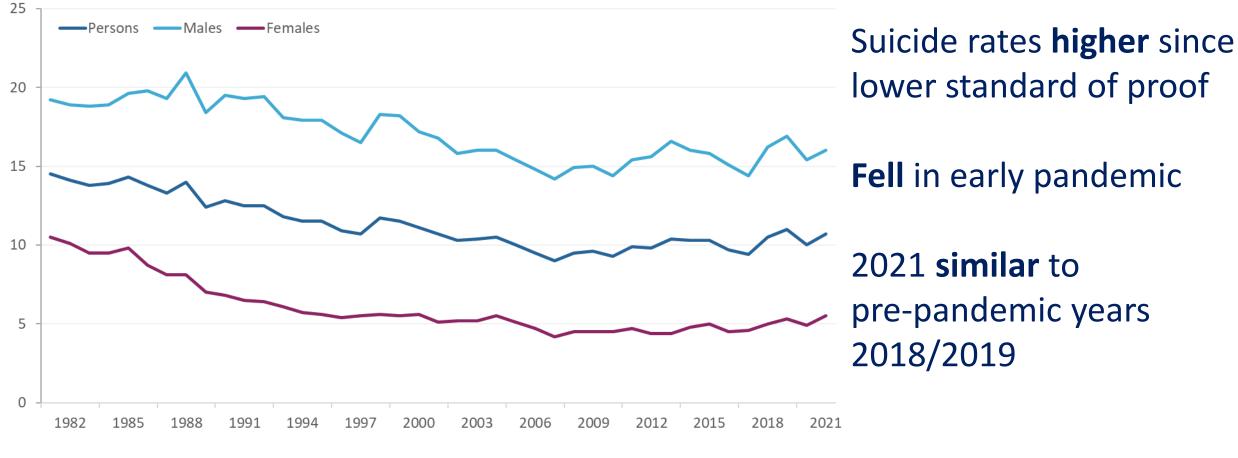


### Suicide rates, England and Wales 1981-2021



Age-standardised suicide rates by sex, England and Wales, registered



Year of registration







# Learning Day: the new national suicide prevention strategy

11 October 2023

### **Professor Louis Appleby**



### **Suicide Prevention Strategy 2023**







# Suicide prevention strategy 2023





Improve data & evidence

Support priority groups

Address population risk factors

**Online safety & responsible media** 

**Effective** <u>crisis</u> care

**Reduce** <u>access to methods</u> of suicide

Suicide <u>bereavement</u> support

Make suicide everybody's business









**Priority groups** 



**Children & young people** 



**Middle-aged men** 

People who have self-harmed



**People under mental health services** 

People in justice system





Autistic people

**Pregnant women & new mothers** 



### What affects suicide risk?





#### UK SUICIDE (2010-2020)

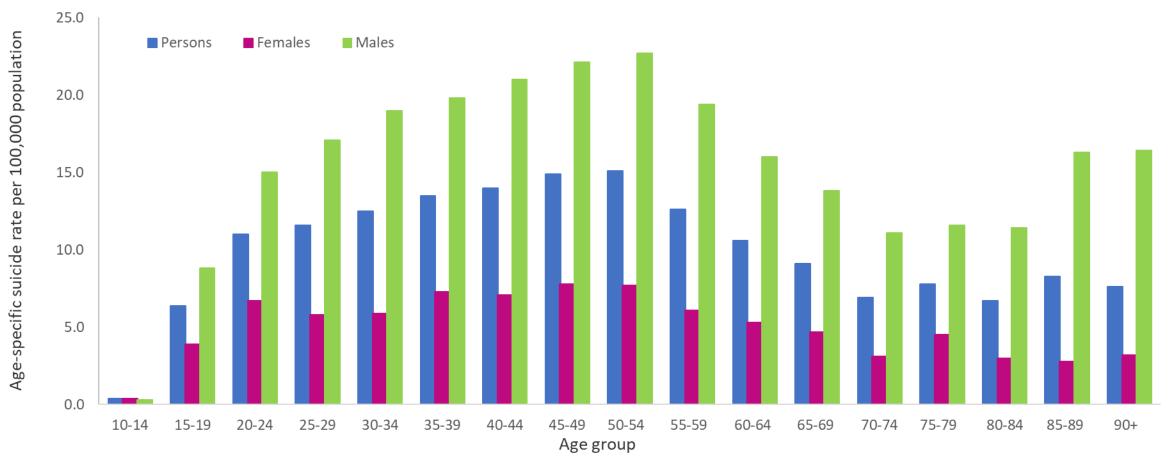
© National Confidential Inquiry into Suicide and Safety in Mental Health. All rights reserved. Not to be reproduced in whole or part without the permission of the copyright holder.



### Suicide in age and sex groups



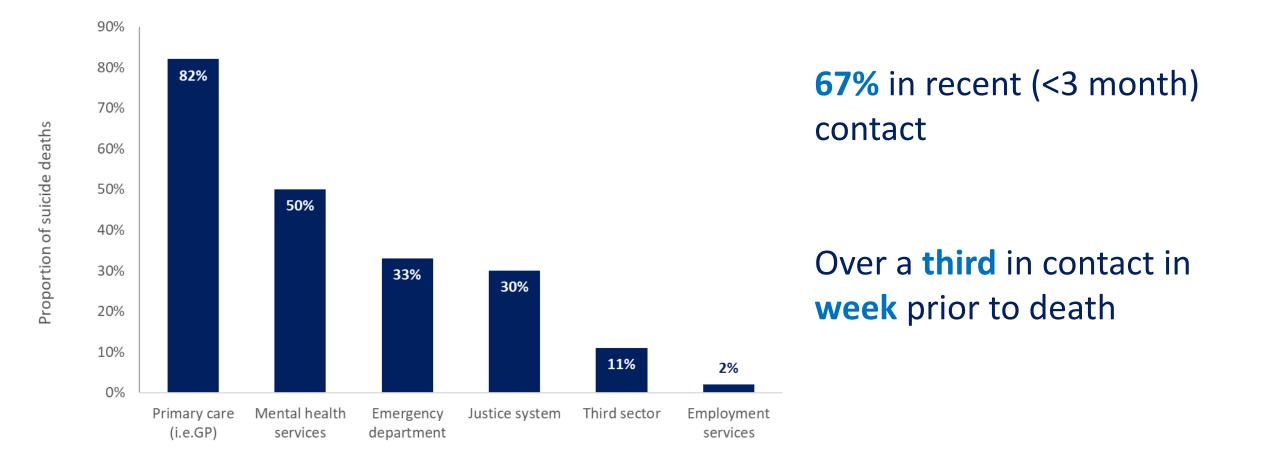
#### Age-specific suicide rates, 2021, England and Wales



Men aged 40-54 have highest suicide rates







MANCHESTER

The University of Manchester

Characteristics of 18,268 patient suicides 2010-20

High rates of social adversity and isolation, nearly half lived alone (48%), or unemployed (47%)

# A history of self-harm (64%), alcohol (47%) or drug misuse (37%)

9% died on or near an anniversary or significant date



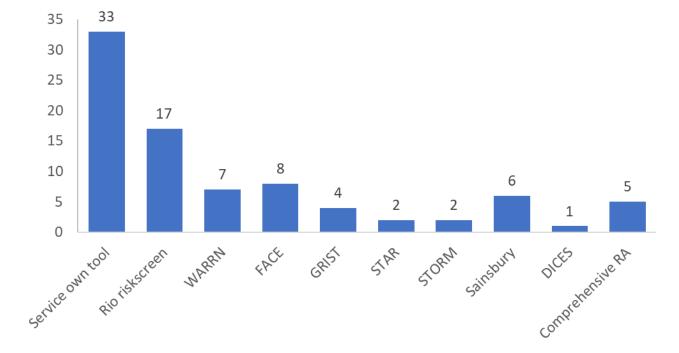






### Suicide risk assessment tools: national study





### **Risk tools used vary between services**

# Many **unvalidated** risk tools are in use

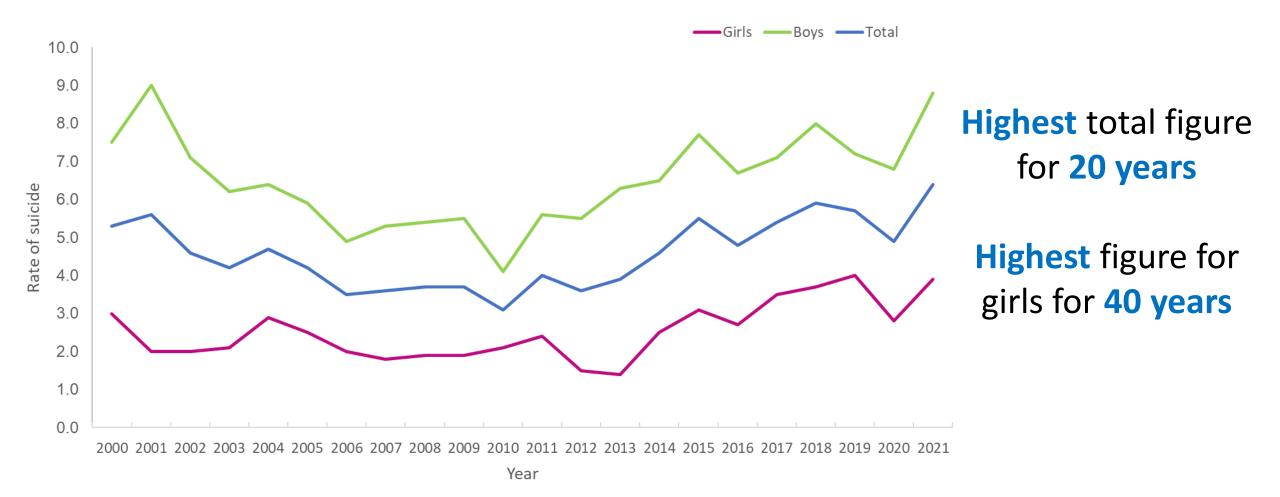
<u>NICE guidance 2022</u>: Do **not** use risk assessment tools and scales to predict suicide

Need to develop **personalised model** of risk management



#### Suicide rates in 15-19 year olds







### Common themes in young suicides: national study



Improvement Partnership

**Online risk 24%** Had been in care 8% Ś 0 Family factors 23% **Isolation 21% Physical health 30%** Abuse 11% Alc/drug use **Bereavement 25%** 42% **LGBT 5% Bullying 19%** 

Academic pressures 32%



New measures in suicide prevention strategy

The University of Manchester





## New offence of encouraging self-harm

# Tighter affordability checks on problem gamblers



Personalised approach to clinical risk



Mental health support in schools





£10m to charities



New measures in suicide prevention strategy

The University of Manchester





### Alert system for new suicide methods

New study of NHS staff suicide





New Govt policies assessed for mental health impact

National real-time suicide surveillance

