



# Professor Louis Appleby

Director, National Confidential  
Inquiry

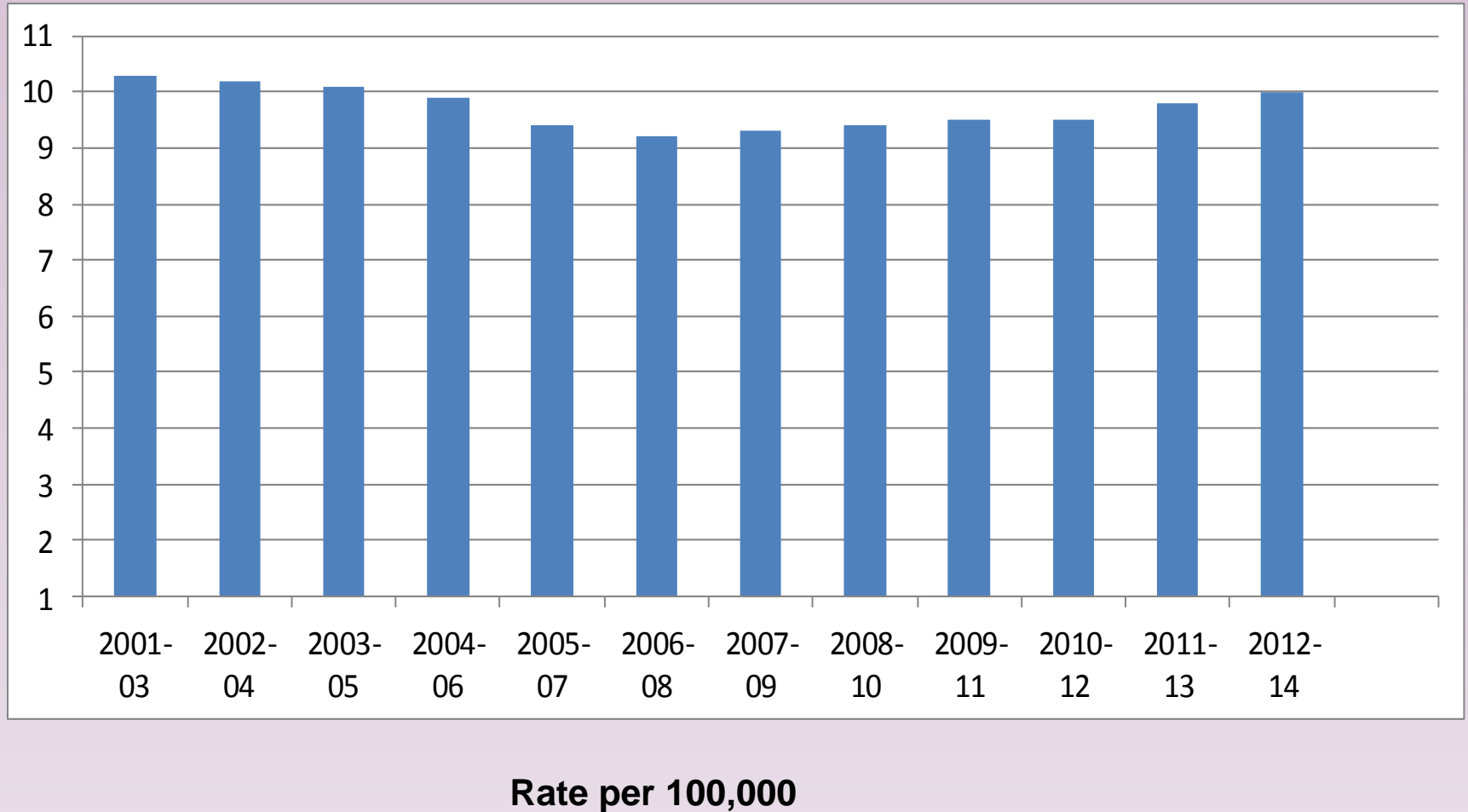
Chair, National Suicide Prevention  
Strategy (England)

# Help is at Hand



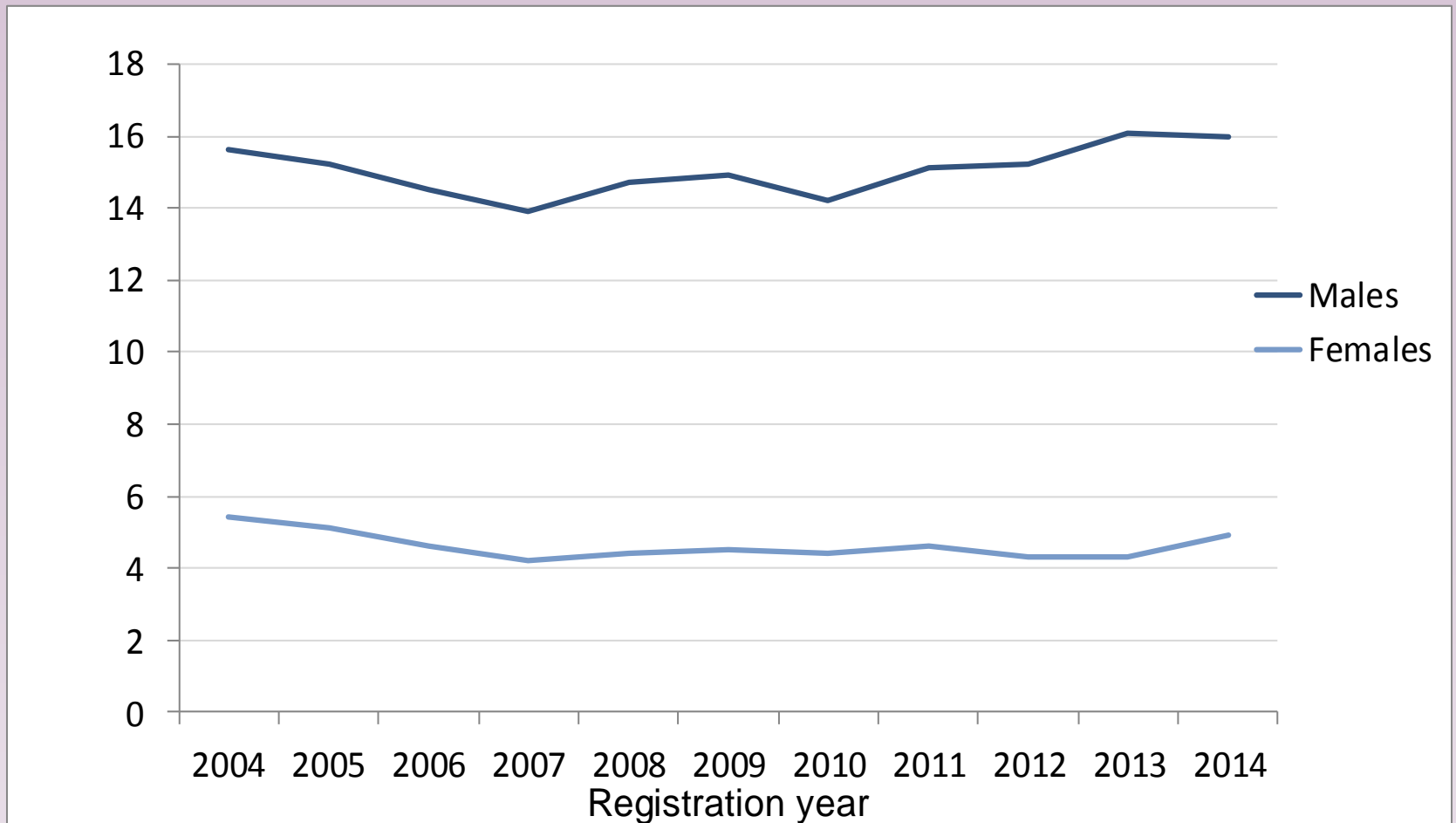
- **Revised by bereaved families**
- **Information, practical advice**
- **Access to support**

# Age-standardised suicide rate, rolling 3-year aggregates, England

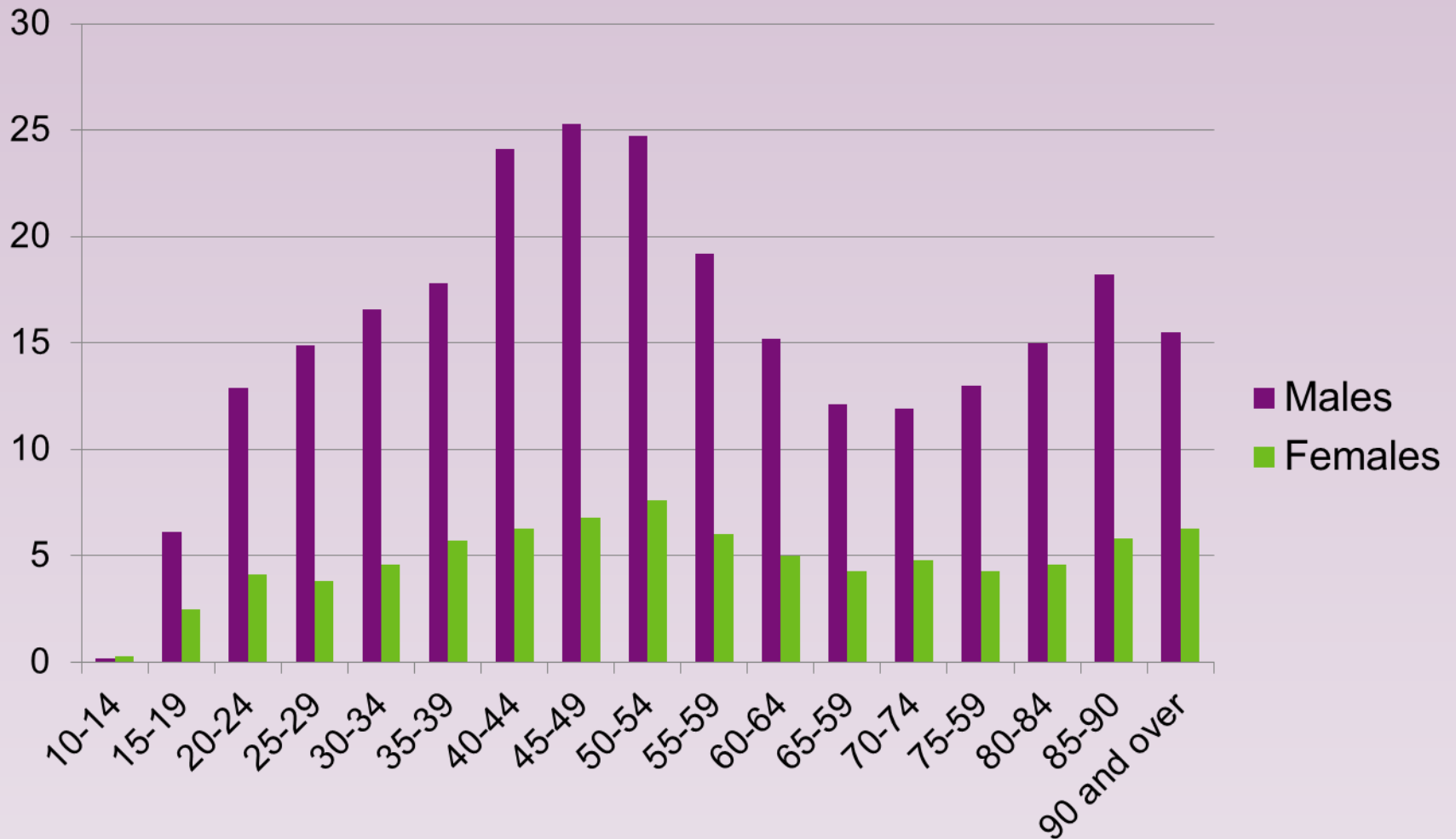


# Suicide rates by year, England

Age standardised suicide rate, per 100,000



# Age-specific suicide rate, 2014, England

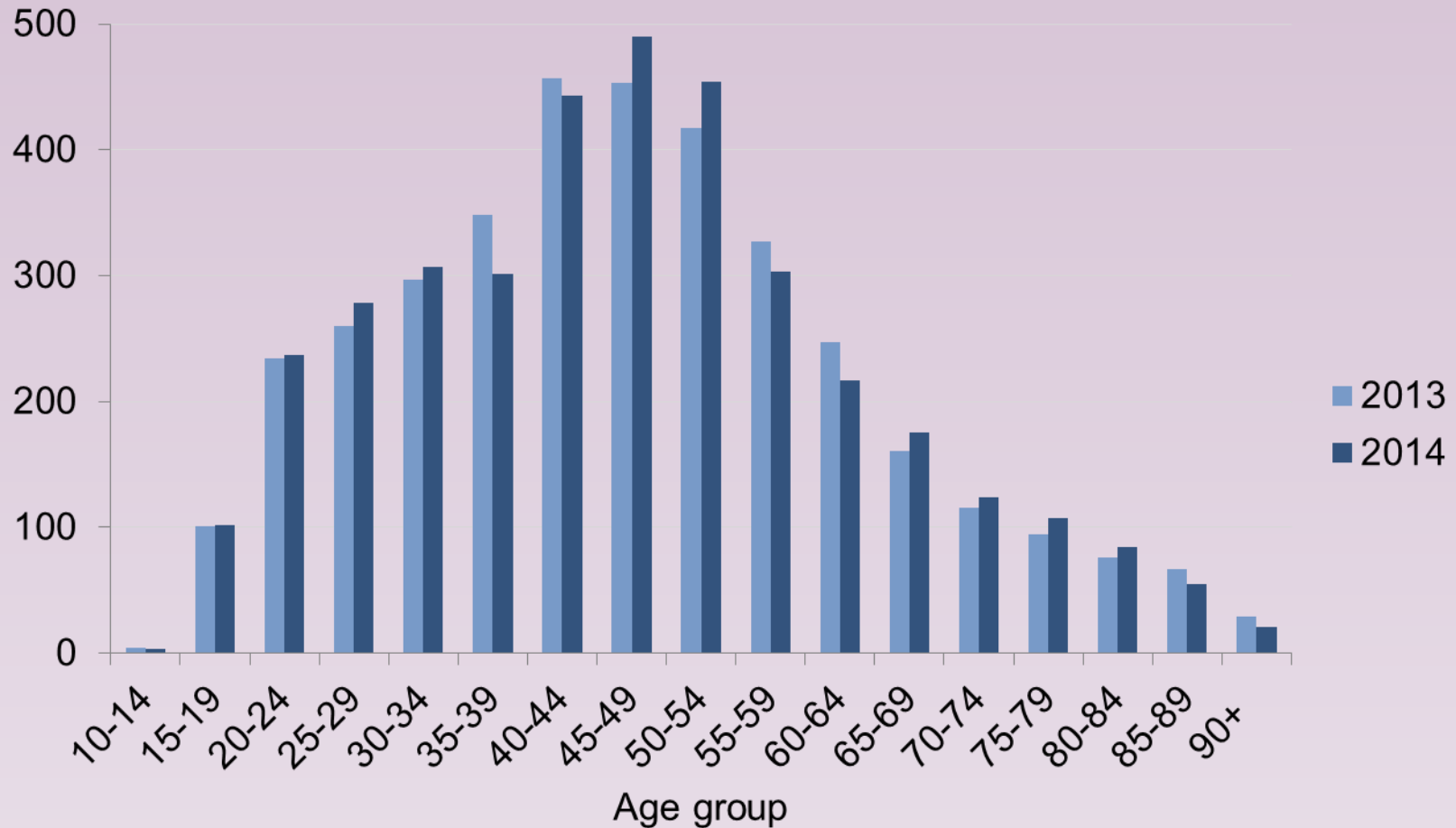


Source: ONS

Rate per 100,000

# Male suicides by age, 2013 and 2014, England (numbers)

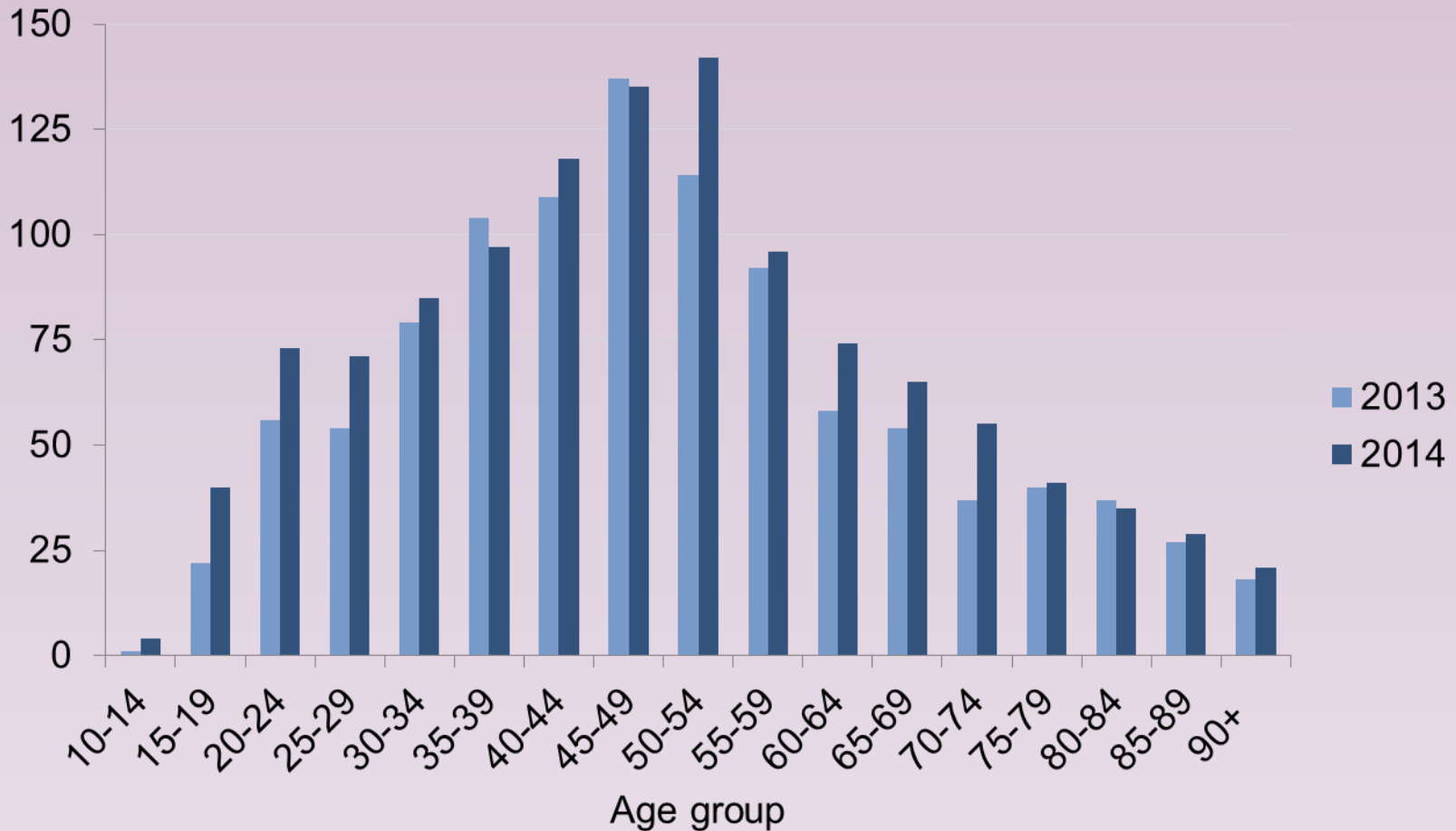
## Number of suicides



Figures for 10-14-year-olds are intentional self harm only; all other ages include events of undetermined intent)

# Female suicides by age, 2013 and 2014, England (numbers)

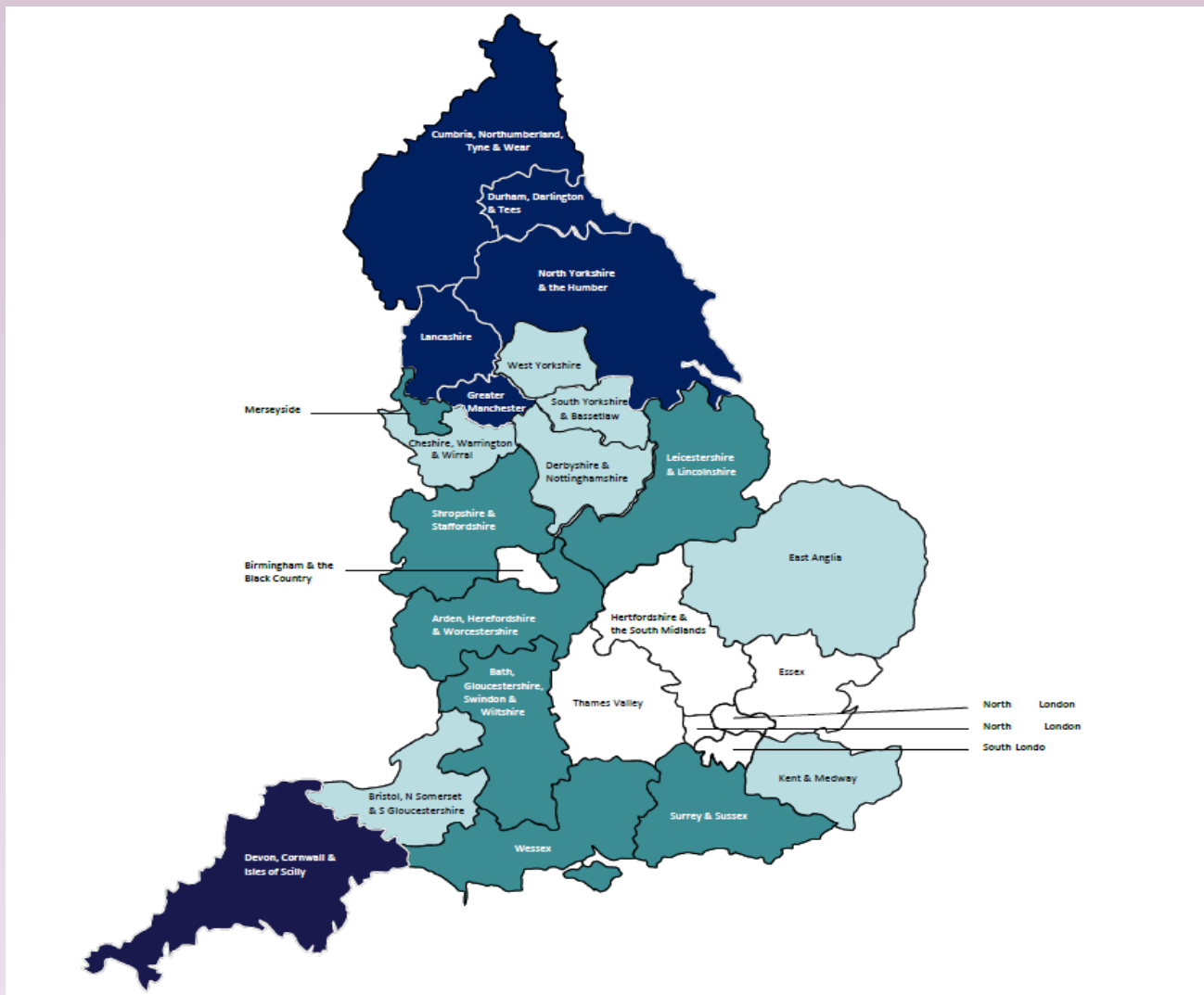
## Number of suicides



Figures for 10-14-year-olds are intentional self harm only; all other ages include events of undetermined intent).

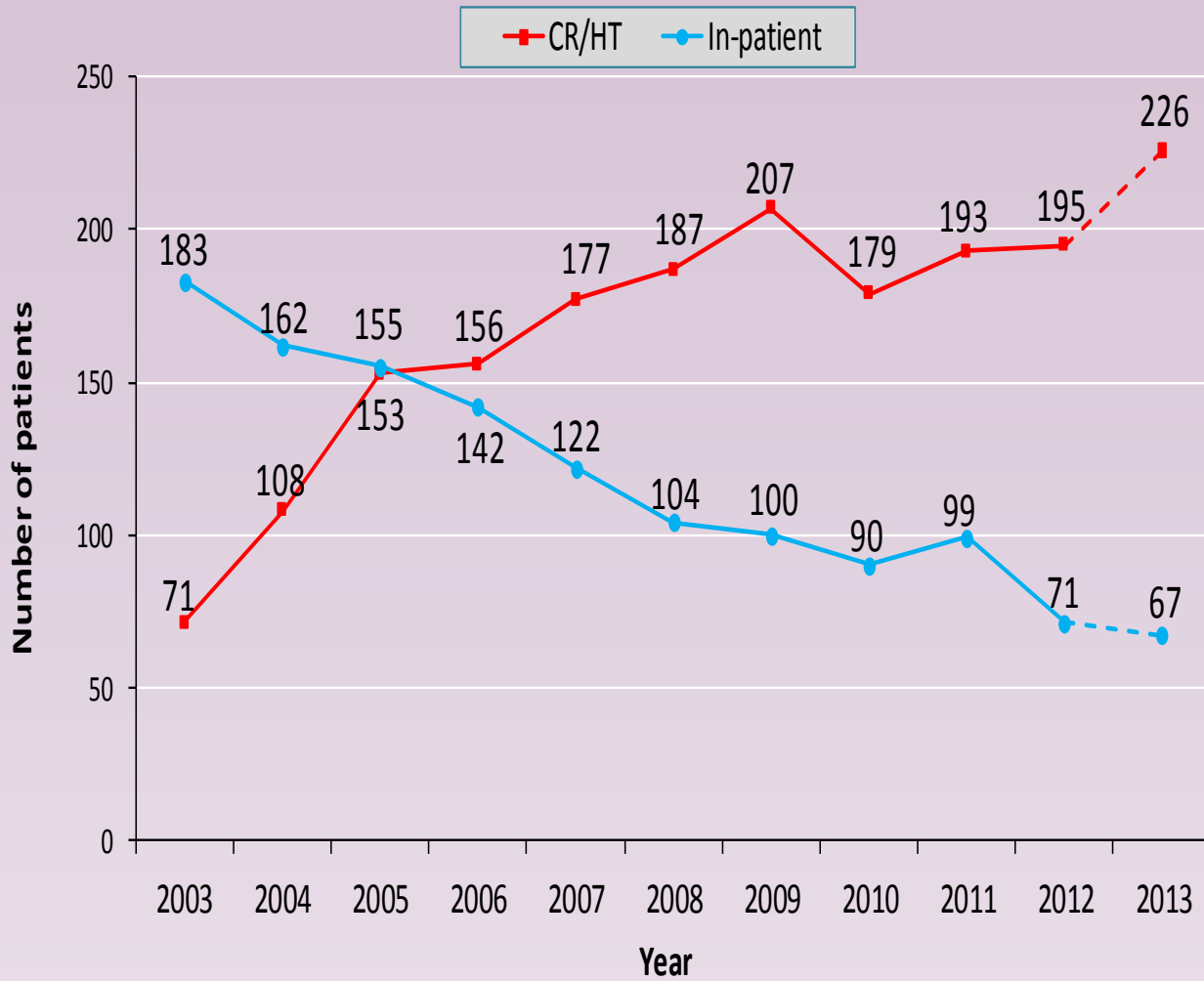
# Suicide rates in NHS areas 2011-13

Colour-coded, highest rates = darkest



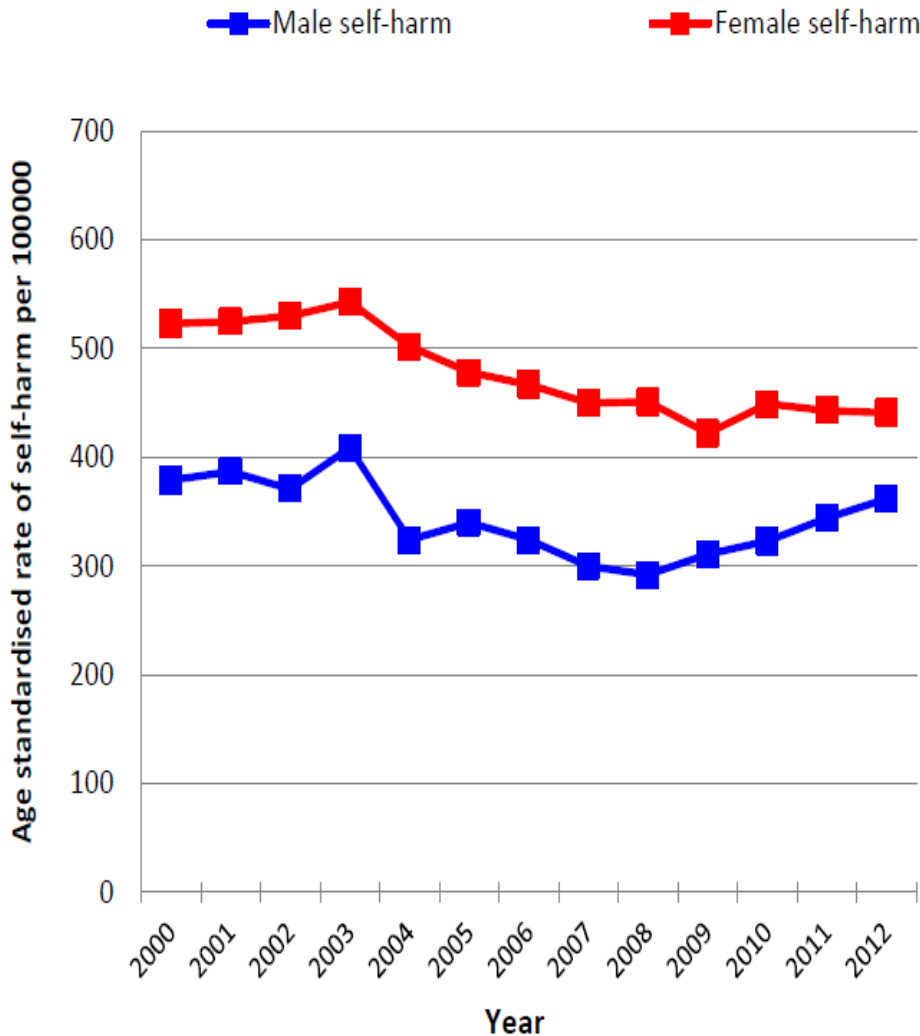


# Suicide in inpatients and under crisis resolution/home treatment



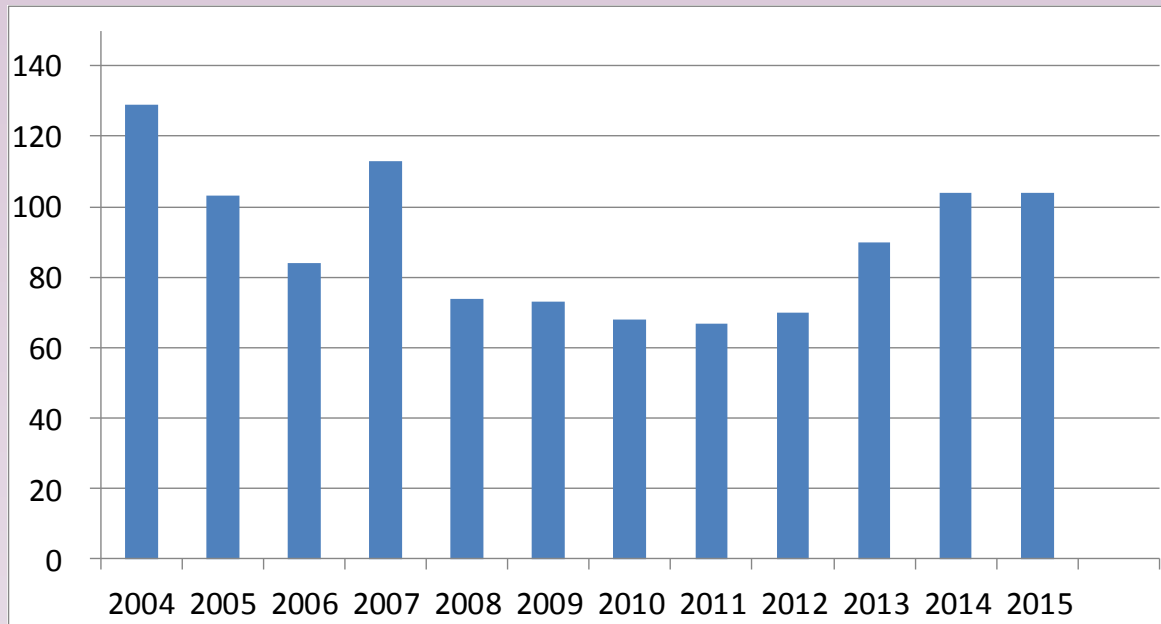
- **Suicide under CRHT now 3 x in-patient care**
- **37% within a week**
- **43% living alone**

# Rates of self-harm in persons aged 15+, 2000-2012



- **Rising self-harm rate in males and teenage females**
- **50-fold increase in suicide in year after self-harm**
- **1 in 50 self-harm patients die within a year**

# Self-inflicted deaths in prison custody, England & Wales

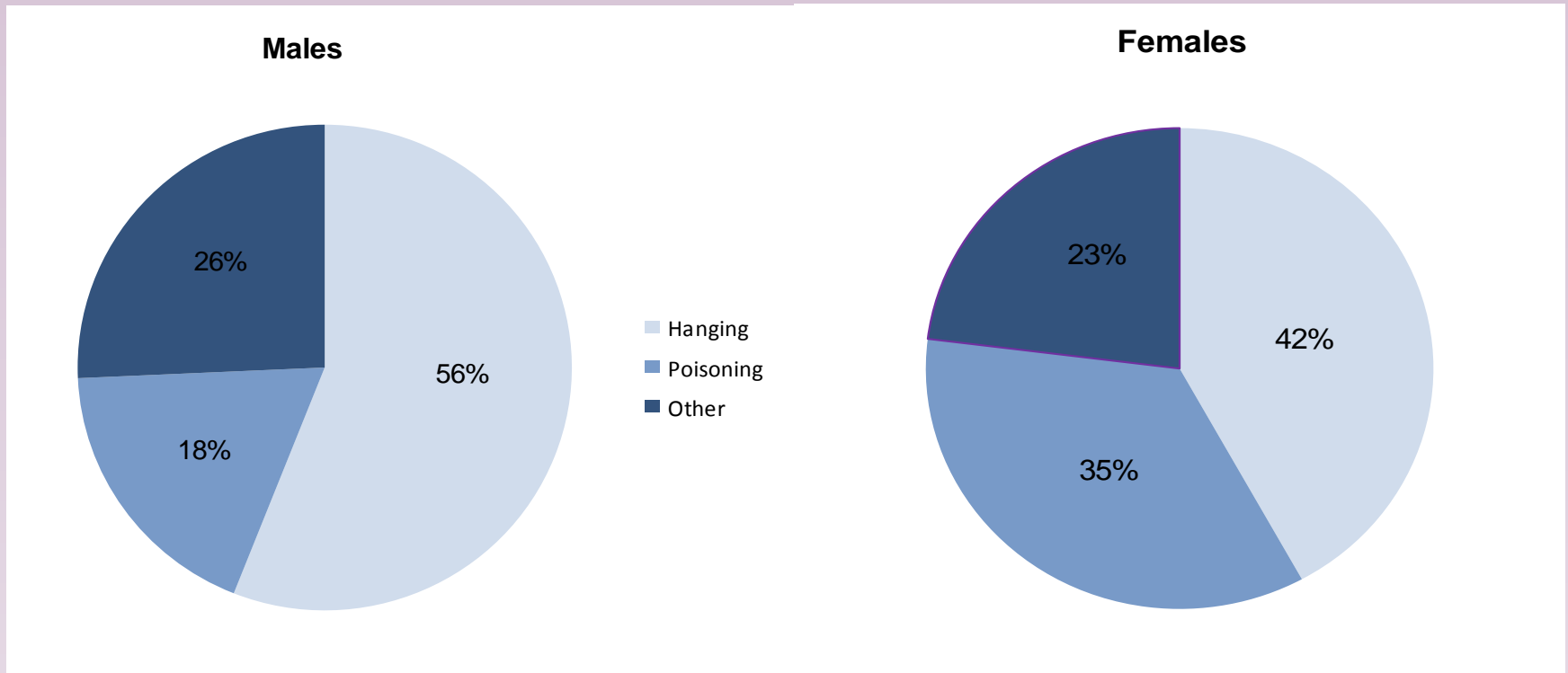


Rates per 100,000 prisoners

Source: MoJ

- **89 deaths in 2015**
- **Rates fell post-2004**
- **Recent rise**

# Proportion of suicides by method, England 2014



# Suicide prevention local action plans



- **Services that men will access**
- **Plan to reduce heavy drinking**
- **Prevent suicide clusters**

 Public Health  
England

Protecting and improving the nation's health

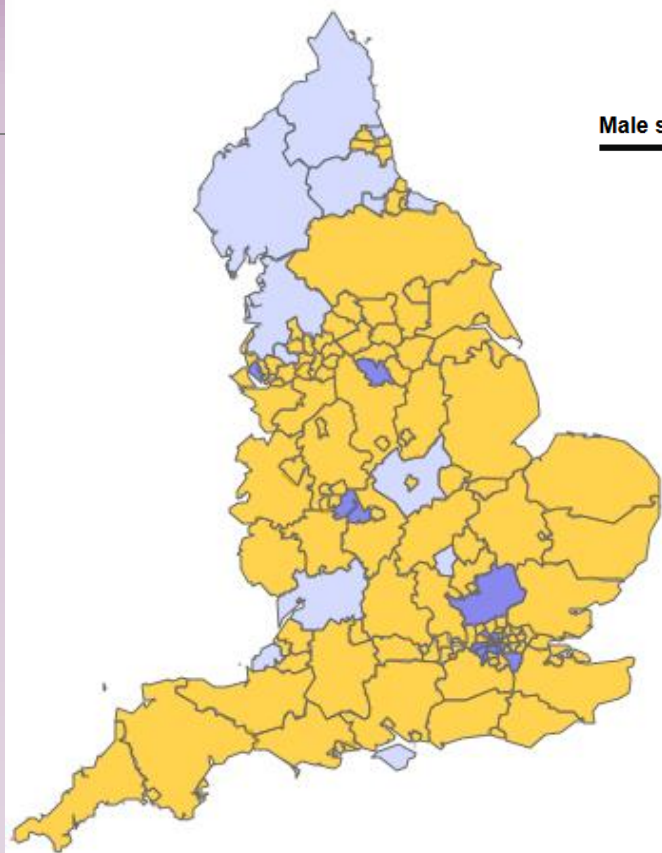
**Identifying and responding to suicide clusters and contagion**  
A practice resource

# Suicide prevention at hotspots

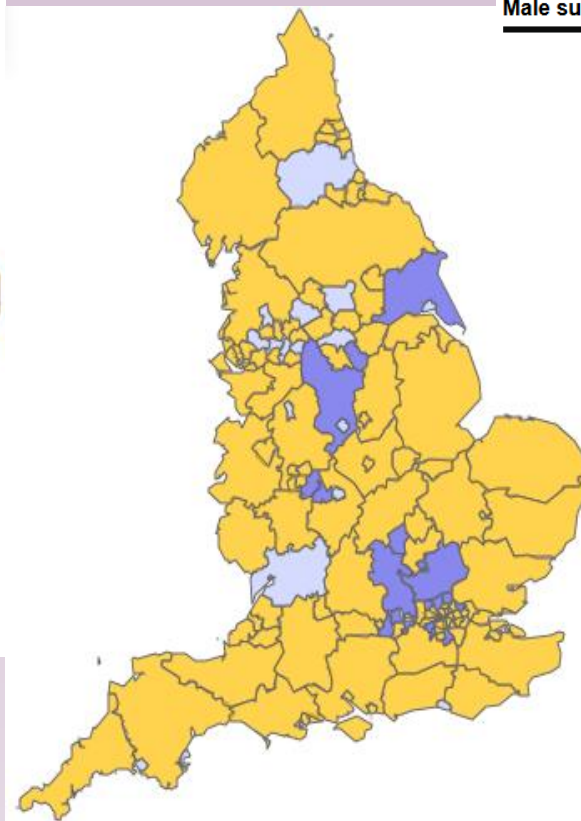


- **Barriers**
- **Helplines**
- **Intervention/patrols**
- **Local media**

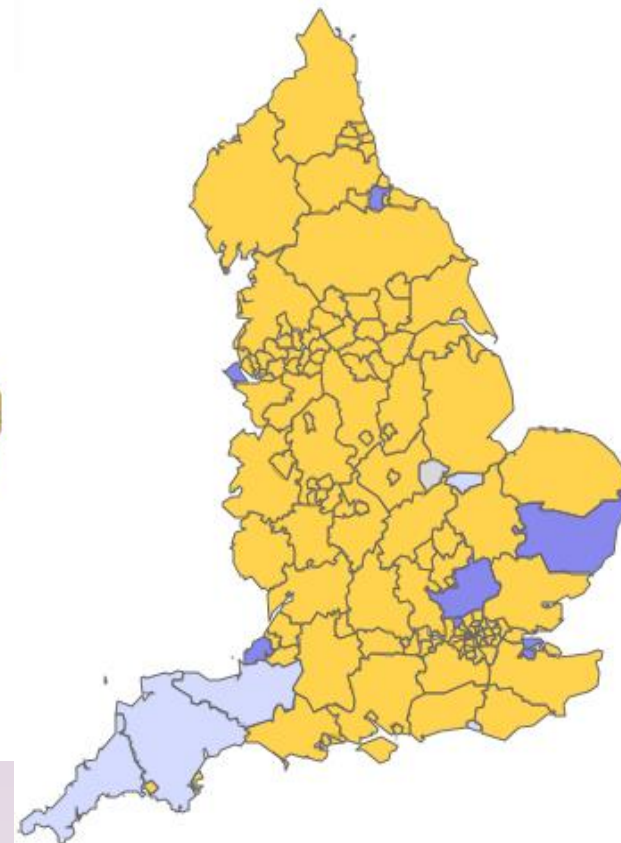
Male suicide crude rate 15-34 years: per 100,000 males (5 year average)



Male suicide crude rate 35-64 years: per 100,000 males (5 year average)



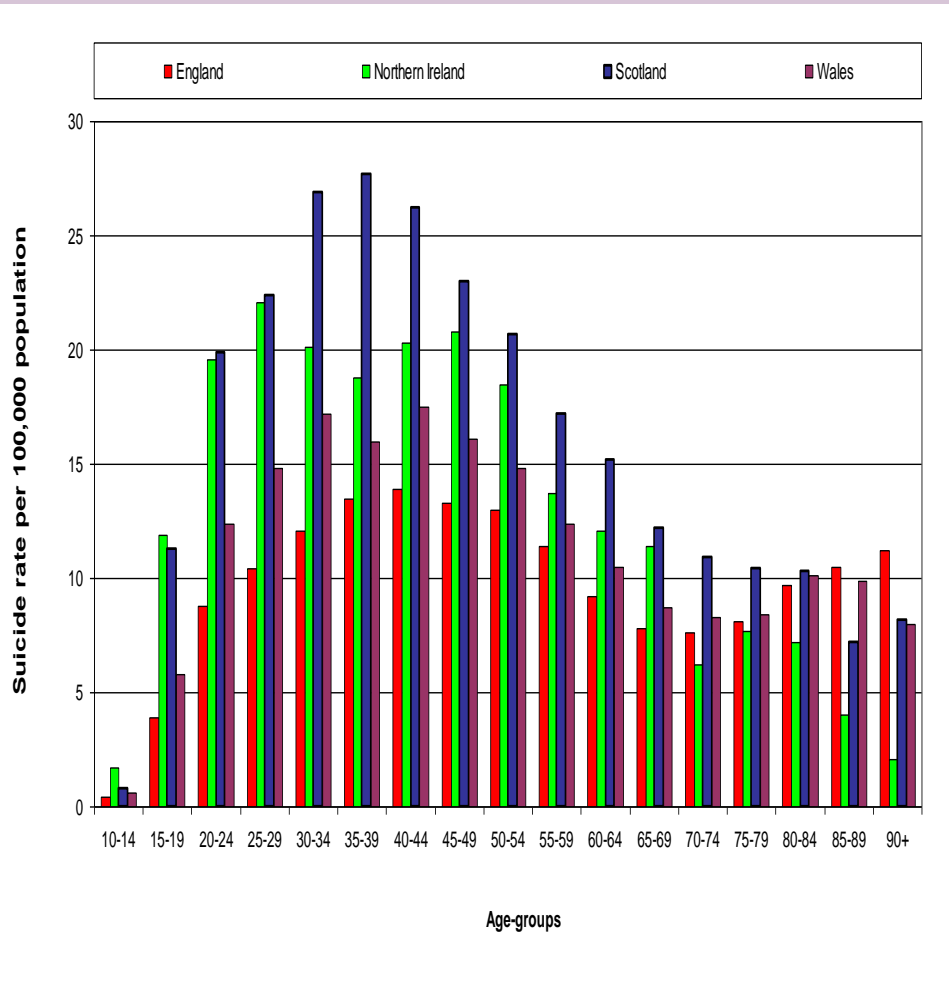
Male suicide crude rate 65+ years: per 100,000 males (5 year average)



Compared with benchmark: ■ Lower ■ Similar ■ Higher ■ Not compared

Benchmark:

# Suicide by young people in the UK



- 160 suicide per year
- < 20 years
- 600 suicides per year
- < 25 years
- ? linked to educational stresses, social media, bullying