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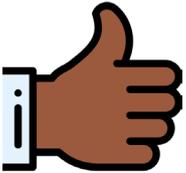
Healthcare Quality  
Improvement Partnership

# National Confidential Inquiry

## into Suicide and Safety in Mental Health

Annual Report 2026:  
Easy Read version

## About this document



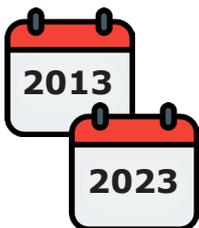
This report uses easy words and pictures



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 2013 and 2023

## Introduction



We collect information about all people in the UK and Jersey 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 2013 and 2023 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 and Jersey around 6,000 people die by suicide



3 in 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



Nearly half of patients who died were unemployed



Using alcohol and drugs in a harmful way was common



Most patients who died had harmed themselves before. Nearly a third of patients had harmed themselves less than 3 months before they died

## Mental health care



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

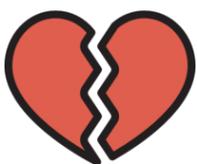


Most patients who die by suicide after staying in hospital die within the first week of going home

## Patients cared for by the crisis team



There were 224 deaths every year by patients who were cared for by a crisis team. These patients were often older and married. Nearly half lived alone



Many were depressed, and were worried about money problems or upset about a relationship break-up

## Patients aged 75 and over



There were 94 deaths every year by patients who were aged 75 and over. Half lived alone. 1 in 5 had harmed themselves in the last 3 months



Over half of these patients also had a physical health problem. 1 in 10 were upset by the recent death of someone they knew

## Patients with a diagnosis of anxiety disorder



There were 122 deaths every year by patients who had a diagnosis of anxiety disorder. 1 in 10 were on sick leave from work



Most were taking antidepressants, which are often prescribed to treat anxiety. Only 1 in 4 patients were having talking therapies

## Patients who had recently moved to the UK



There were 76 deaths every year by patients who had recently moved to the UK. Most of these patients were white and 2 in 5 were depressed



Many had no friends or family to help when they left hospital. 1 in 3 had problems with money, work or where they were living

## What these findings mean to you

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



If you are staying in hospital the ward you are staying on should be a safe place



If you have been staying in hospital, when you go home you should be seen within 3 days by someone from your mental health team, who will check on your wellbeing

### If you are cared for by a crisis service



Crisis services should review whether they are the best service to support your needs, and make changes quickly if you need extra support

## If you are aged 75 and above



Mental health services should ask you about your mood, general health, and loneliness. They may also ask if someone you know has died or if you have harmed yourself recently

## If you have a diagnosis of anxiety disorder



If you have an anxiety disorder you should be offered talking therapies

## If you are a recent migrant



You should be told about organisations that can help you with money or housing problems

## More information



You can read the [non-easy read report here](#)



You can watch a [short video about the report here](#)



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



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