



# National Confidential Inquiry

## into Suicide and Safety in Mental Health

# Safer care in 2026: new figures and key findings from 30 years of NCISH

14th May 2026

## PROGRAMME

A warm welcome to all delegates joining us for the NCISH Annual conference

### Session one

10.00am-10.20am Opening message from the President and Vice-Chancellor of the University of Manchester, **Professor Duncan Ivison**

Welcome by our chair, **Professor Ann John**

10.20am-10.40am Guest speaker, **Professor David Mosse**

10.40am-11.20am 2026 NCISH Annual Report, **Professor Sir Louis Appleby**

11.20am-11.35am Break

### Session two

11.35am-12.20pm 30 years of NCISH research, **Professor Nav Kapur**

Followed by the presentation of the Martin Lawlor Research Bursary Award

12.20pm-12.55pm Q&A panel session (all speakers)

Followed by closing remarks from **Professor Ann John**

# CHAIR

## Professor Ann John

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Ann John is clinical Professor of Public Health and Psychiatry and Director of the National Centre for Suicide Prevention and Self-Harm Research. Ann is an internationally recognised expert in suicide and self-harm epidemiology, with extensive experience in using large-scale, population-level and linked routine data. Her research contributes directly to understanding how clinical practice, service organisation, and transitions in care can influence suicide risk.



She regularly works with health services, policymakers, and national programmes to translate robust evidence into actionable recommendations to prevent suicide. Ann chaired the Committee that produced British Standards Institution free standard BS 30480: Suicide Prevention in the Workplace (2025). This is the first of its kind globally to offer a structured, evidence-informed framework explicitly designed to guide organisations in suicide prevention, intervention, and support for those affected by suicide. She is Vice President of the International Association of Suicide Prevention.

# GUEST SPEAKER

## Professor David Mosse

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David Mosse is Professor of Social Anthropology at the School of Oriental and African Studies (SOAS), University of London. Following the tragic death of his 23-year-old son, he became passionate about suicide prevention and mental health.



He chairs the multi-agency Haringey Suicide Prevention Group. He was lived experience member of the NICE Public Health Advisory Committee on Preventing Suicide in the Community. He co-leads a Survivors of Bereavement by Suicide group. Interested in ways to improve crisis care, in 2019-2024, he designed, set up and led the ESRC-funded 'Anthropology of Peer Supported Open Dialogue' (APOD) study, running alongside the ODDESSI trial of the approach. As part of this project, he trained as a POD practitioner and mentor and worked as part of a Community Mental Health Team in a London NHS Trust for five years. He is founder-Director of the Centre for Anthropology and Mental Health Research in Action (CAMHRA) [camhra.soas.ac.uk] at SOAS, established in 2024 with a UKRI grant to diversify disciplinary and cultural perspectives on responding to human distress.

He is a Fellow of the British Academy, and Academy of Social Sciences and author of several books related to the anthropology of India, development policy, environment, religion and caste alongside his personal commitments and anthropological curiosity turned towards mental health crisis care and suicide prevention.

# NCISH SPEAKERS

## Professor Sir Louis Appleby

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Louis Appleby is Director of the National Confidential Inquiry into Suicide and Safety in Mental Health. He is a Professor of Psychiatry at the University of Manchester. He advises the Government on the National Suicide Prevention Strategy for England.



From 2000-2010 he was National Director for Mental Health in England, 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. From 2013-2019 he was a non-executive director on the Board of the Care Quality Commission.

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. He was awarded a CBE in 2006 and was knighted in the 2023 New Year Honours.

## Professor Nav Kapur

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



He has spent the last 30 years researching suicide and self-harm, particularly their causes, treatment and prevention. He has led guidelines for the National Institute for Health and Care Excellence (NICE) on providing care for people after self-harm, managing depression, and preventing suicide. He sits on the main advisory group on suicide prevention for the Department of Health in England and leads national quality improvement work to prevent suicide.

He is the lead author of *Suicide Prevention* (3rd Edition, Oxford University Press) and has published over 400 research papers. Nav 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 Stengel Award for outstanding research. In 2025 he was awarded Honorary Fellowship of the Royal College of General Practitioners, the College's highest honour, for outstanding contributions to general practice.

# THE MARTIN LAWLOR RESEARCH BURSARY AWARD

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The Martin Lawlor Research Bursary Award was created in 2022 to honour our friend and colleague Dr Martin Lawlor, who died in 2018.

Dr Martin Lawlor was a Consultant Forensic Psychiatrist who specialised in self-harm and suicide research and was a friend and colleague of the National Confidential Inquiry into Suicide and Safety in Mental Health. This award has been given by his family and is supported by NCISH and [State of Mind Sport](#).



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.

## Video messages in recognition of 30 years of NCISH

### With thanks to

#### **Baroness Gillian Merron**

Parliamentary Under-Secretary of State for Women's Health and Mental Health

#### **Dr Lade Smith CBE**

President of the Royal Collage of Psychiatrists

#### **Angela Samata**

Therapist, TEDx speaker and Presenter of 'Life After Suicide'

#### **Philip Pirie**

Bereaved parent and suicide prevention campaigner

#### **Professor Jo Robinson**

Head of Suicide Research and Scientific Director, Orygen Policy Centre, Melbourne

#### **Dr Adrian James**

Medical Director for Mental Health and Neurodiversity at NHS England

#### **Professor Siobhan O'Neill**

Mental Health Champion for Northern Ireland

#### **Professor Keith Hawton**

Emeritus Director, Centre for Suicide Research, University of Oxford

#### **Sue Sibbald**

NCISH Project Board Member and Non-Executive Director of The Counselling Therapy Hub

#### **Dr Fredrik A. Walby**

Deputy Director, National Center for Suicide Research and Prevention, University of Oslo, Norway

#### **Professor Rory O'Connor**

Director of the Suicidal Behaviour Research Laboratory, University of Glasgow

1,691

suicides by people under recent mental health care in 2023

26%

of all people who died by suicide in 2013-2023  
had recent contact with mental health services

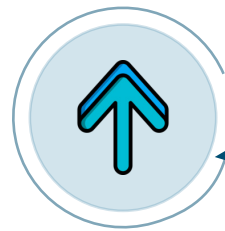
### Acute mental health care settings

430

deaths per  
year



Proportion of  
deaths on ward  
increasing



Rise in number  
of suicides by  
strangulation on  
the ward



Post-discharge  
deaths may be  
increasing



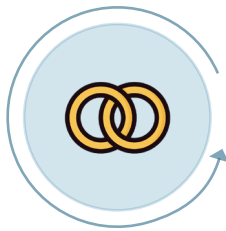
Highest risk after  
discharge is now on  
days 4 and 6

A renewed focus is needed on ward safety; early follow-up should anticipate any imminent deterioration

### Suicide under crisis care settings

224

deaths per  
year



More were **older**  
and **married**. 44%  
**lived alone**



**Depression**,  
**recent self-harm**  
and **adverse life**  
**events** were  
common

Services to review suitability of crisis care for patients who live alone, have recent onset depression, and self-harm

## Suicide by patients aged 75 and over

94

deaths per  
year



A fifth had recently  
**self-harmed**;  
12% had a recent  
**bereavement**



Over half also had  
a **physical illness**.  
**Depression** and  
**dementia** most  
common diagnoses

Services should recognise the impact of physical illness, social isolation and recent self-harm as potential warning signs

## Suicide and anxiety disorders

122

deaths per  
year



Increase in all age  
groups; comorbid  
**depression**  
common



The majority  
were receiving  
**antidepressants**;  
only a quarter  
receiving **talking  
therapies**

Anxiety is a serious disorder that may be associated with suicide; it is important that talking therapies are available

## Suicide and recent migrants

76

deaths per  
year



Increase in the  
number since  
2017. **Depression**  
is common



Many discharged  
to **socioeconomic  
adversity** and poor  
**social support**

A multi-agency care strategy is needed when discharge planning