



The University of Manchester



**HQIP**

Healthcare Quality  
Improvement Partnership

# National Confidential Inquiry

Into Suicide and Safety  
in Mental Health

**Annual Report 2024:**  
Easy Read version

## About this document



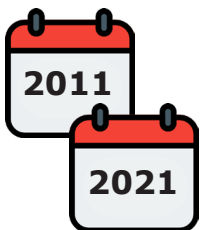
This report uses easy words and pictures



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 2011 and 2021

## 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 2011 and 2021 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



3 in every 4 people who died were men

## 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



Nearly half of patients who died lived alone



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



Most people who died had harmed themselves before



Using alcohol and drugs in a harmful way was common



Nearly half of patients had seen mental health services in the week before they died

## Mental health care



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



1 in 4 patients were checked by a nurse every 15-30 minutes or the nurse was with them all the time

## Autistic people or those with ADHD



There were 32 deaths every year by autistic people and 15 deaths by those with attention deficit hyperactivity disorder (ADHD). This number has increased in the last few years



1 in 5 autistic people used the internet to get information about suicide



2 in 3 patients with ADHD used drugs in a harmful way

## People under 25 in hospital



There were 11 deaths each year in young people who were being treated in hospital. Most of these people were girls



Half had been treated badly and harmed by another person (abused)



Many had to go to hospital far from their families

## Students aged 18 to 21 (England and Wales)



There were 9 deaths every year by patients who were aged 18 to 21 and in full time education. We call these people students



More students died during term time than in summer holidays



1 in 3 students were depressed

## People who were seen once by mental health services



There were 167 deaths every year by people seen only once by mental health services



1 in 3 had been referred to mental health services by their GP. Many were not offered further treatment



Many were worried about money or had broken up from their partner

## People who died in a public place



There were 354 deaths every year by people who died in public places, like a park. They were often young and more unwell



Many of these patients were worried about money



## What these findings mean to you

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



If you are staying on a mental health ward, staff should help you feel safe. Let someone know if you don't feel comfortable or if you need some help to stay safe



If you're well enough to go home, you should be told how to get crisis support if you feel unwell again

### If you are autistic or have ADHD



If you are autistic you might be asked about how you use the internet and if you have searched for information about suicide

If you have ADHD you might be asked about any drugs you use

## If you are a young person on a ward for your mental health



It is best for you to be placed near your family and friends

## If you are a full time student



Starting your studies and doing exams can be difficult times. Being given information about mental health services when you start is important

## If you were seen once and not offered treatment



You should be asked about what is happening in your life, including if you have money worries or relationship problems

## 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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