

Decrease in general population suicide rate in 2020

1,660

suicides by people under recent (within 12 months) mental health care in 2020

27%

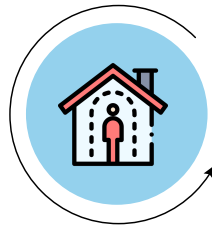
of all people who died by **suicide** in 2010-2020 had **recent** contact with **mental health services**

Clinical risk

Common risk factors remain key to prevention



64% had previous **self-harm**



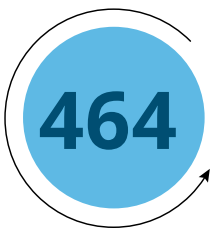
48% lived **alone**



23% missed **final service contact**

Involve family & carers after loss of contact

Acute care settings



464 deaths per year



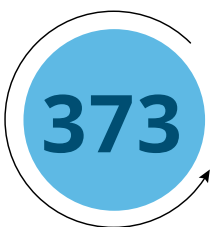
Half of in-patients on **agreed leave**



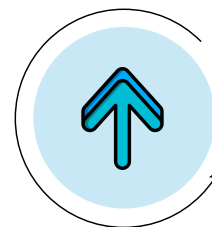
Highest risk on **day 3** after in-patient **discharge**

Focus should be on step down from hospital to community

Recent economic adversity



373 deaths per year



Recent economic adversity has **increased**



Mainly **financial, workplace & housing** problems

Services should signpost to support agencies

Patients under 25

Patients given a diagnosis of personality disorder

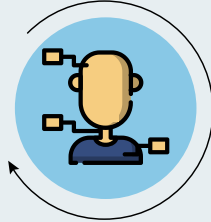
147

deaths per year

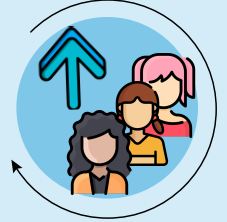
174

deaths per year

Higher rates of **anxiety** & **autism** (under 18s)



Deaths in this group **increasing** in **women**



More **alcohol** & **drug** misuse (18-24 yr olds)



Past **abuse, self-harm, alcohol** & **drug** misuse common



Access to self-harm services is crucial for young people

Better models of safe & compassionate care needed

LGB & trans groups

Suicide-related internet use*

*Searching on suicide method, visiting "pro-suicide" sites, posting intent

49

deaths per year

Younger than other patients; **self-harm** common



73

deaths per year

Patients of all ages, most **25-44**



Experience of childhood **abuse** & **domestic violence**



Under 25s more likely to **post** suicide intent



Therapies addressing trauma to be offered

Online experience should be routine part of risk assessment