

# Suicide by people in contact with drug and alcohol services

## Easy Read Version

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**National Confidential Inquiry**  
into Suicide and Safety in Mental Health

**2024**

## 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. 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 and were cared for by drug and alcohol services in England and Wales

## Introduction



We collect information about people in England and Wales who die by suicide and were cared for by drug and alcohol services before they died by suicide



Drug and alcohol services help people to use less drugs and alcohol or to stop using drugs and alcohol



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



We collect this information so we can make services safer for people who are cared for by drug and alcohol services

## What we did



We collected information on people who died by suicide between October 2021 and October 2022



This information came from drug and alcohol services. Information is collected each time a person is seen by drug and alcohol services



When a person dies by suicide and is cared for by drug and alcohol services a report is written. These reports have lots of useful information



We also looked at these reports to find out what was happening in people's lives and what treatment they had

## What we found



8 out of 100 people who died by suicide had been cared for by drug and alcohol services in the year before they died



In 1 year 428 people who had contact with drug and alcohol services died by suicide



Half of the people who died were men aged 35-54



Almost half of the people who died were unemployed

## What we found



Most people lived in social housing,  
1 in 3 people lived in poor areas



Alcohol was the biggest problem for half  
of the people who died. Many people had  
problems with more than one drug



A quarter of people had finished treatment  
to stop using drugs and alcohol in the year  
before they died

## Drug and alcohol service reports told us



1 in 10 had problems with their families and relationships



4 in 10 people also had a physical illness



4 in 10 people saw drug and alcohol services in the week before they died

## Mental health services

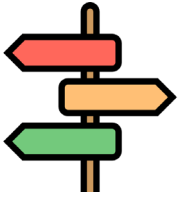


A third of people were cared for by both drug and alcohol services and mental health services



Most people helped by both services had harmed themselves before

## What these findings mean to you



You should be told about services that can help you with problems with your housing and money



You should be told about voluntary services that can help you stay drug and alcohol free



You should be given details of how to get back in touch with services if you start using drugs and alcohol again



Services should work together to understand how drugs and alcohol affect your mental health. You should be helped with both problems at the same time



## More information



You can read the [non-easy read report Suicide by people in contact with drug and alcohol services](#)



You can watch a [short video about the report Suicide by people in contact with drug and alcohol services](#)



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



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