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Healthcare Quality  
Improvement Partnership

# National Confidential Inquiry

## into Suicide and Safety in Mental Health

**Annual Report 2026:  
Additional online data tables  
Scotland patient data 2013-2023**

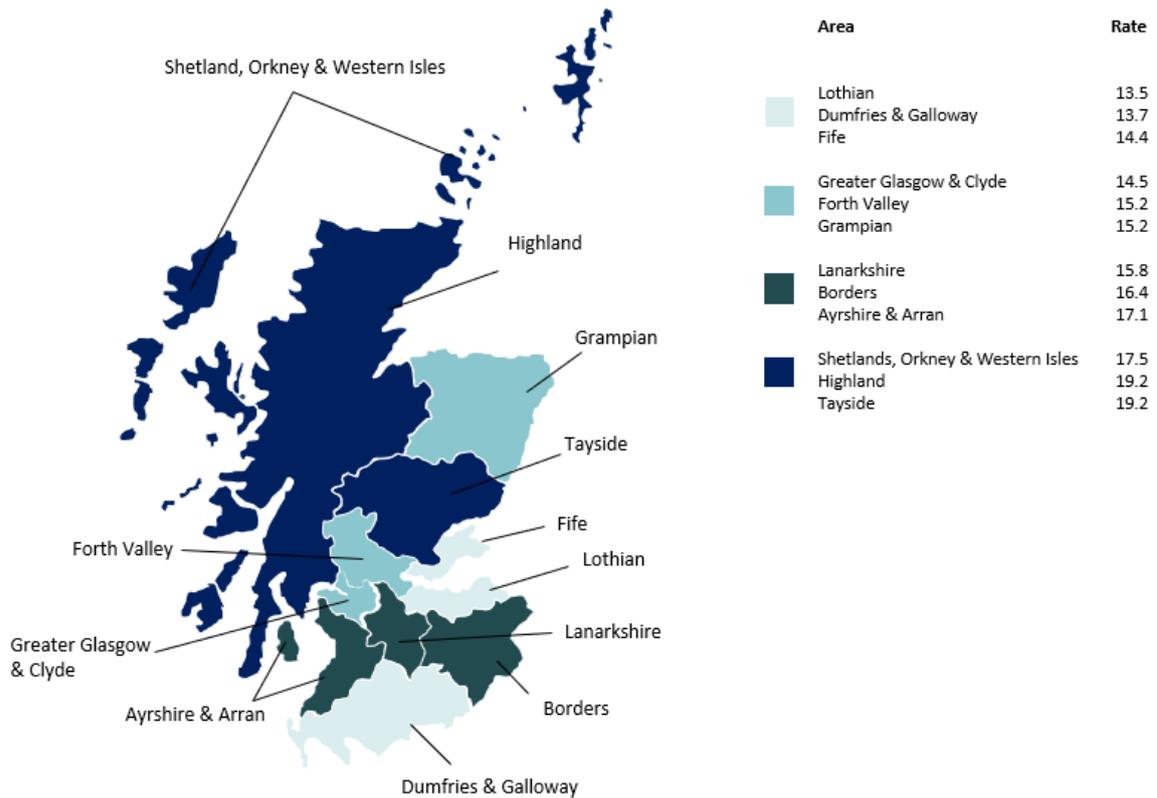
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# SUICIDE IN THE GENERAL POPULATION IN SCOTLAND

## 1. GENERAL POPULATION SUICIDE RATES BY AREA OF RESIDENCE

Figure 1: Rates of suicide per 100,000 population, by NHS Health Board (average rate 2021-2023)



Note: rates have been colour coded by approximate quartile

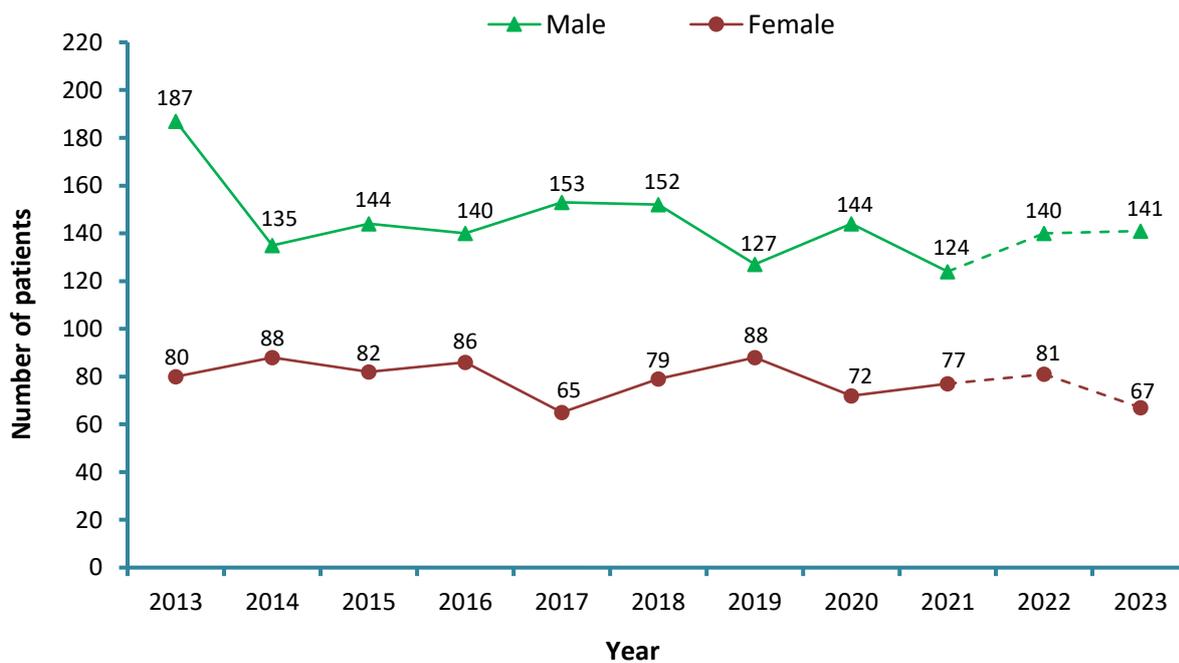
# PATIENTS WHO DIED BY SUICIDE IN SCOTLAND

## 2. NUMBER OF PATIENT SUICIDES

Figure 2: Number of confirmed and estimated patient suicides in Scotland (2013-2023)



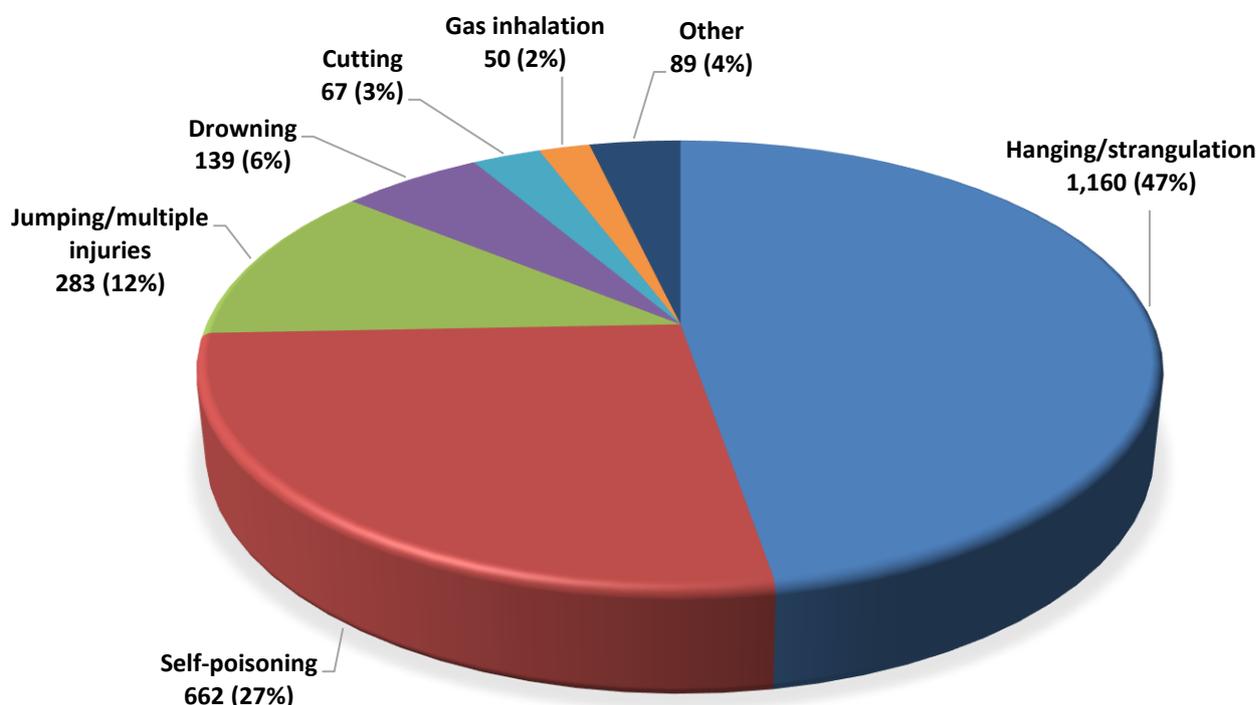
Figure 3: Number of patient suicides in Scotland, by sex (2013-2023)



Notes: The number of males and females in 2022 do not total those in Fig. 2 due to rounding; dashed lines represent estimated numbers in 2021-2023.

### 3. METHOD OF SUICIDE

Figure 4: Patient suicide in Scotland: main suicide methods (2013-2023)



### 4. SOCIAL AND CLINICAL CHARACTERISTICS

Table 1: Socio-demographic characteristics of patients who died by suicide in Scotland (2013-2023)

Characteristic	Total=2,453 <sup>†</sup>	
	Number	%
Age: median (range)	45 (11-95)	
Aged under 18	38	2
Aged under 25 <sup>†</sup>	210	9
Male <sup>†</sup>	1,587	65
Not currently married/cohabiting	1,617	76
Living alone	1,201	55
Unemployed	1,124	52
Long-term sick leave	220	10
Ethnic minority group	41	2
LGBT+*	62	6
Homeless	49	2
In the lowest 20% deprivation score <sup>^</sup>	745	32

<sup>†</sup> includes estimated figures in 2021-2023

\*data from 2016 onwards

<sup>^</sup> based on the Scotland Index of Multiple Deprivation (SIMD) 2020

**Table 2: Clinical characteristics of patients who died by suicide in Scotland (2013-2023)**

Characteristic	Total=2,453 <sup>†</sup>	
	Number	%
Duration of illness (<12 months)	312	15
Any comorbid (i.e. additional) mental illness	1,265	54
Any comorbid physical illness	587	27
First contact with mental health services:		
<12 months	378	17
>5 years	1,363	60
Last admission was a re-admission	144	13

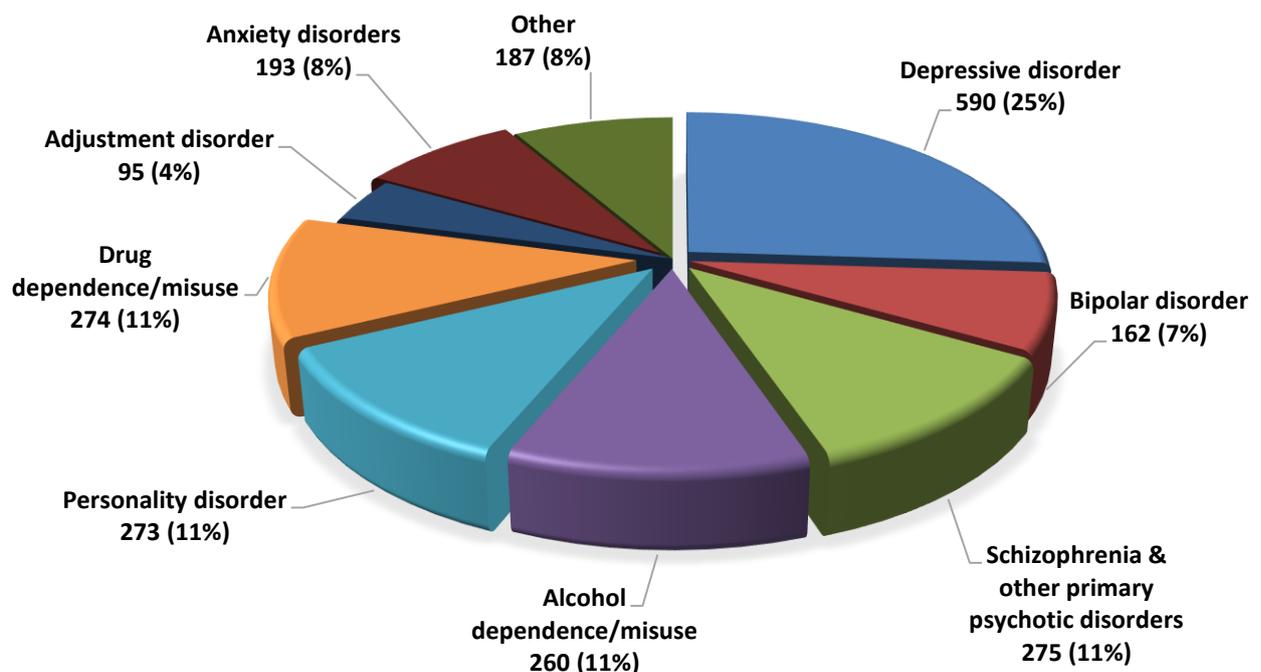
<sup>†</sup> includes estimated figures in 2021-2023

**Table 3: Behavioural characteristics of patients who died by suicide in Scotland (2013-2023)**

Characteristic	Total=2,453 <sup>†</sup>	
	Number	%
History of self-harm	1,409	62
History of violence	424	20
History of alcohol misuse <sup>†</sup>	1,225	53
History of drug misuse <sup>†</sup>	1,077	46
Suicide-related internet use	73	6

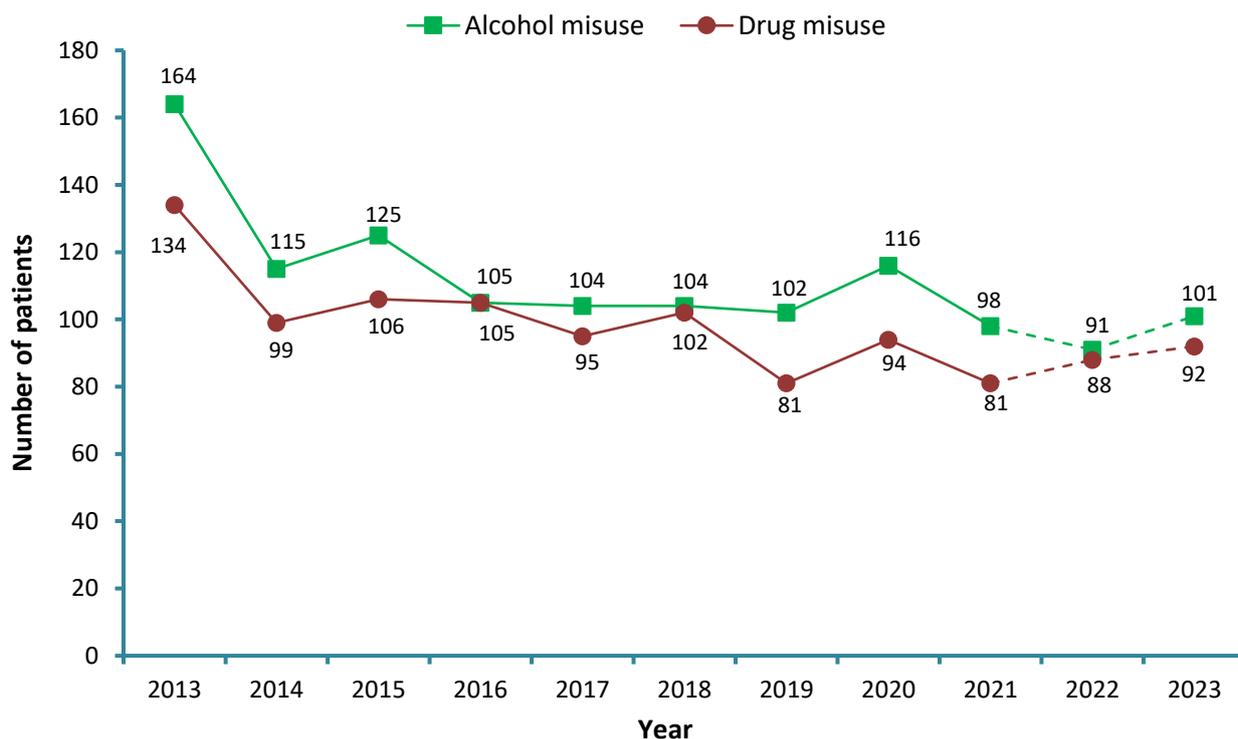
<sup>†</sup> includes estimated figures in 2021-2023

**Figure 5: Patient suicide in Scotland: primary mental health diagnoses (2013-2023)**



\*"other" diagnoses include: eating disorders, learning disability, conduct disorder, autism spectrum disorder, somatisation disorder, ADHD, organic disorder, drug induced psychosis, dementia and other specified.

**Figure 6: Patient suicide in Scotland: number with a history of alcohol or drug misuse (2013-2023)**



Note: dashed lines represent estimated numbers in 2021-2023

## 5. MENTAL HEALTH CARE

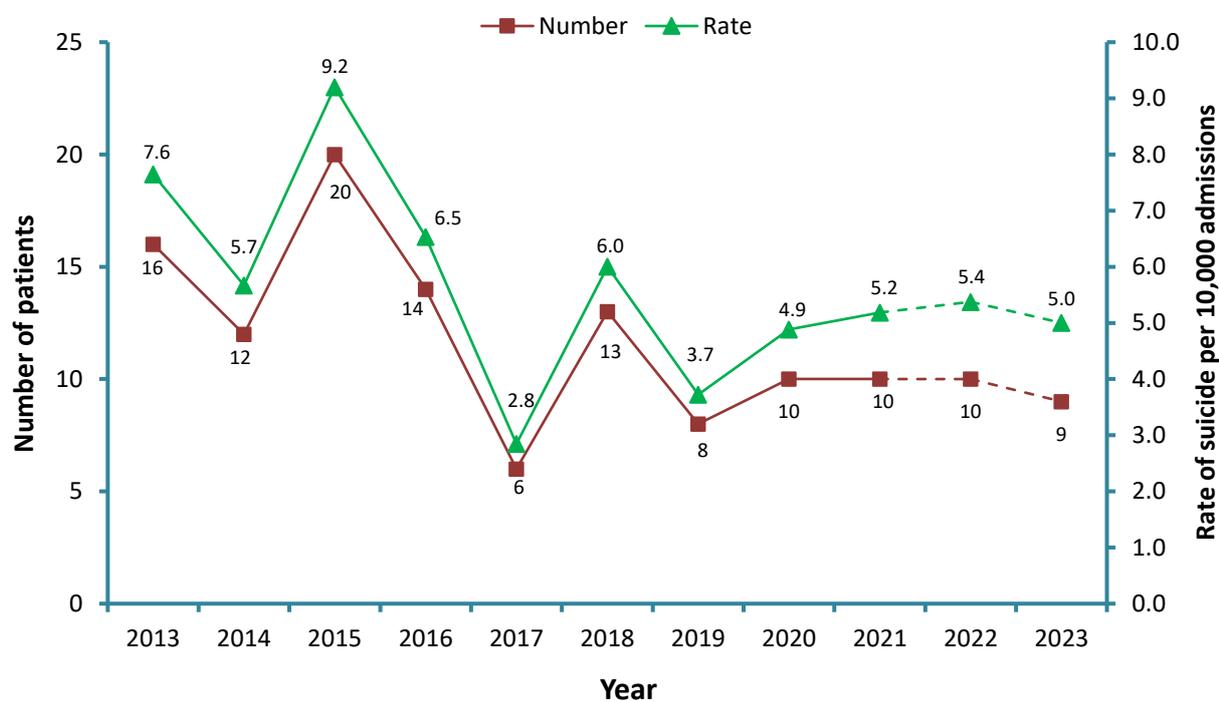
**Table 4: Service characteristics of patients who died by suicide in Scotland (2013-2023)**

Characteristic	Total=2,453 <sup>†</sup>	
	Number	%
In-patient <sup>†</sup>	128	5
Recent (<3 months) discharge <sup>†</sup>	303	13
Under crisis resolution/home treatment services <sup>†</sup>	158	7
Missed last contact with services	589	27
Non-adherence with medication	208	10
<b>Contact with services</b>		
Last contact within 7 days of death	938	40
Short-term risk viewed as low or none	1,764	85
Long-term risk viewed as low or none	1,213	61

<sup>†</sup> includes estimated figures in 2021-2023

## 5.1 IN-PATIENT SUICIDE

**Figure 7: Patient suicide in Scotland: number of mental health in-patients and rate of suicide per 10,000 admissions (2013-2023)**



Note: dashed lines represent estimated figures in 2021-2023

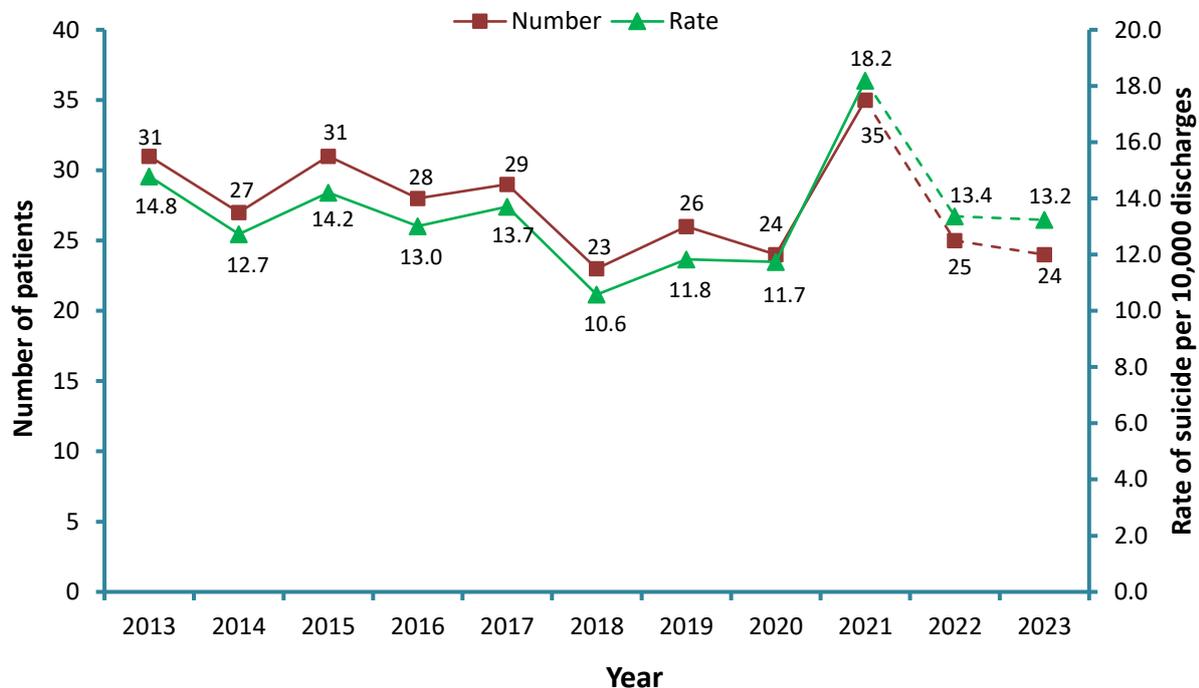
**Table 5: Service characteristics of in-patients who died by suicide in Scotland (2013-2023)**

Characteristic	Total=128 <sup>†</sup>	
	Number	%
Died within a week of admission	28	23
Leave status:		
On the ward	50	42
On agreed leave	48	40
Off the ward without staff agreement or with agreement but failed to return	21	18
Detained under the MHA	41	34
Died within a local in-patient unit	97	81
Under enhanced observation	9	9
Short-term risk viewed as low or none	77	66

<sup>†</sup> includes estimated figures in 2021-2023  
MHA=Mental Health Act

## 5.2 PATIENTS RECENTLY DISCHARGED FROM IN-PATIENT CARE

**Figure 8: Patient suicide in Scotland: number who died within 3 months of in-patient discharge and rate of suicide per 10,000 discharges (2013-2023)**



Note: dashed lines represent estimated figures in 2021-2023

**Figure 9: Patient suicide in Scotland: number per week following discharge (2013-2023)**

