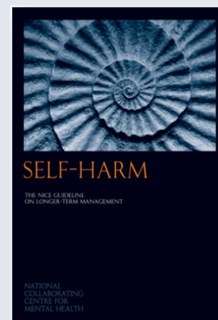
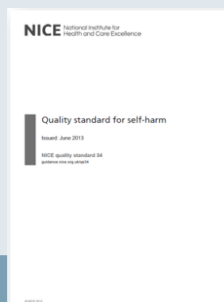
20 years

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



MaSH vs other databases

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



60%



Most common precipitants



relationship problems

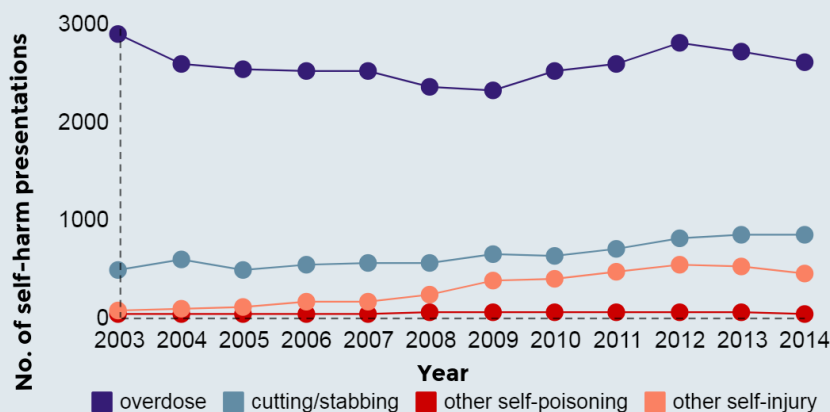


mental health



alcohol problems

Primary methods over time



Repetition

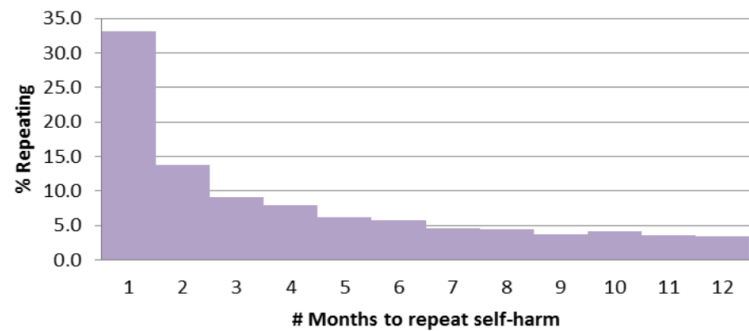
15%

of individuals present to hospital again for self-harm, within 1 year

1/3rd

of people who repeat self-harm switch methods

Timing of repeat self-harm within the first year after the index episode



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

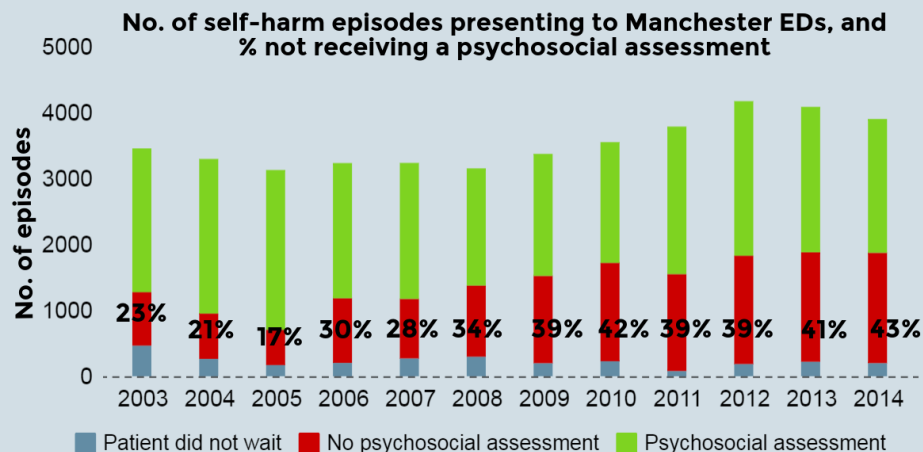
Assessment and risk



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:

All NHS staff and patients who have helped us with our work and data collection at North Manchester General, Manchester Royal Infirmary, University Hospital South Manchester and Greater Manchester Mental Health NHS Foundation Trust.

