

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

1,516
men

aged 40-54 died by **suicide** in 2017, nearly a **quarter** of the deaths by suicide in the UK

Our findings suggest...

Services working with you



You should be offered a **range** of support that is **meaningful** to you, your needs and preferences

Safer prescribing



If you have a **physical health condition**, services might ask you to discuss the best plan for **managing your medication**

Asking for help



If you feel uncomfortable seeking help, you should be able to access information on **local informal sources of help**

Psychological therapy



You should be offered therapy – a **chance to talk**, take **practical steps** to help you address your risks