

MANCHESTER  
1824

The University of Manchester



Healthcare Quality  
Improvement Partnership

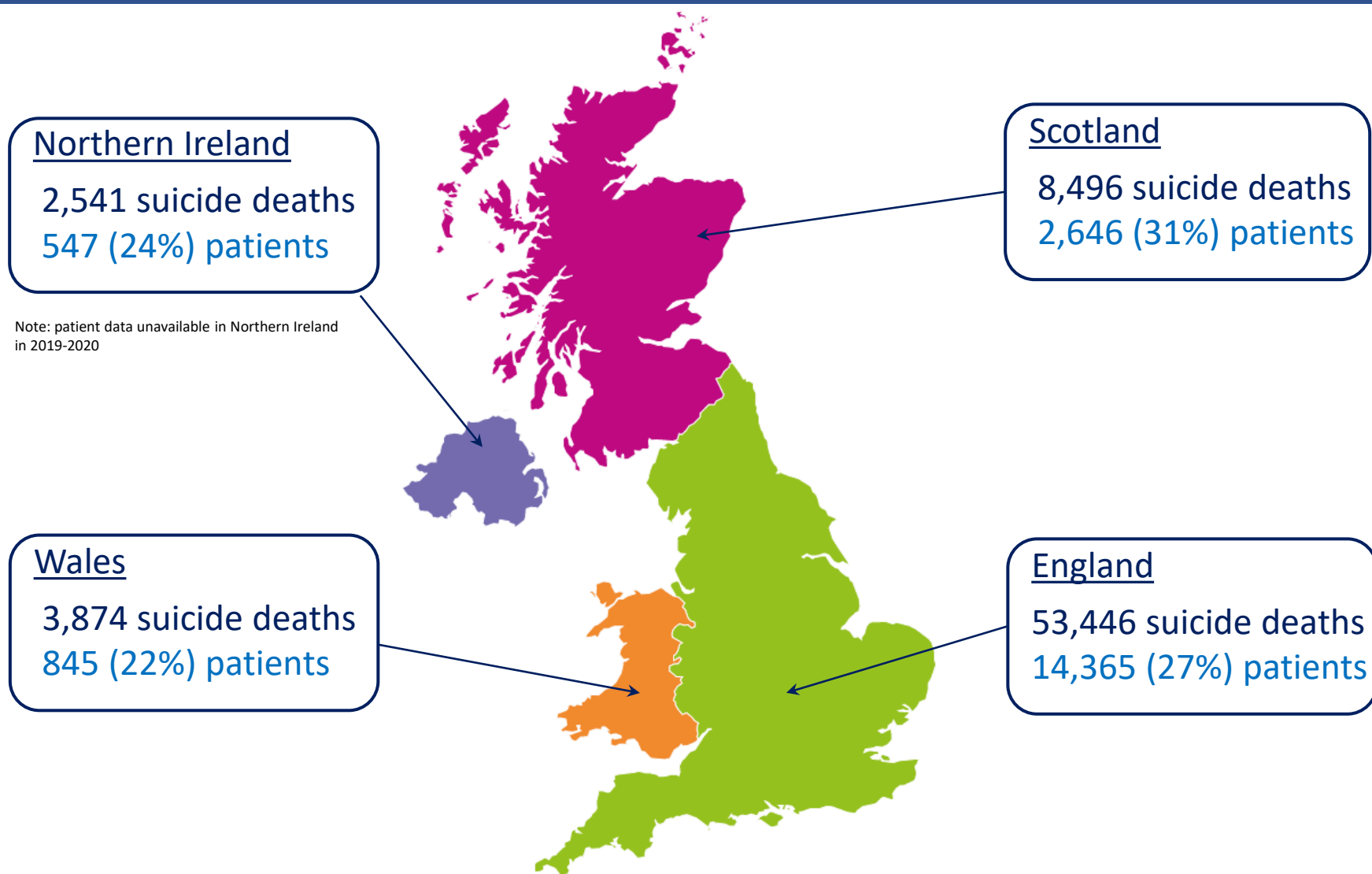
# National Confidential Inquiry

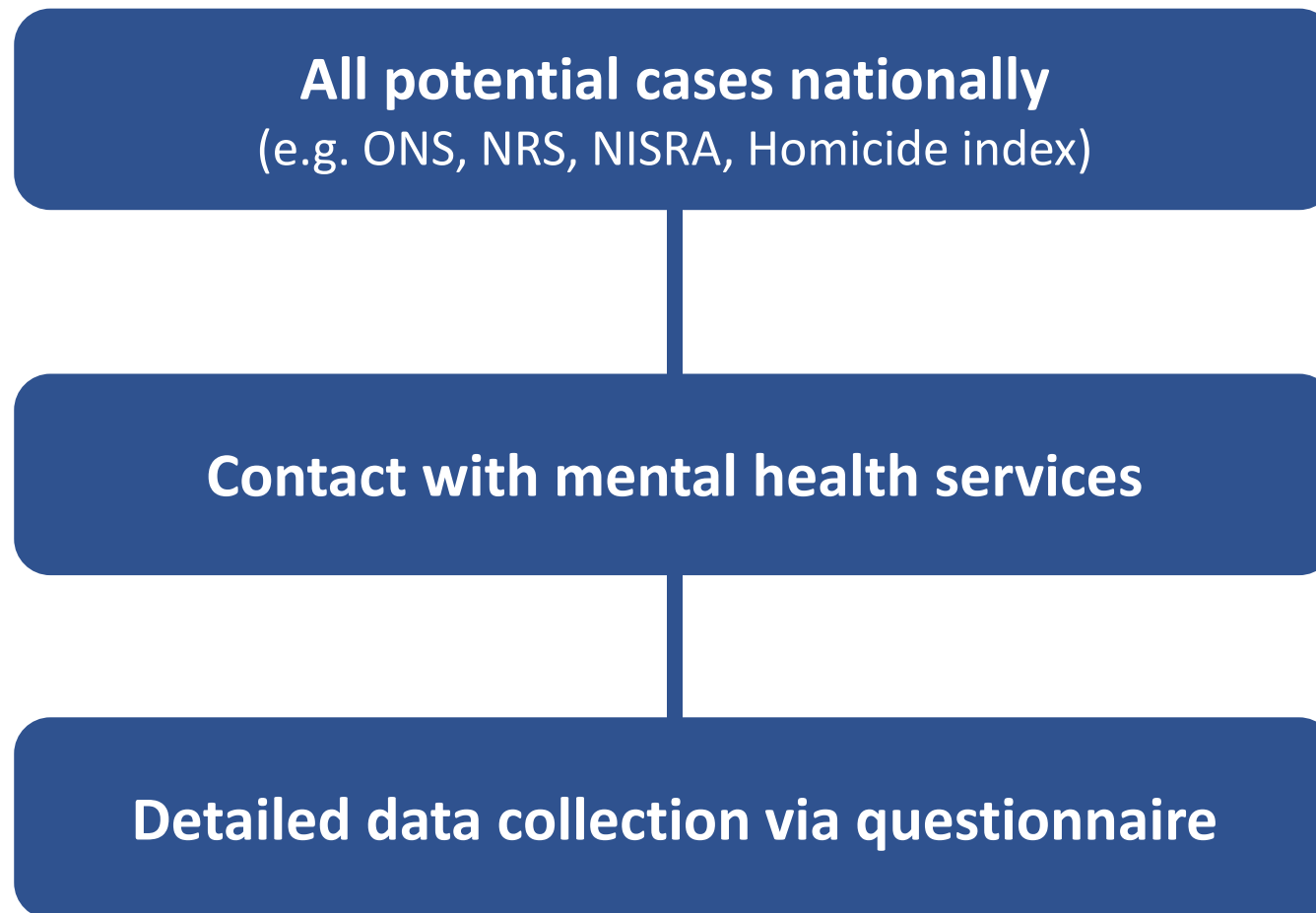
into Suicide and Safety  
in Mental Health

## Annual Report 2023

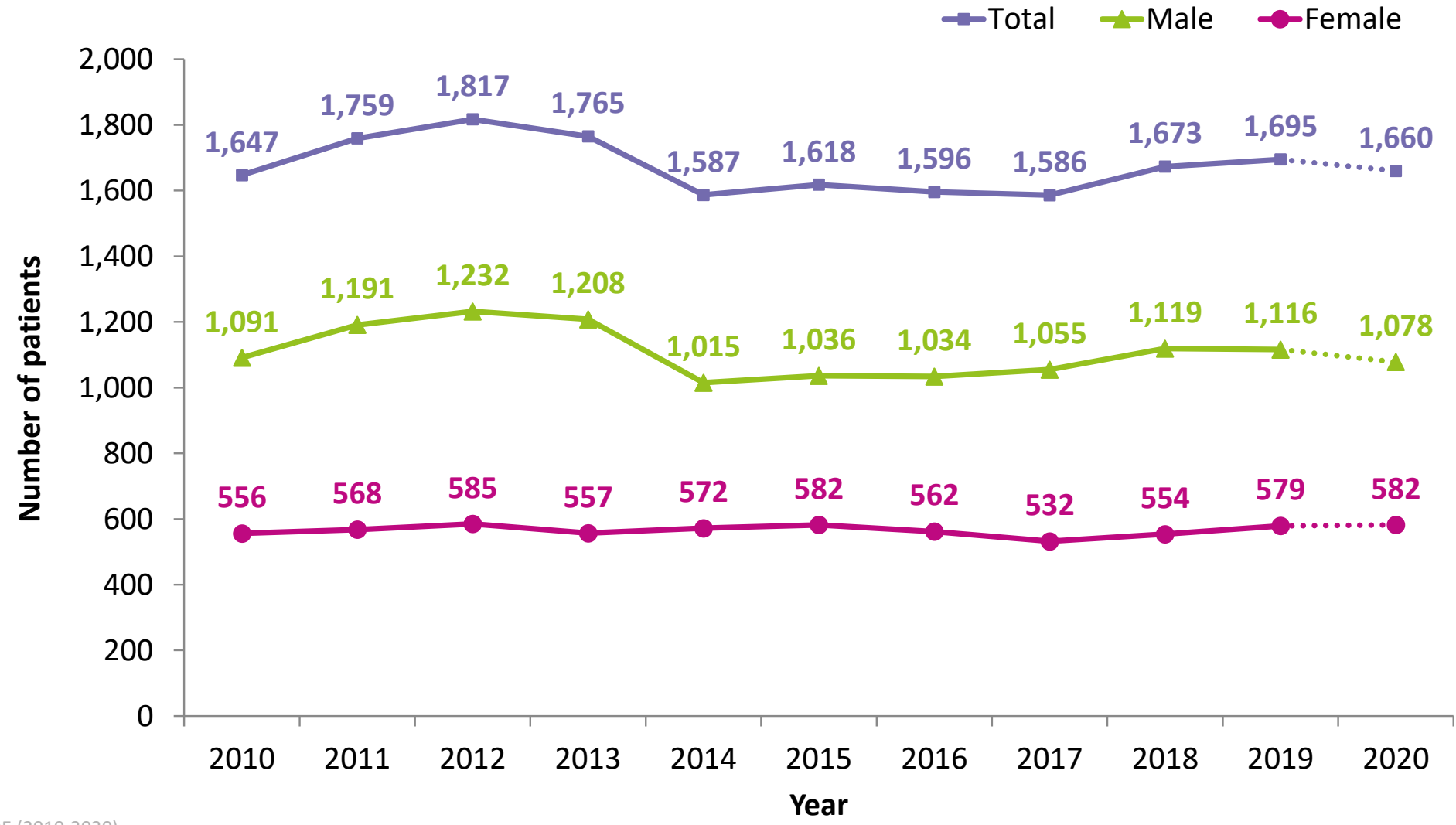
Professor Louis Appleby

# UK suicide numbers 2010-2020



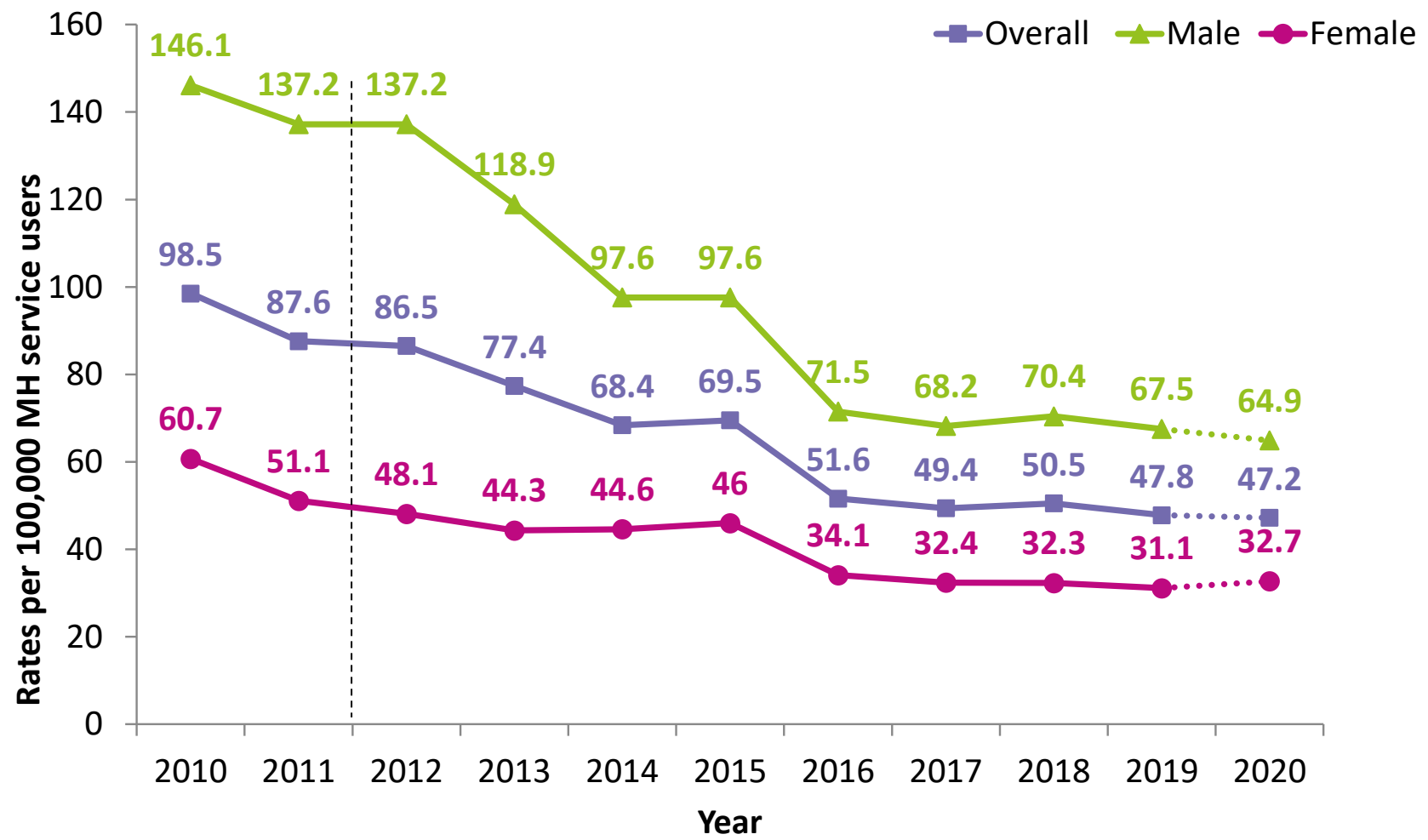


# Patient suicide numbers, UK



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.

# Patient suicide rates, England



**Falling rates**  
over the  
report  
period

The Mental Health Services Data Set (MHSDS) was used to calculate rates. Changes in MHSDS methodology means rates between 2010-2011 and 2011-2020 are not directly comparable

High rates of **social adversity** and **isolation**, nearly half **lived alone** (48%); nearly half were **unemployed** (48%)



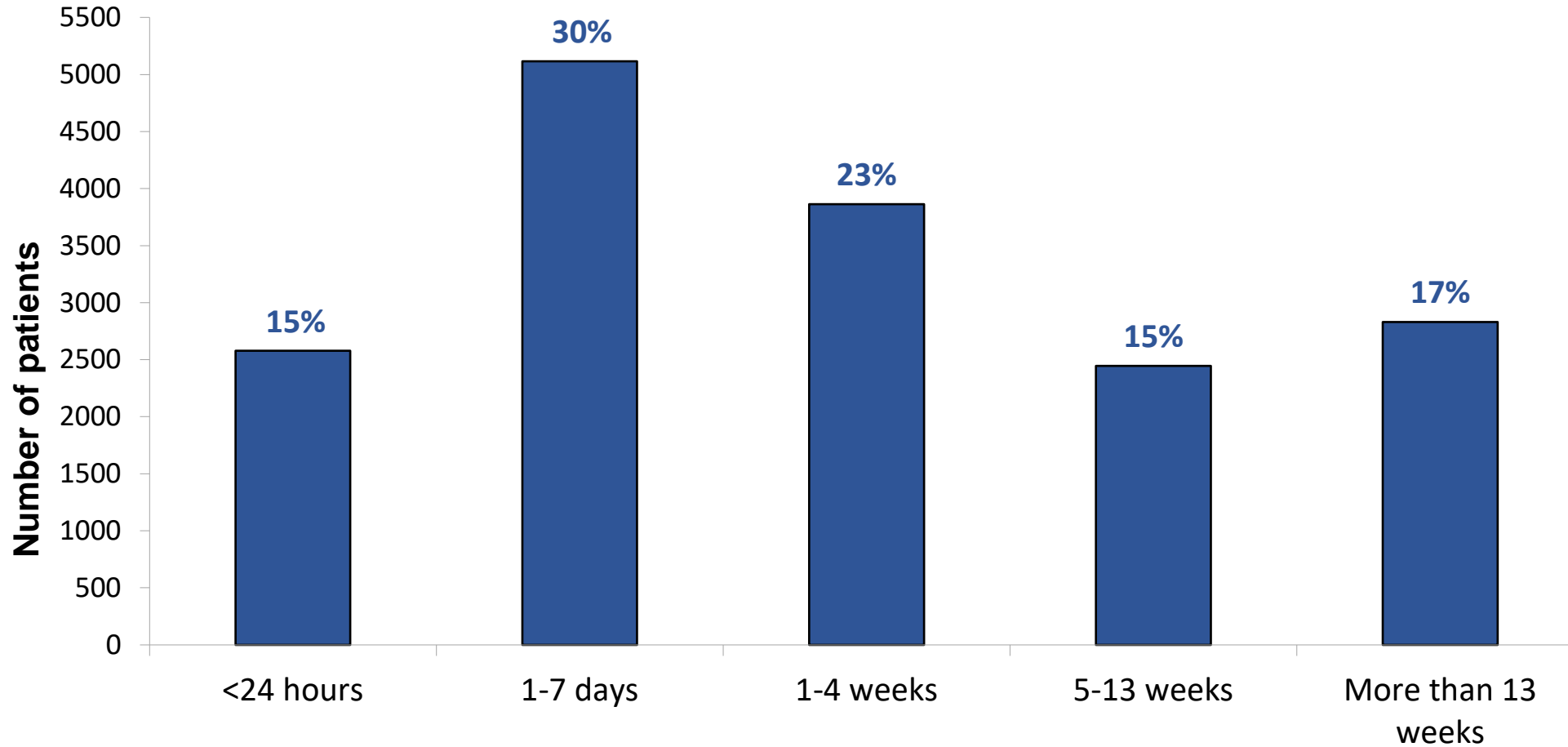
High rates of **self-harm** (64%), **alcohol** (48%)/**drug** (37%) **misuse**



7% were from an **ethnic minority group**; 5% were recent **migrants** to the UK



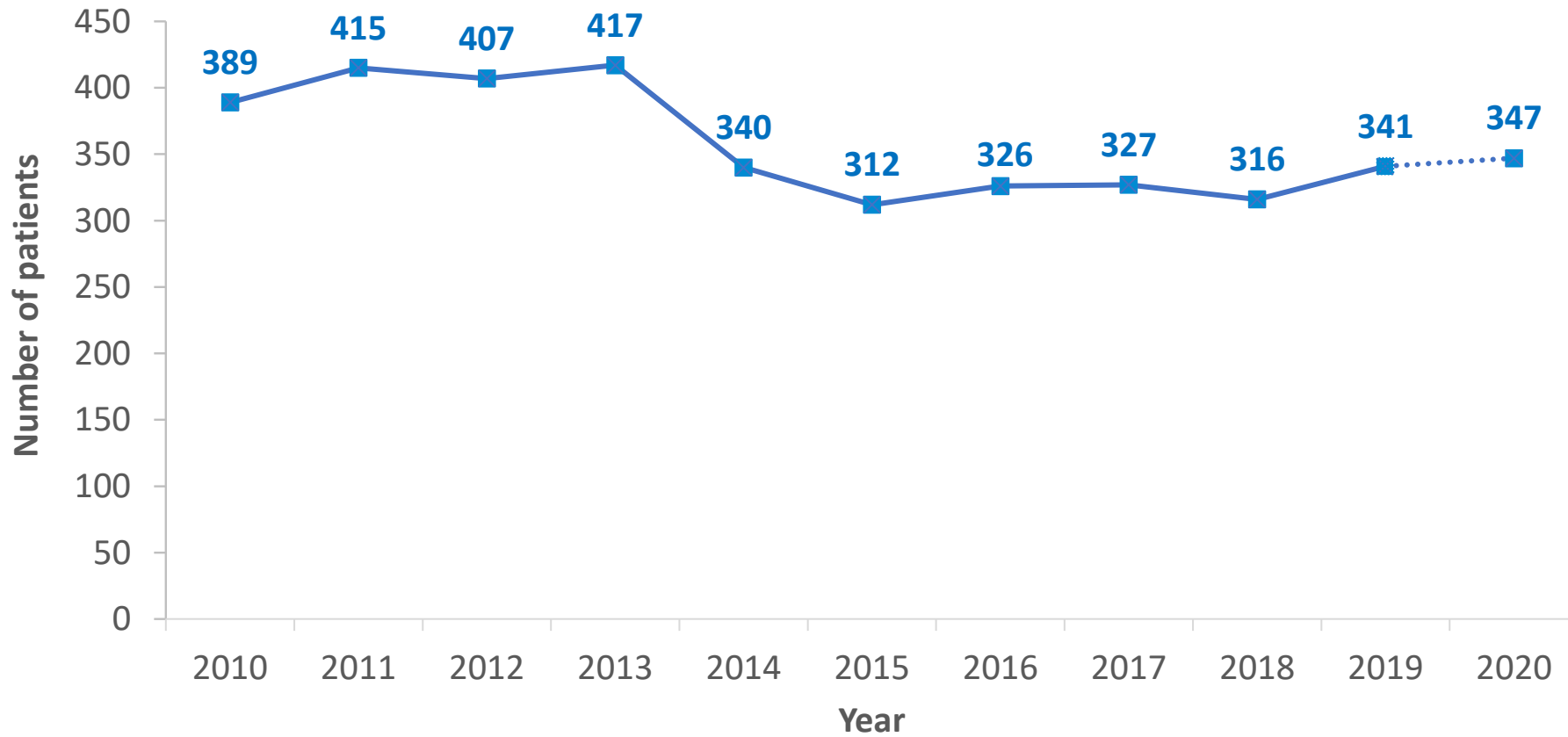
# Timing of last contact



**45%** had recent (<7 days) service contact

**13%** 'one off' contact

# Missed last appointment

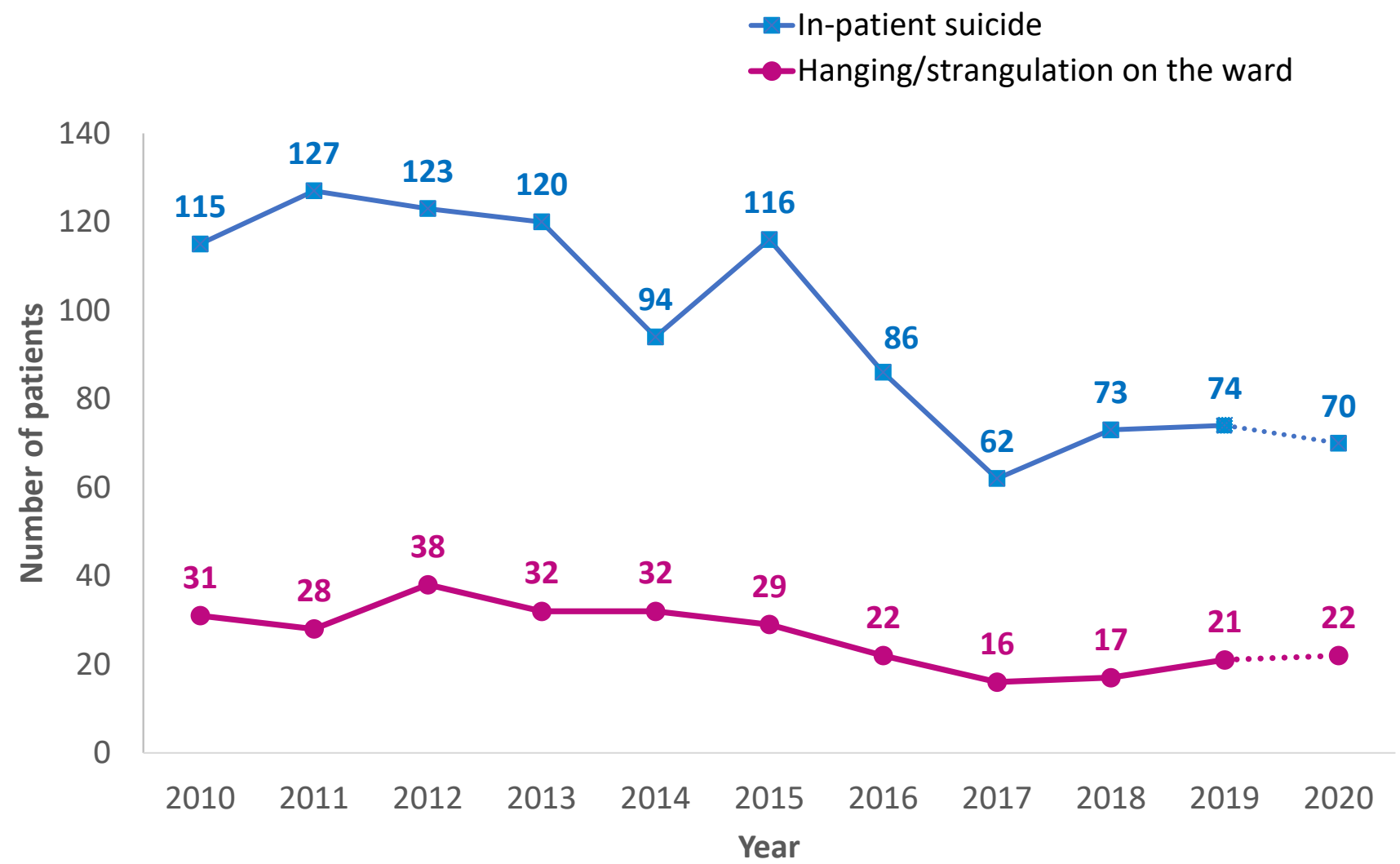


**358**  
deaths  
per year

**23%** of patient suicides

**25%** the family was  
contacted

# In-patient suicide

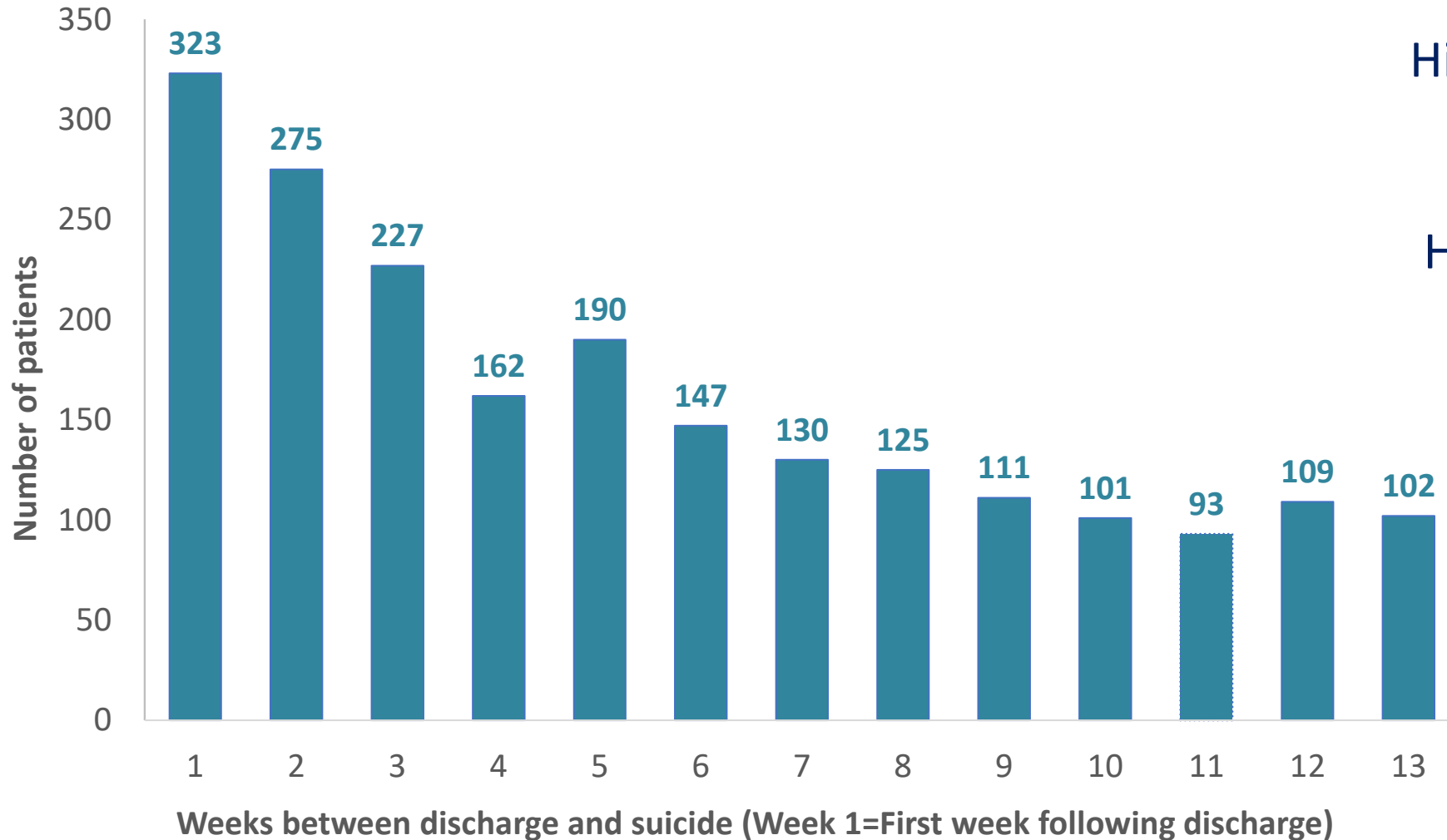


**37%** on ward

**50%** on agreed leave

**13%** off ward without agreement

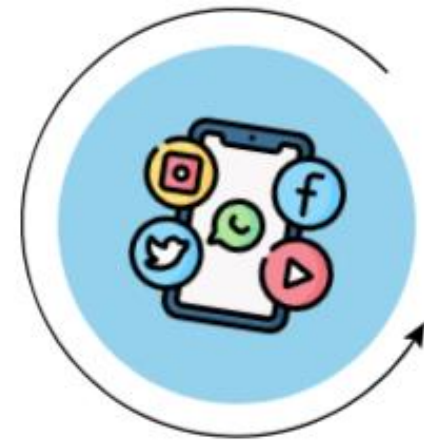
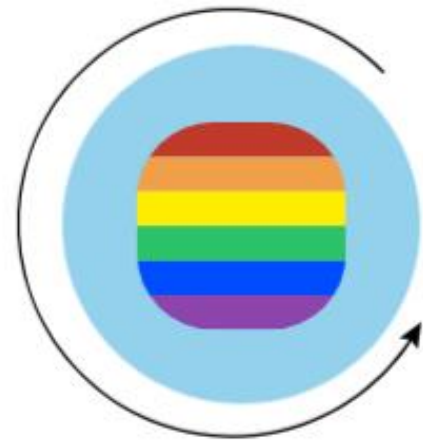
# 2,394 post-discharge patients, 2010-20

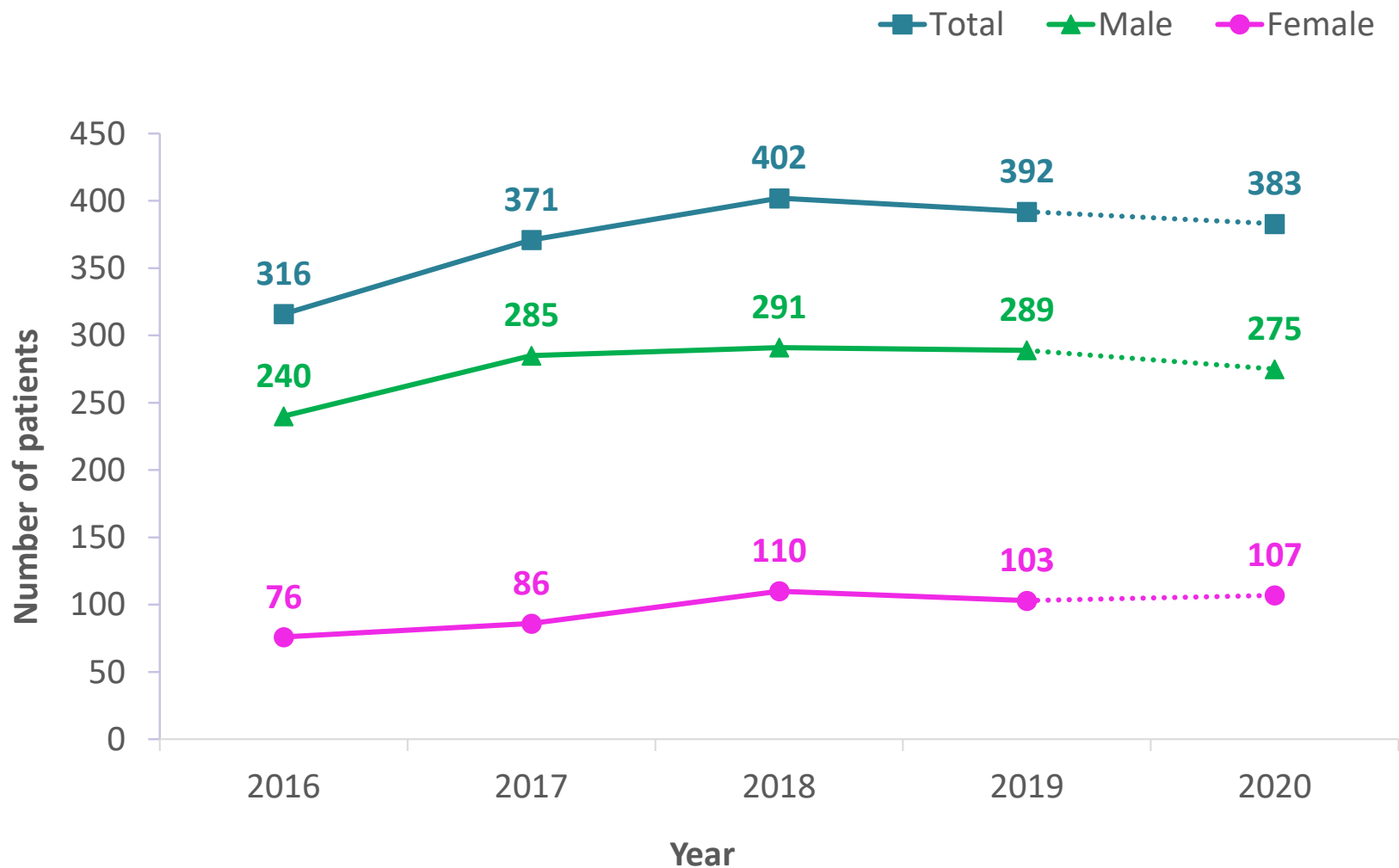


Highest risk in first **2 weeks**  
after leaving hospital

Highest number of deaths  
on **day 3** post-discharge

# Themed topics



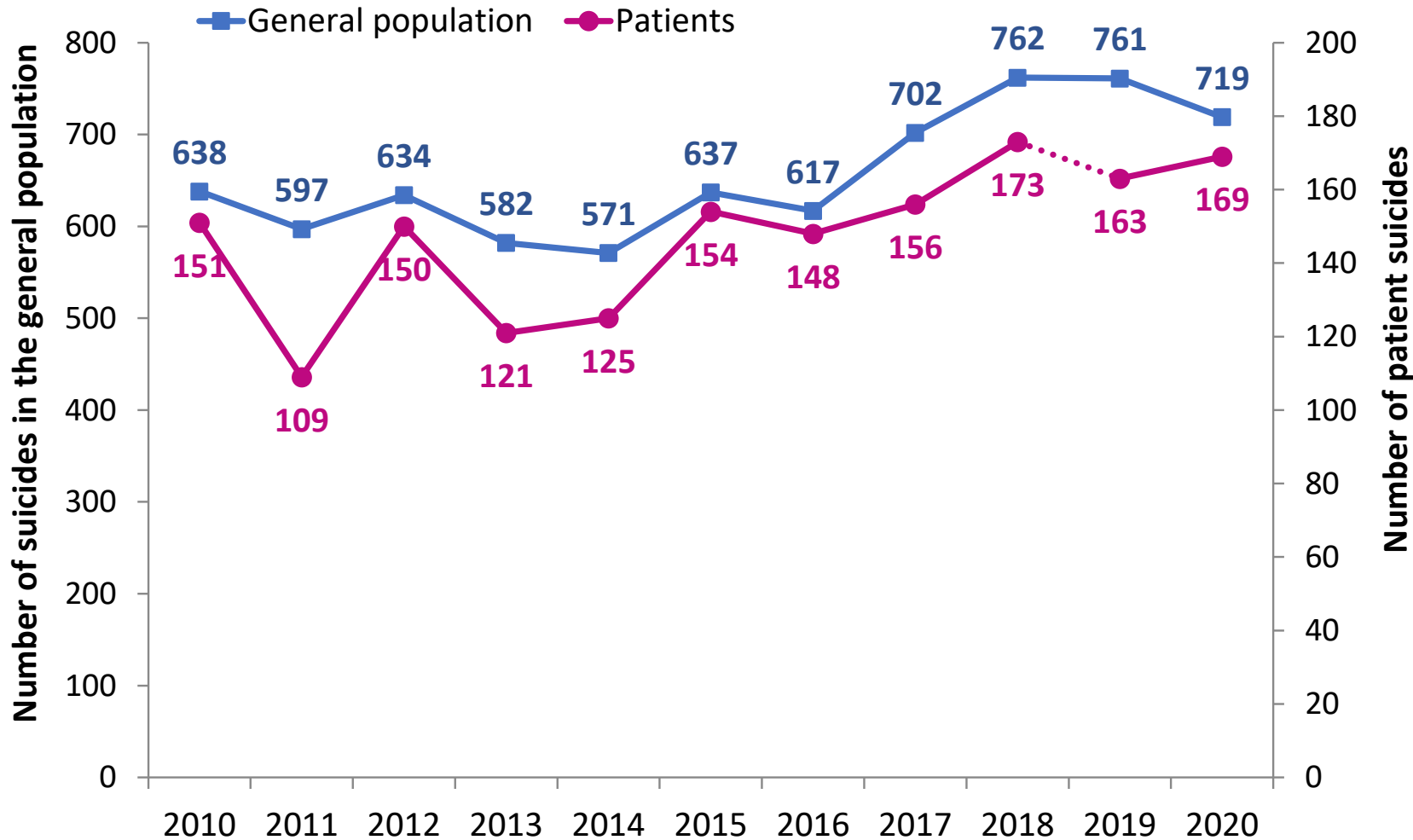


Mainly aged **45-64 (44%)**,  
**male (74%)**,  
**divorced/separated (30%)**

**Alcohol/drug misuse**  
common in those  
unemployed (66%)

Those not unemployed had  
more **depression (39%)** and  
**recent illness (35%)**

# Suicide by people aged under 25



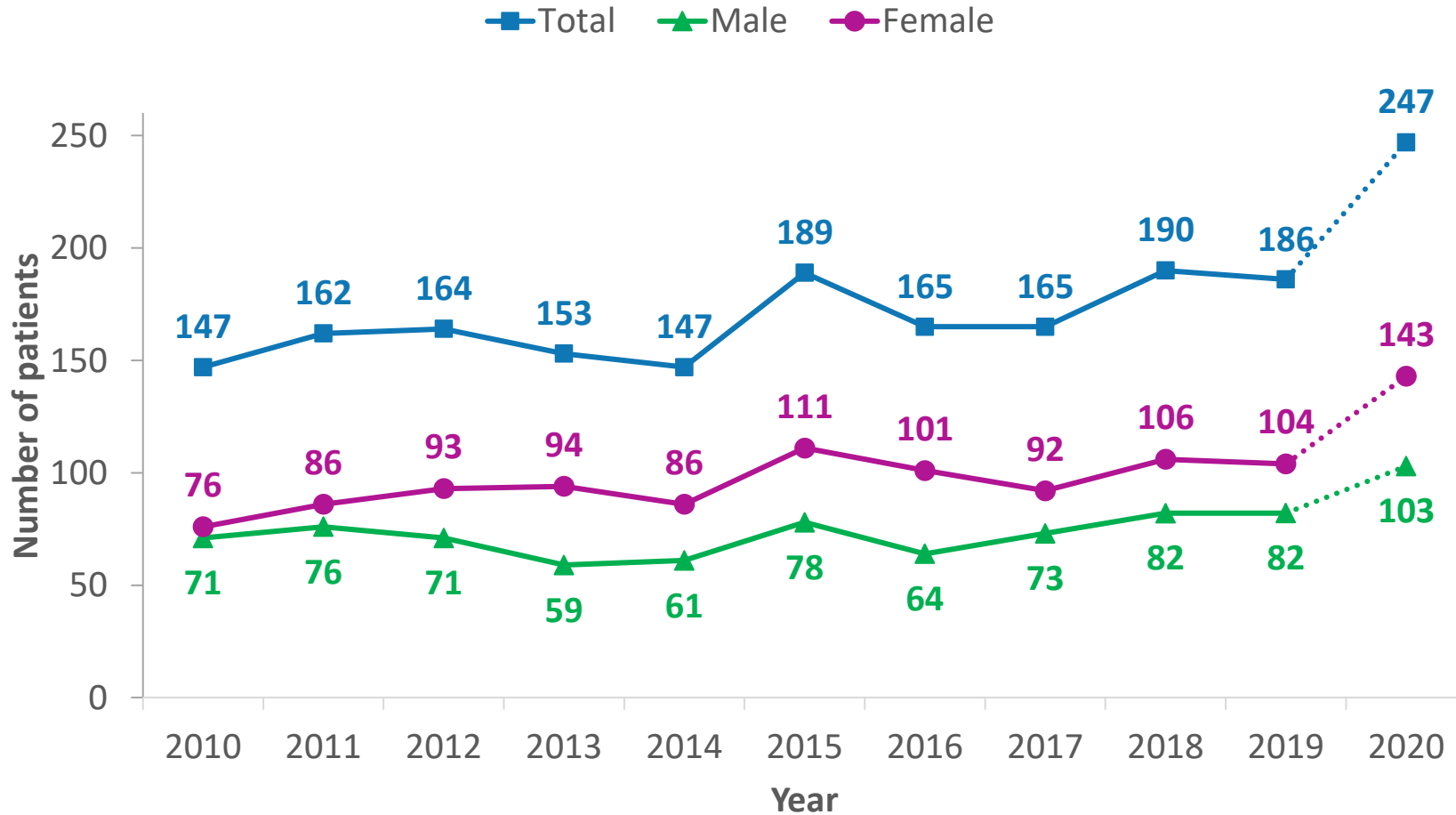
**Lower rates of contact (22%)**

**Autism (13%) and anxiety (10%) common in under 18s**

**More alcohol and drug use in 18-24 year olds**

**75% had a history of self-harm**

# Patients given a diagnosis of personality disorder



Past **abuse, self-harm,** alcohol and drug misuse common

**More** had experienced **domestic violence;** women (41%) and men (12%)

# 246 patients identified as lesbian, gay, bisexual or trans, 2016-20

**Younger** than other patients, majority had a history of **self-harm**

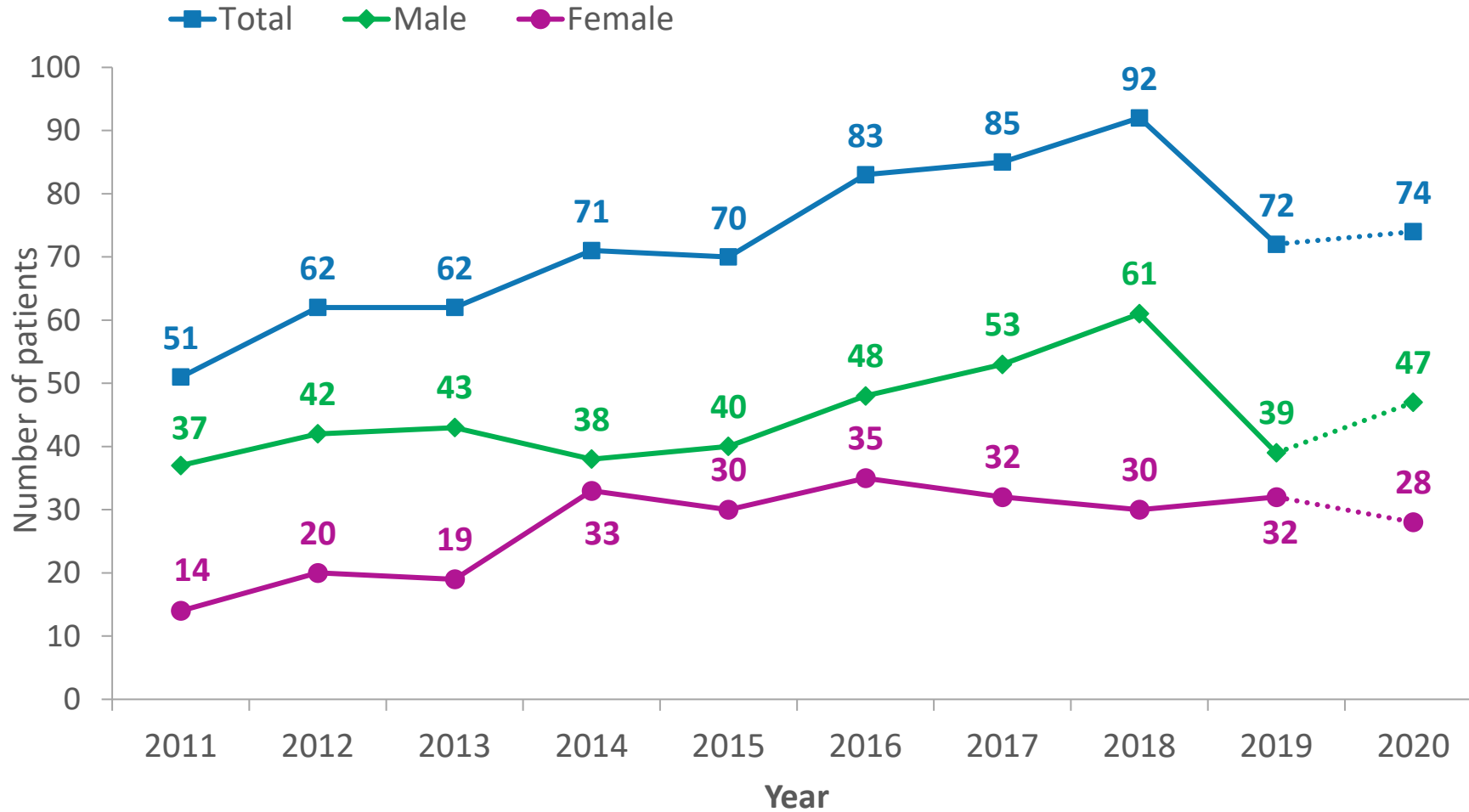


47% of trans patients and 26% of LGB patients given a diagnosis of **personality disorder**



Experience of **childhood abuse** (trans, 57% and LGB, 55%) and **domestic violence** (LGB, 18%)





Patients of **all** ages

24% died by self-poisoning, substances often **obtained** online

**Communicating suicidal ideas** online particularly common in patients < **25**

# Clinical messages



Involve family and carers after  
loss of contact



Safe and compassionate care  
needed for patients given a  
diagnosis of personality disorder



Focus on step down to  
community



Therapies addressing trauma to  
be available to LGBT patients



Signpost to financial support  
agencies



Access to self-harm services for  
young people



Online experience should be  
routine part of risk assessment

# 10 ways to improve patient safety

