

## THE NATIONAL CONFIDENTIAL INQUIRY INTO SUICIDE AND SAFETY IN MENTAL HEALTH

### 11th NCISH Conference, 8th May 2025

A warm welcome to all delegates joining us for the NCISH's 11th Conference.

#### PROGRAMME

- 10.00am-10.10am** Welcome by our Chair, **Dr Adrian James**
- 10.10am-10.30am** Guest speaker, **Dr Sangeeta Mahajan**
- 10.30am-11.10am** 2025 NCISH Annual Report, **Professor Sir Louis Appleby**  
Followed by presentation of the **Martin Lawlor Bursary Award**
- 11.10am-11.25am** Break
- 11.25am-11.45am** Recent research findings from NCISH and the Centre for Mental Health and Safety, **Professor Nav Kapur**
- 11.45am-12.30pm** Q&A panel session (all speakers)  
Followed by closing remarks by **Dr Adrian James**

## OUR CHAIR

### Adrian James



Since June 2024, Adrian has held the role of Medical Director for Mental Health and Neurodiversity at NHS England. He is also an advisor to the Secure Directorate at Devon Partnership NHS Trust. Adrian was President of the Royal College of Psychiatrists from 2020 to 2023 and was a board member of the NHS

Race and Health Observatory, a member of the NHS Assembly and was the first medical director of Devon Partnership NHS Trust.

During his time as President of the Royal College of Psychiatrists, Adrian led the college through the COVID-19 pandemic and oversaw quality improvement initiatives for workforce wellbeing and equality, diversity, and inclusion. One of Adrian's main priorities at the college was to put forward the ambition of achieving parity of esteem, to have mental health on an equal footing with physical health.

Adrian trained at Guy's Hospital and had house jobs in Brighton and Orpington before completing his higher training in Forensic Psychiatry. He worked as a Consultant Forensic Psychiatrist at Langdon Hospital working with people experiencing some of the most severe mental illnesses and disorders.

Adrian is a keen cyclist and has competed in many long distance cycling events, including the "Etape du Tours" and "La Marmotte Alps". He is an amateur cook and last year completed chefs training, passing the Certificate in the Culinary Arts (Level 2) Award.

## OUR SPEAKERS

### Sangeeta Mahajan



Dr Sangeeta Mahajan has recently taken early retirement from her position as a Consultant Anaesthetist at Guy's and St Thomas' NHS Foundation Trust, London. After working in the UK for 25 years, she has relocated with her husband, to a coffee-growing village in South India.

After the death of her gorgeous 20 years-old son, Saagar, in October 2014, she served as a Trustee of Papyrus for eight years. Her sudden tragic loss propelled her into activism and awareness-raising through writing and public-speaking. An inward path of self-inquiry and self-awareness inevitably, opened.

Sangeeta's articles have been published in [The Telegraph](#) and [Huffington Post](#), and as a Churchill Fellow, in 2019, she published her report "[Bridging the Gaps](#)" sharing ideas from her travels to the USA and Australia, on how we all can take better care of vulnerable young people. Her blog "[kids are gifts](#)" covers many themes, including the early days of grief and bereavement support.

For the last four years, along with her husband, Sangeeta has hosted [Circle of Remembrance](#), an international peer-support group for bereaved parents.

## OUR SPEAKERS

### Louis Appleby



Louis advises the Government on the National Suicide Prevention Strategy for England. He is Professor of Psychiatry at the University of Manchester where he leads the Centre for Mental Health and Safety, investigating suicide, self-harm and other areas of risk.

Louis is Director of the National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH).

Louis was National Director for Mental Health in England (2000-2010), playing a central role in reforming community care. From 2010-2014, he was National Clinical Director for Health and Justice, leading the development of diversion services for offenders with mental health problems. He was also a non-executive director on the Board of the Care Quality Commission (2013-2019). He advised the General Medical Council on suicide prevention in doctors under investigation. He advised the NHS on the suicide prevention response to the Grenfell tragedy.

In 2021 he was awarded the Royal College of Psychiatrists Lifetime Achievement Award. Louis was awarded a CBE in 2006 and was knighted in the 2023 New Year Honours.

## OUR SPEAKERS

### Nav Kapur



Nav is Professor of Psychiatry and Population Health at the University of Manchester and an Honorary Consultant Psychiatrist at Mersey Care NHS Foundation Trust. He is also Director of the UK's National Confidential Inquiry into Suicide and Safety in Mental Health.

Nav has spent the last 30 years researching suicidal behaviour, particularly its causes, treatment and prevention. He has led committees for the National Institute for Health and Clinical Excellence (NICE) in the UK including those developing guidelines for how all clinical staff should help people after self-harm. He sits on the main advisory group on suicide for the Department of Health in England and leads national quality improvement work to prevent suicide.

Nav is the lead author of [Suicide Prevention](#) and has published over 400 academic papers. He is the recipient of both the American Association of Suicidology Louis I. Dublin Award for lifetime achievement in suicide prevention and the International Association of Suicide Prevention (IASP) Stengel Award for outstanding research.

## THE MARTIN LAWLOR RESEARCH BURSARY AWARD

The Martin Lawlor Bursary Award was created in 2022 to honour our friend and colleague Dr Martin Lawlor, who sadly passed away in 2018. Martin was a Consultant Forensic Psychiatrist who specialised in self-harm and suicide research.

The bursary is awarded to an early career researcher to support research activity in the field of self-harm or suicide prevention in the UK and Ireland. The award provides an opportunity to engage with other researchers in this field. Example use of bursary funds include, but are not limited to, conference attendance, a training course at a centre of excellence, or a visit to a research unit.

The Martin Lawlor Research Bursary Award has been given by Martin's family and is supported by the Centre for Mental Health and Safety and [State of Mind Sport](#).



**1,722**

suicides by people under recent (within 12 months)  
mental health care in 2022

**26%**

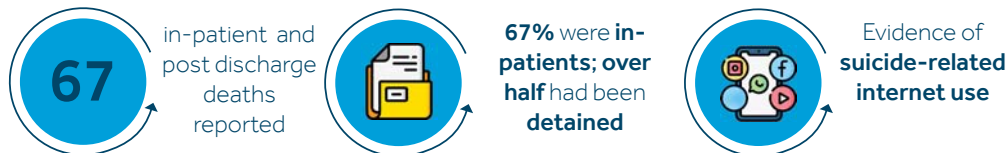
of all people who died by suicide in 2012-2022 had  
recent contact with mental health services

### Acute mental health care settings



Prevention should focus on ward safety, support after discharge, and recognition of risk following self-harm

### Real-Time Surveillance of suspected suicides



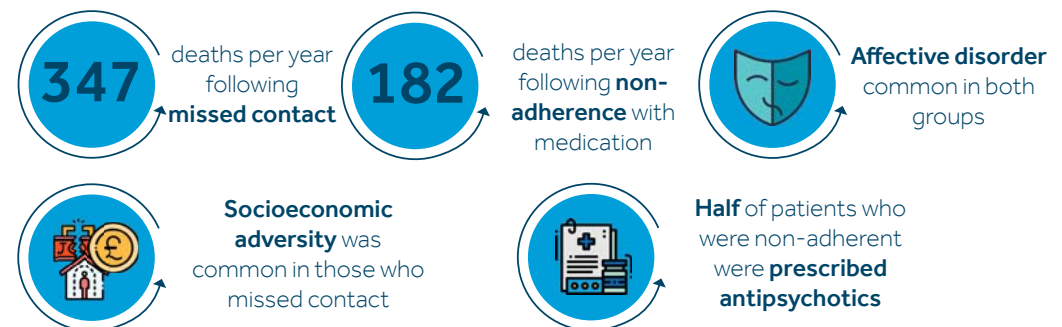
All trusts contributing to real-time surveillance will provide early warning of safety concerns

### Suicide in mental health patients with bipolar disorder



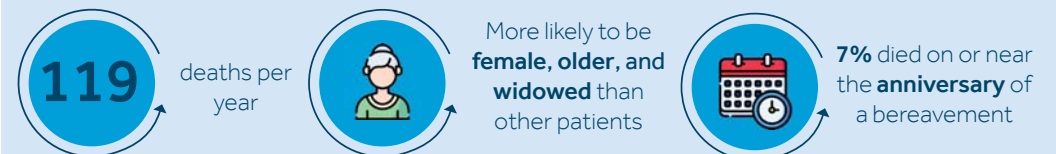
Lithium treatment and psychological interventions should be provided in line with NICE guidelines

### Suicide after missed contact and non-adherence with medication



Greater family involvement may help engagement efforts

### Suicide and recent bereavement in mental health patients



Enquiring about significant dates should be a routine part of assessment