

26%

of people who died by **suicide** had contact with **mental health services** in the **12 months** before death

If you are cared for by mental health services



Your **care** should be planned before you leave hospital with **prompt access** to support

If you are autistic or have ADHD



Services should **recognise** and **respond** to your **safety needs**

If you are a young person in hospital



Being cared for in a unit **close to your family and friends** is important

If you are a student



You should be given **information** about **mental health services** when you start studying

If you are assessed once by mental health services



You should be asked about **alcohol** and **drug use**, and **money** or **relationship problems**