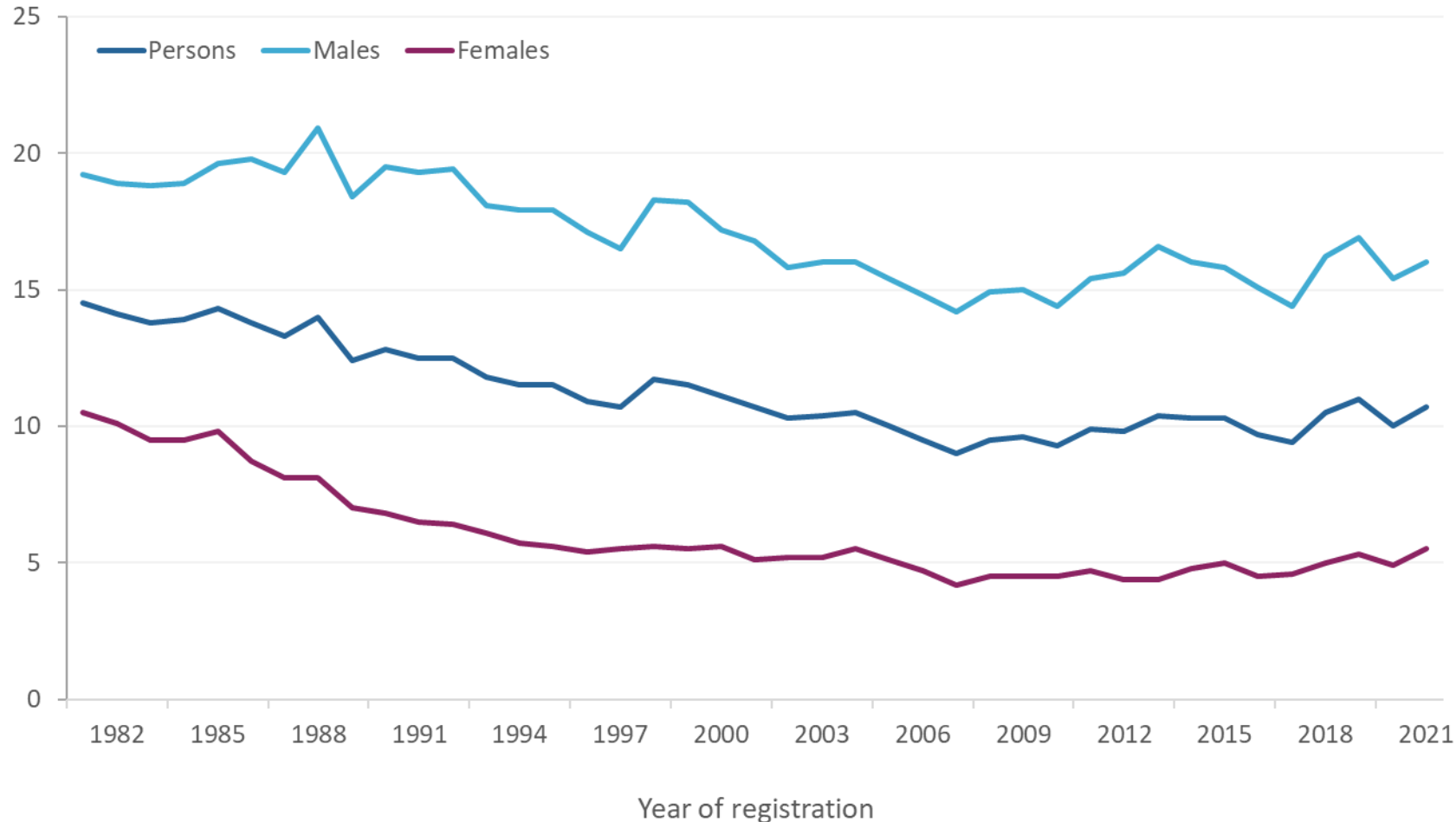


Age-standardised suicide rates by sex, England and Wales, registered



Suicide rates **higher** since lower standard of proof

Fell in early pandemic

2021 **similar** to pre-pandemic years 2018/2019

Learning Day: the new national suicide prevention strategy

11 October 2023

Professor Louis Appleby





Improve data & evidence

Support priority groups

Address population risk factors

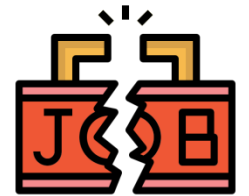
Online safety & responsible media

Effective crisis care

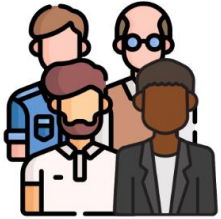
Reduce access to methods of suicide

Suicide bereavement support

Make suicide everybody's business



Children & young people



Middle-aged men



People who have self-harmed

People under mental health services

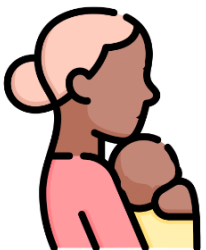


People in justice system

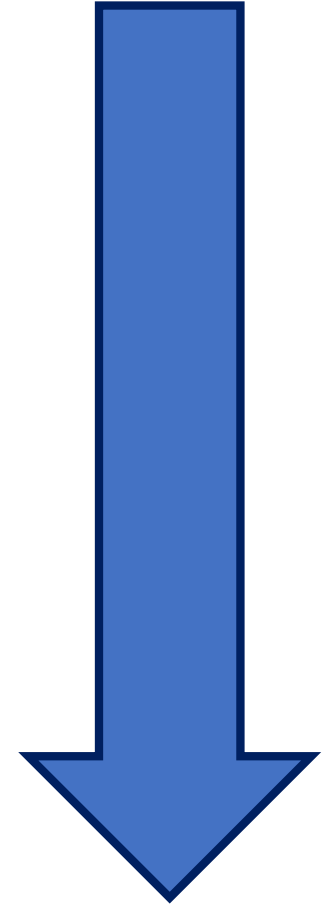
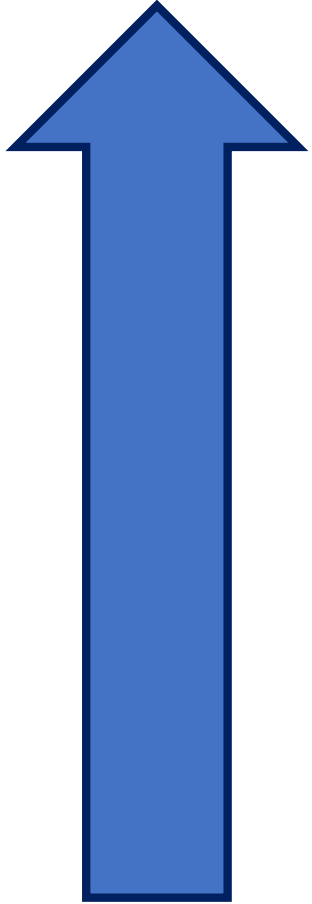


Autistic people

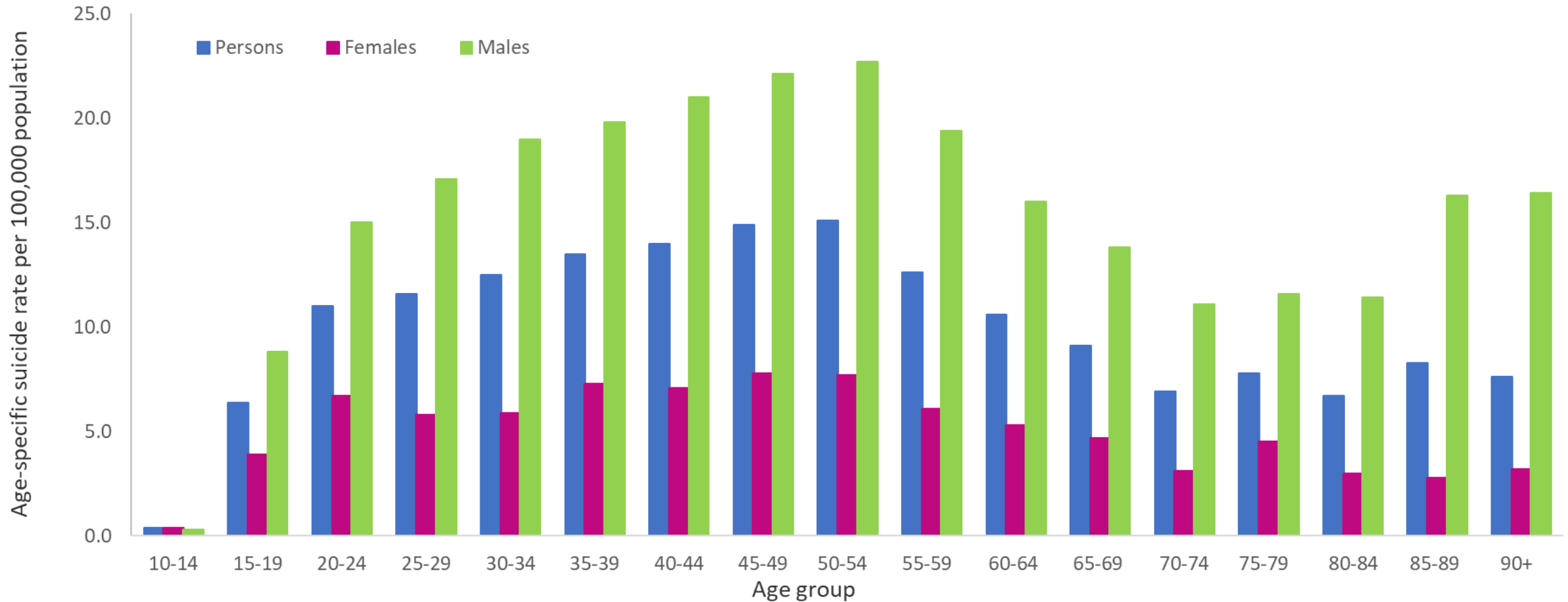
Pregnant women & new mothers



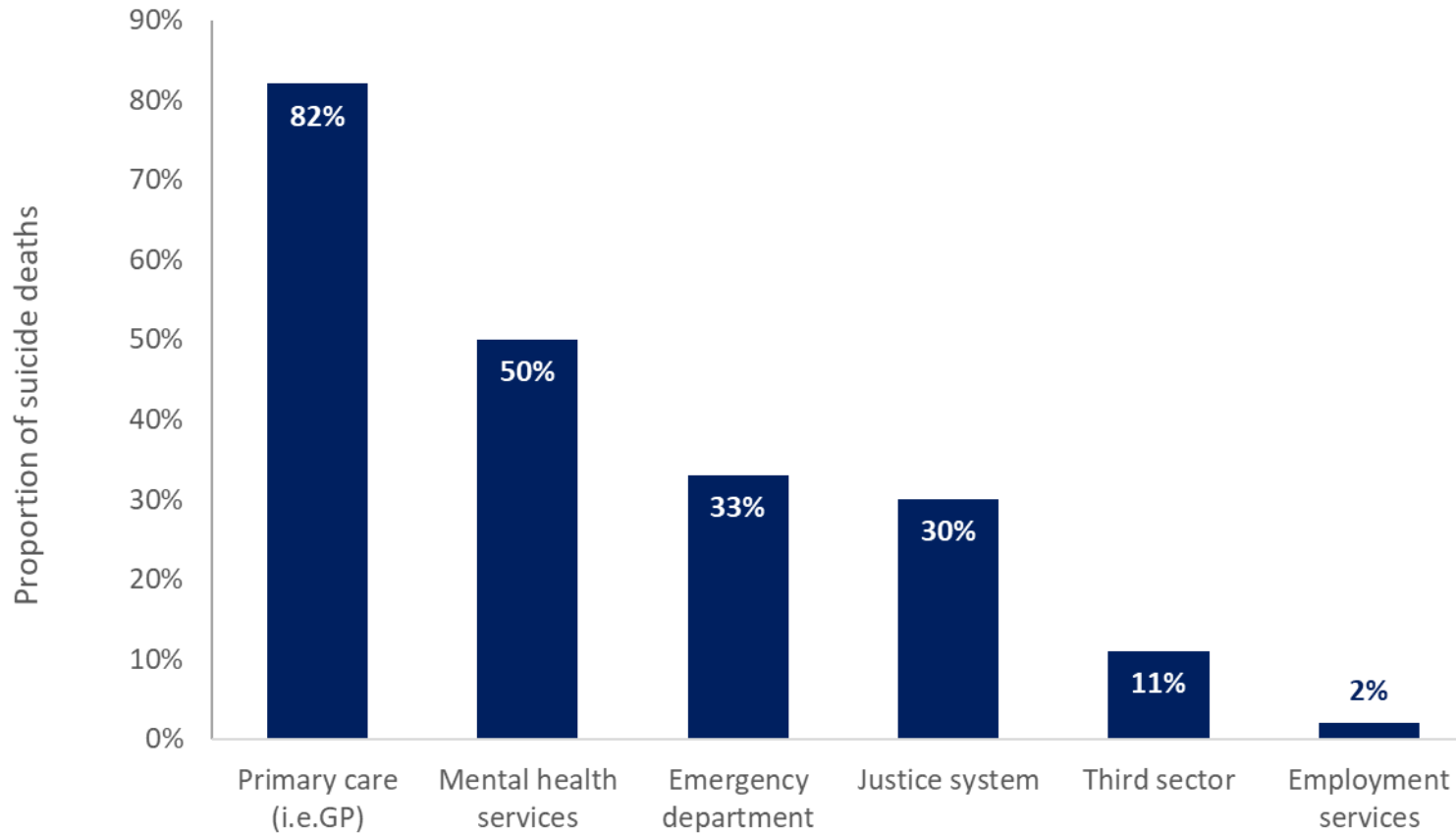
What affects suicide risk?



Age-specific suicide rates, 2021, England and Wales



Men aged 40-54 have highest suicide rates



67% in recent (<3 month) contact

Over a **third** in contact in **week** prior to death

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

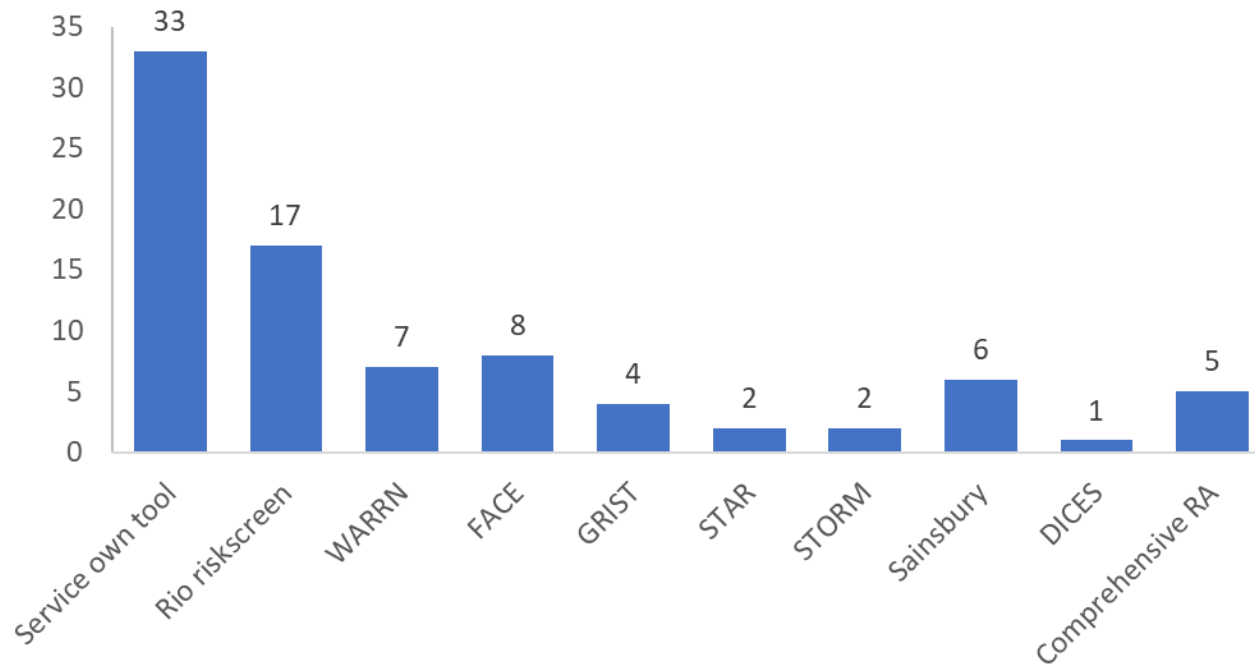


A history of self-harm (64%), alcohol (47%) or drug misuse (37%)



9% died on or near an anniversary or significant date





Risk tools used **vary** between services

Many **unvalidated** risk tools are in use

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

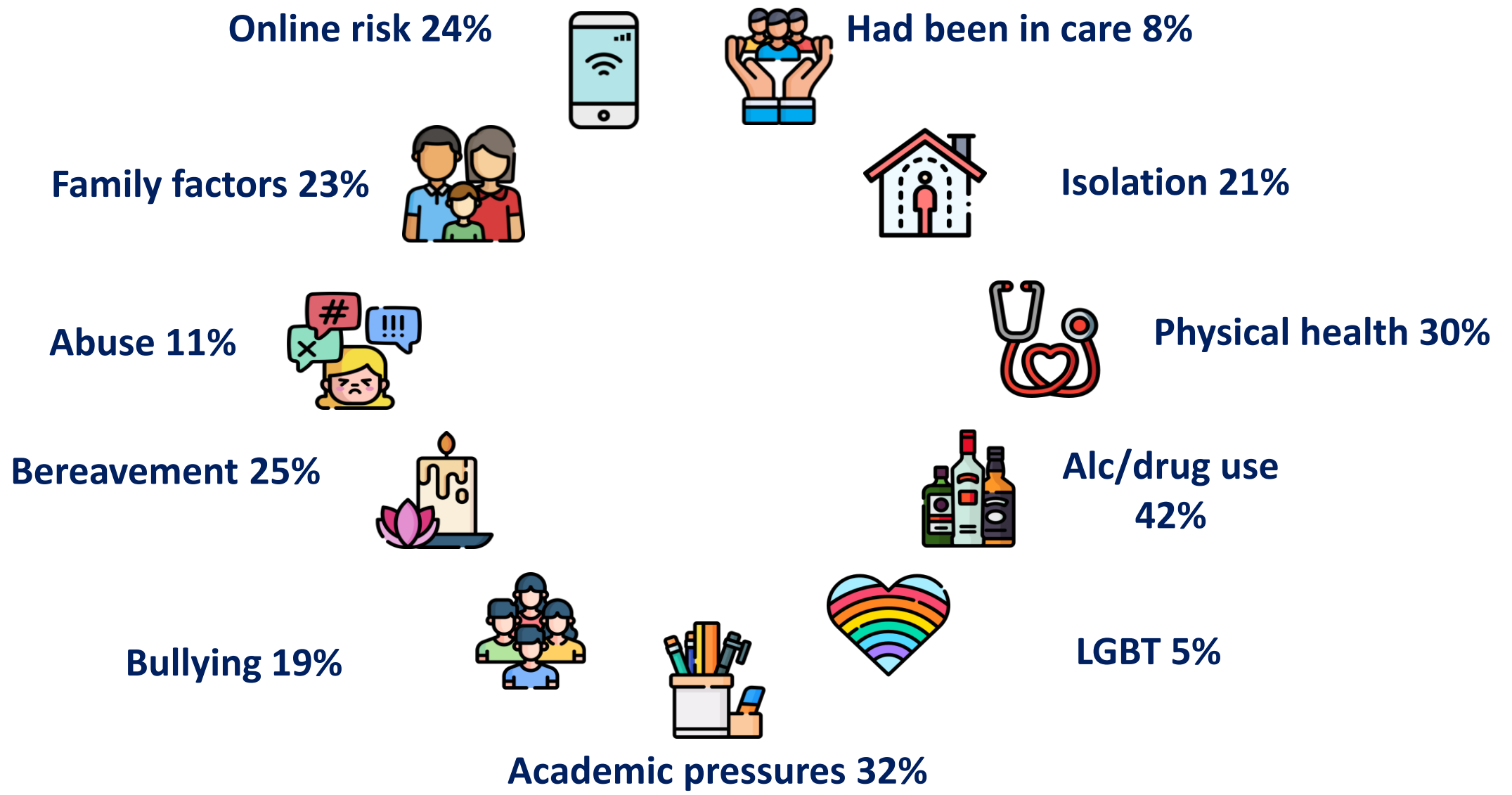
Need to develop **personalised model** of risk management

Suicide rates in 15-19 year olds



Highest total figure for **20 years**

Highest figure for girls for **40 years**





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



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

