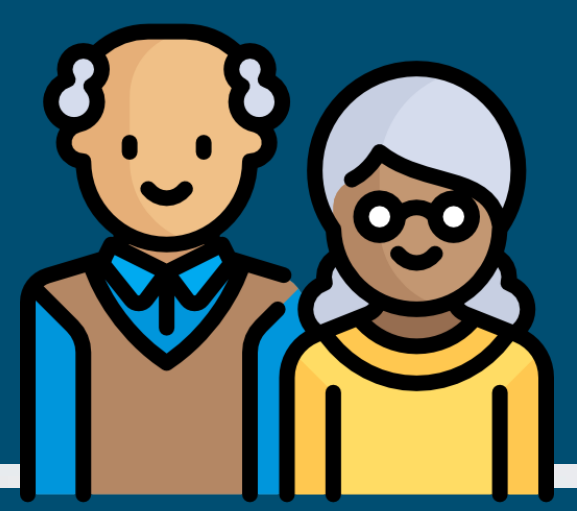


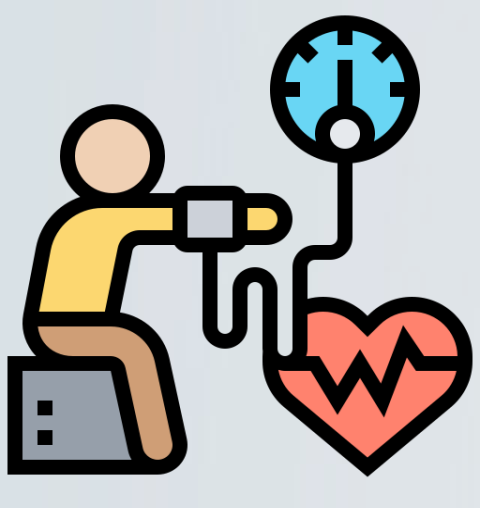
# Self-harm in older adults

NCISH



The  
**Manchester  
Self-Harm**  
Project

## Self-harm & suicide



men age 75+ have the highest suicide rates among older adults<sup>1</sup>

145 x

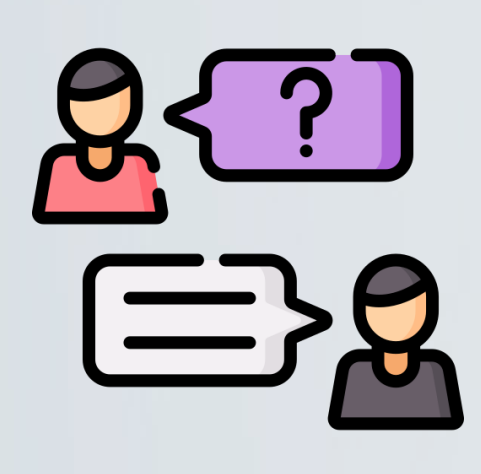
more likely to die by suicide than older people who don't self-harm<sup>2</sup>

## Factors associated with self-harm



low referral rate from primary care to mental health services<sup>2</sup>

& referrals



1/3rd less likely in most deprived areas despite greater need<sup>2</sup>

1 in 7

self-harm again within a year<sup>2</sup>

Repetition risk factors:



- previous self-harm &
- previous mental health treatment<sup>1</sup>

## Patient deaths by suicide<sup>3</sup>

84

deaths per year



Lower rate of mental health care than younger patients



More depression, bereavement, physical illness than younger patients

Need to work with other community services



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Funders:



Data sources 1, 2 & 3:



<https://documents.manchester.ac.uk/display.aspx?DocID=62116>

The views expressed are those of the authors & not necessarily those of the NIHR or the Department of Health & Social Care