Professor Louis Appleby

Director, National Confidential Inquiry
Chair, National Suicide Prevention Strategy (England)
Preventing suicide in England: Third progress report of the cross-government outcomes strategy to save lives

- Local suicide prevention plans
- Self-harm
- Middle-aged men, mental health patients, prisoners
- Better data
- Bereavement support
Age-standardised suicide rates, England 2001-2016

Source: ONS
Provisional quarterly data up to Q3 2017

Number of suicides

<table>
<thead>
<tr>
<th>Quarter</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Q1 2015</td>
<td>800</td>
<td>300</td>
</tr>
<tr>
<td>Q2 2015</td>
<td>700</td>
<td>200</td>
</tr>
<tr>
<td>Q3 2015</td>
<td>900</td>
<td>400</td>
</tr>
<tr>
<td>Q4 2015</td>
<td>850</td>
<td>350</td>
</tr>
<tr>
<td>Q1 2016</td>
<td>750</td>
<td>250</td>
</tr>
<tr>
<td>Q2 2016</td>
<td>800</td>
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</tbody>
</table>
Suicide rates in STP ‘footprint’ areas (2013-2015)

- Variation by geography
- Highest rates in north & south-west
- Lowest rates in London & south-central areas
- High rates also in rural areas
Age-specific suicide rate, 2016, England

Source: ONS
Self-inflicted deaths in prison custody, England & Wales

- Figures doubled 2012-2016
- 70 deaths 2017 down from 122 in 2016

Rates per 100,000 prisoners

Source: MoJ
Occupations with high suicide risk (males)

Source: ONS
Patient suicide rates, England

- Falling rates but problem estimating patient numbers
- Changing clinical population
In-patient suicides, 2005-15, England
Suicides per week after discharge, England

- Peak risk in first 2 weeks
- Link to short admission, care plan, life events
Suicide rates in young people, 2000-16
England
Self-harm presentations in hospital

Source: Morgan, Webb, Carr et al, BMJ, 2017
Figure 1: Incidence of fatal and non-fatal self-harm per 100 000 person-years by age group and sex
Suicide and the media
National study of teenage suicide

- Linked to suicide bereavement, isolation, exams
- Suicide-related internet use in 23%
- No service contact in 43%

Do suicides happen “out of the blue”?

- 1/3 had reported no suicidal ideas
- Also had lower rate of risk factors
- And 70% had no service contacts