

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

Real-Time Surveillance

This means we can get
information **early** which can help
services make changes **quickly**

**If you have a diagnosis of
bipolar disorder**

The best treatment
might be **medication**,
talking therapy or **both**

**If you missed an
appointment and/or did not
take your medication**

Your mental health team should
talk to you and might talk to
your family

**If someone you care about
has died**

You should be helped to get
personalised support from
bereavement services