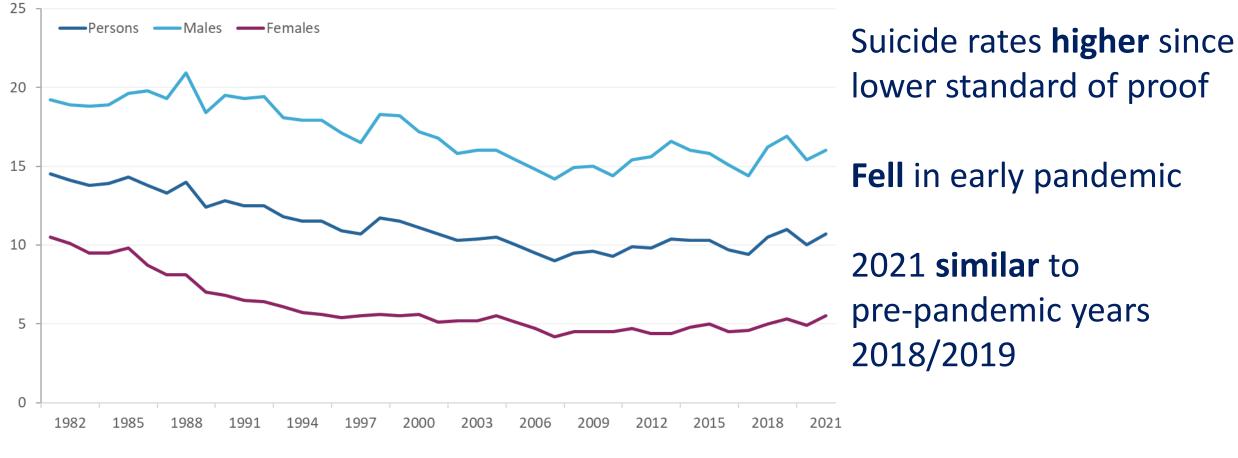


Suicide rates, England and Wales 1981-2021



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)

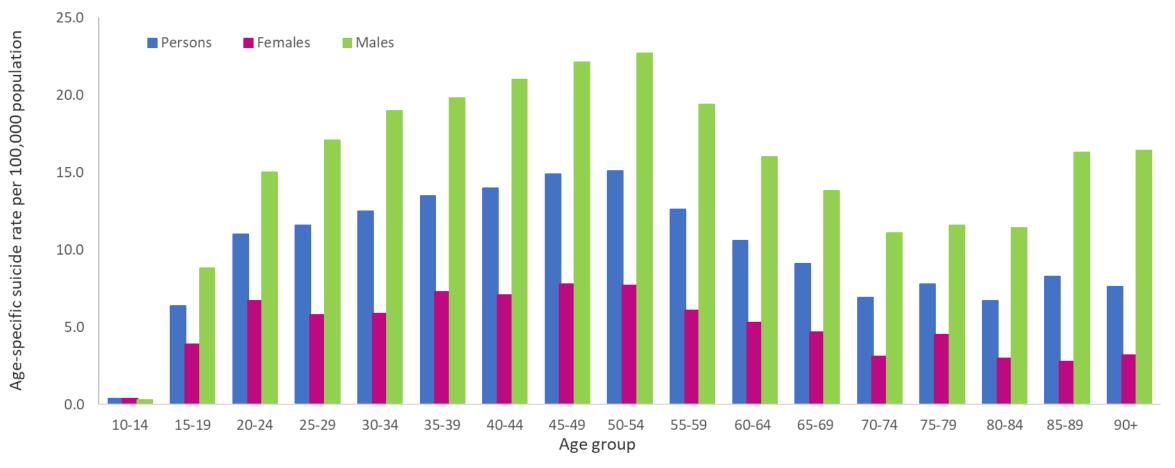
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Suicide in age and sex groups



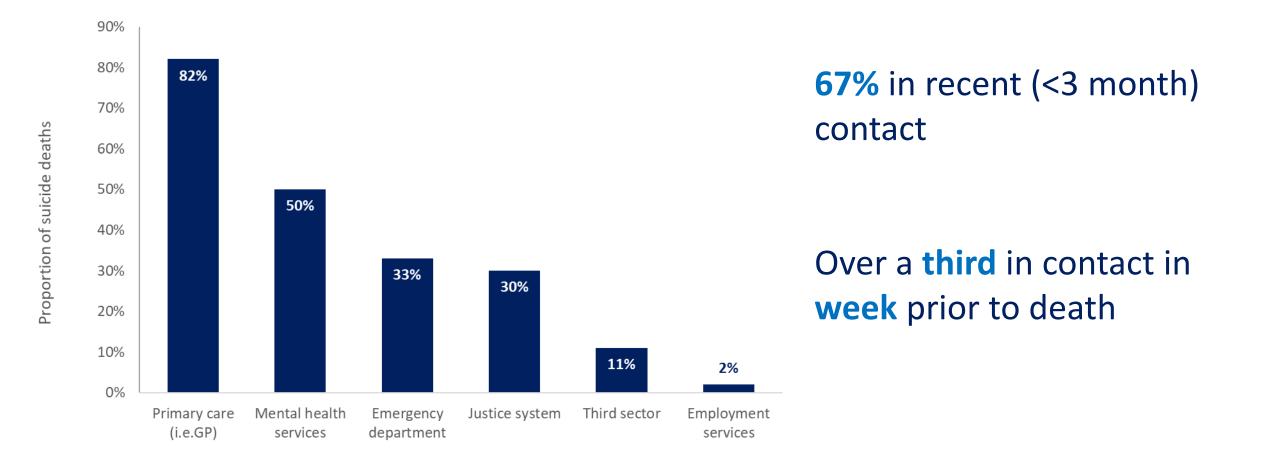
Age-specific suicide rates, 2021, England and Wales



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



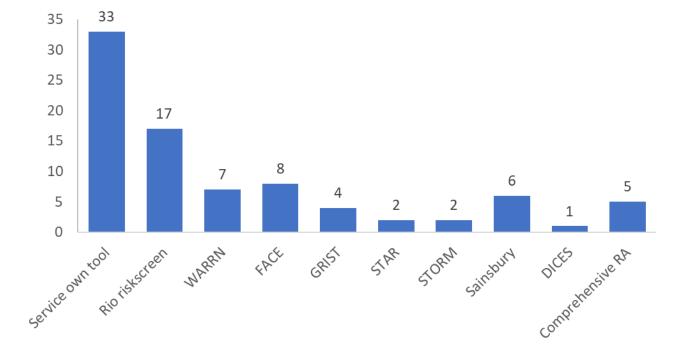






Suicide risk assessment tools: national study





Risk tools used vary between services

Many **unvalidated** risk tools are in use

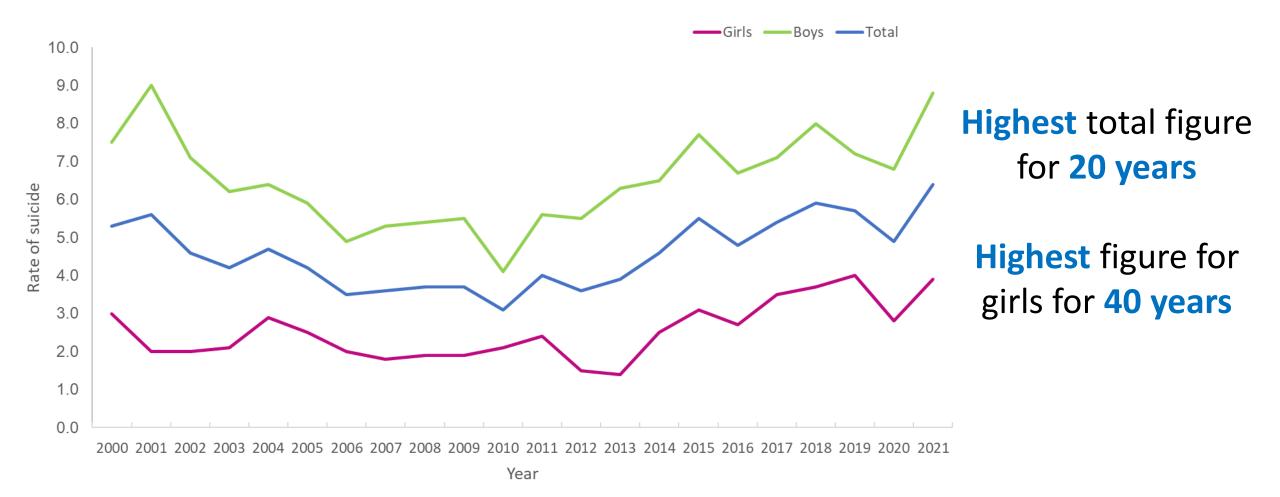
<u>NICE guidance 2022</u>: Do **not** use risk assessment tools and scales to predict suicide

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

