

MANCHESTER  
1824

The University of Manchester

# National Confidential Inquiry

into Suicide and Safety  
in Mental Health

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Annual Report 2023  
Easy Read Version

## About this document



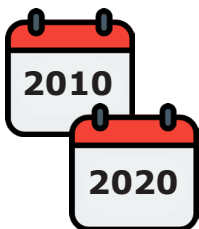
This report uses easy words and pictures



This report will tell you about our work and what this means for you



This report is about suicide and you may find it upsetting. You may want to read this report when someone else is with you



It tells you about people who died by suicide between 2010 and 2020

## Introduction



We collect information about all people in the UK who die by suicide when they have been cared for by mental health services



This information helps us understand what was happening in people's lives, and what care they had from mental health services before they died



We collect this information so we can make services safer for people who are cared for by mental health services



Every year we write a report about people who died by suicide and were cared for by mental health services before they died. We call these people patients

## What we did



We collected information on people who died by suicide between 2010 and 2020 and who had been cared for by mental health services in the year before they died



This information came from the people in mental health services who care for patients

## What we found



Every year in the UK around 6,000 people die by suicide



In 2020 the number of people who died by suicide went down

## Suicide by patients



More than a quarter of people who died by suicide had been cared for by mental health services in the year before they died



2 in every 3 people who died were men



Over half of the patients had more than one mental illness at the same time



Nearly half of patients who died lived alone



Using alcohol and drugs in a harmful way was common



1 in 4 patients did not go to their last meeting with mental health services

## Mental health care



More than a quarter of patients who died by suicide had been staying in hospital, had recently left hospital or were being seen by a home treatment team



We found the risk of suicide is higher very soon after returning home from staying in hospital

## People with money, work or housing problems



Over a quarter of patients were worried about money, work or their home in the 3 months before they died



Many of these patients were depressed

## Young people



There were 147 deaths every year by patients aged under 25



Most young people who died had harmed themselves before



We found young people aged under 18 argued with their family and friends a lot

## Patients given a diagnosis of personality disorder



There were 174 deaths every year by patients who had been given a diagnosis of personality disorder. Most had harmed themselves before



Many used alcohol and drugs in a harmful way

## Lesbian, gay, bisexual and trans groups (LGBT)



There were 49 deaths every year by LGBT patients



They were often younger than other patients



Many had been treated badly and harmed by another person (abuse)

## Internet use



There were 73 deaths every year by people who used the internet to find out about suicide



Younger patients often used the internet to tell people they wanted to harm themselves



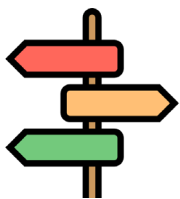
## What these findings mean to you

### If you are cared for by mental health services



If you have been staying in hospital, when you go home you should be seen by someone on your mental health team within 3 days

### If you have money, work or housing problems



You should be asked about any problems with money or your job or home and mental health services should tell you where you can get support

## If you are a young person



You might feel like you have problems with your family and friends, and school or college. People who care for you in mental health services might ask you about your family and school or college

## If you have been given a diagnosis of personality disorder



You should be treated with kindness and services should try their best to give you help when you need it

## If you are lesbian, gay, bisexual or trans



You should be treated with kindness. People who care for you in mental health services might ask if you have been treated worse because of your sexuality or gender

## Using the internet



You might be asked if you have used the internet to talk about or learn about suicide

## More information



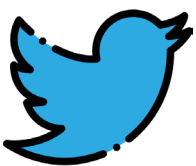
You can read the non-easy read report [here](#)



You can watch a short video about the report [here](#)



If you any questions you can email us at [ncish@manchester.ac.uk](mailto:ncish@manchester.ac.uk)



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