



**National Suicide Prevention Strategy  
NSPA conference Feb 5 2019**

**Professor Louis Appleby**

# Nat Suicide Prev Strategy: 2019 Report



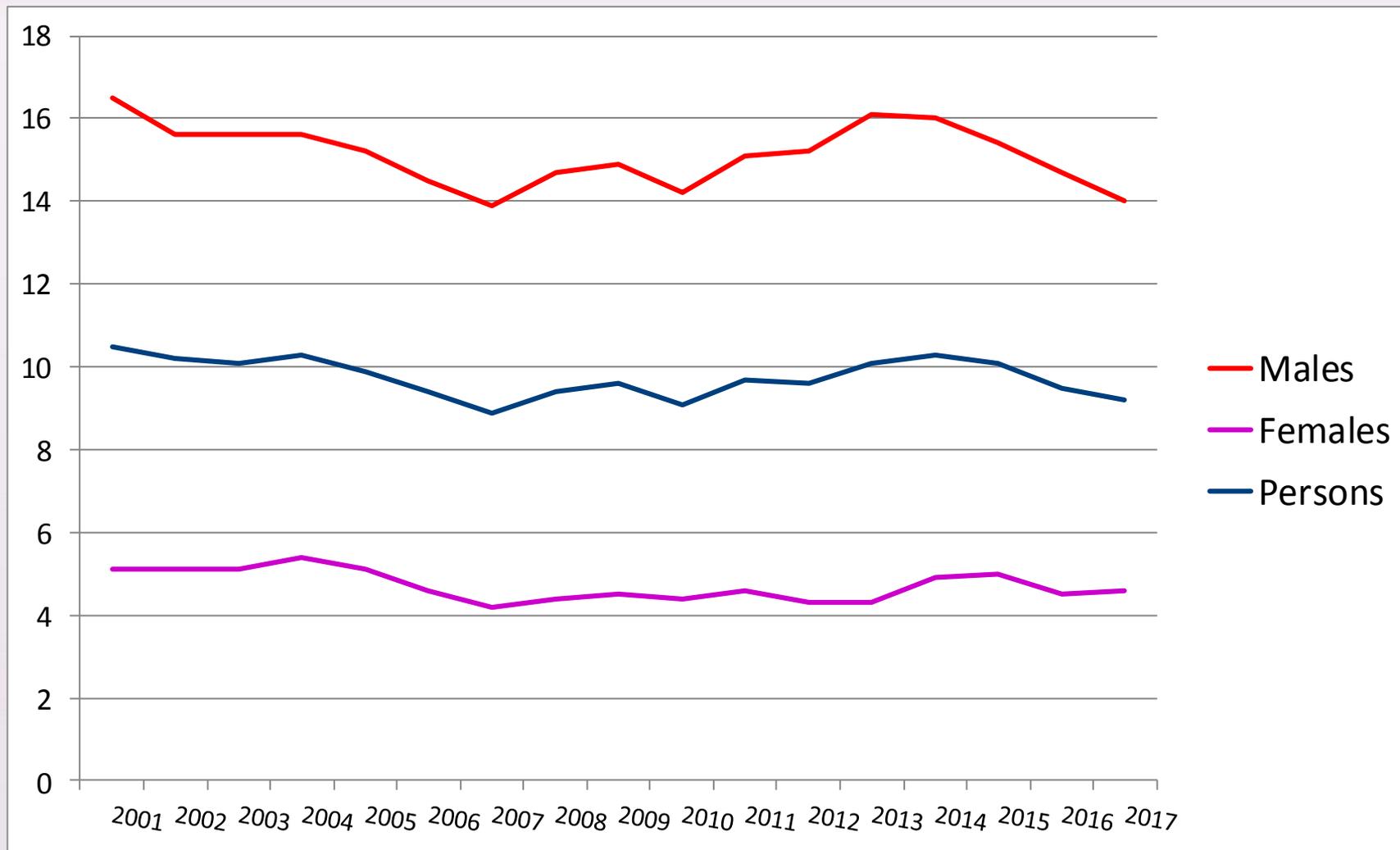
HM Government

**Preventing suicide in England:  
Fourth progress report of the cross-  
government outcomes strategy to  
save lives**

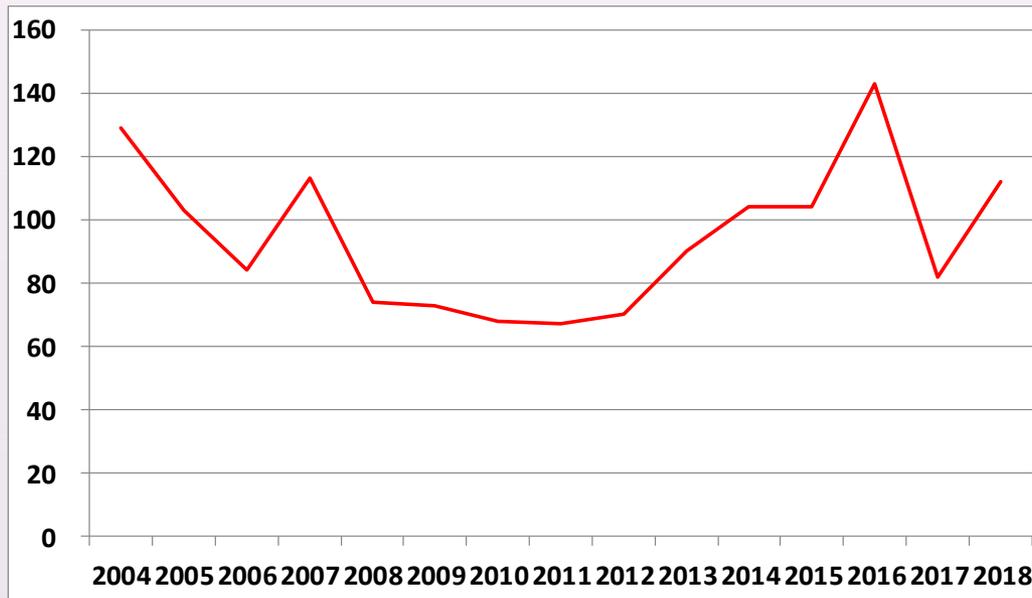
Published January 2019

- **Men**
- **Young people**
- **Self-harm**
- **Mental health care**

# Suicide rates 2001-2017



# Self-inflicted deaths in prison custody



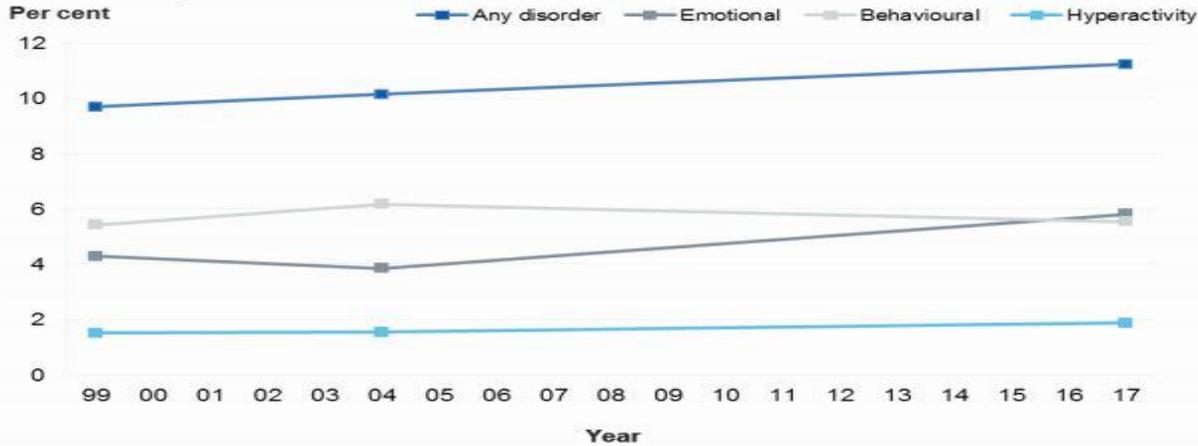
- **Figures doubled 2012-2016**
- **92 deaths 2018**
- **89 men, most in 30s/40s**

Rates per 100,000 prisoners, England and Wales

# Mental disorder in young people

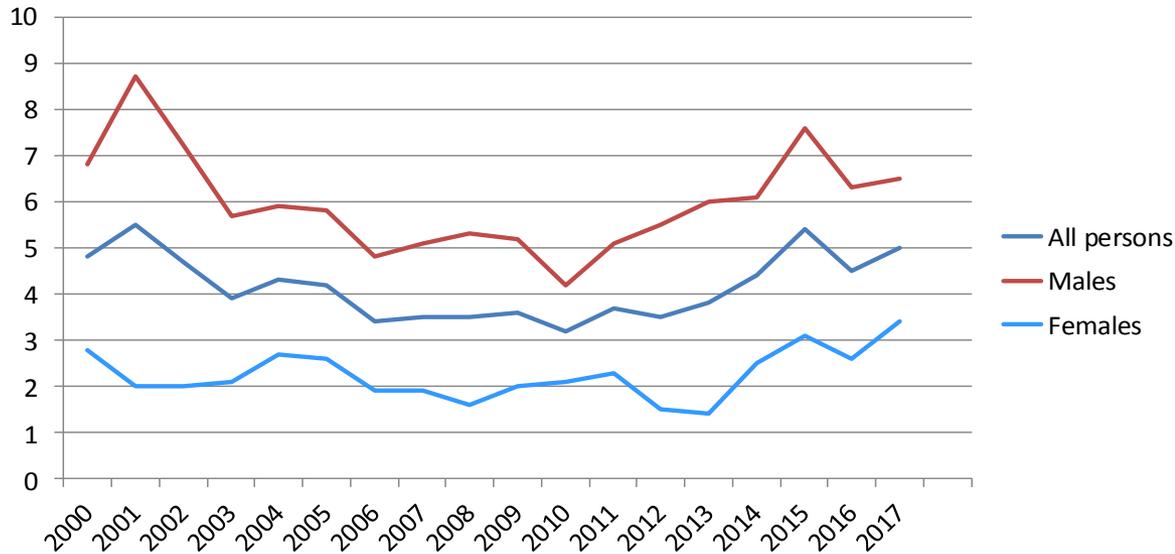
**Figure 1: Prevalence of any disorder, emotional disorder, behavioural disorder, and hyperactivity disorder, 1999, 2004, 2017**

Base: 5 to 15 year olds



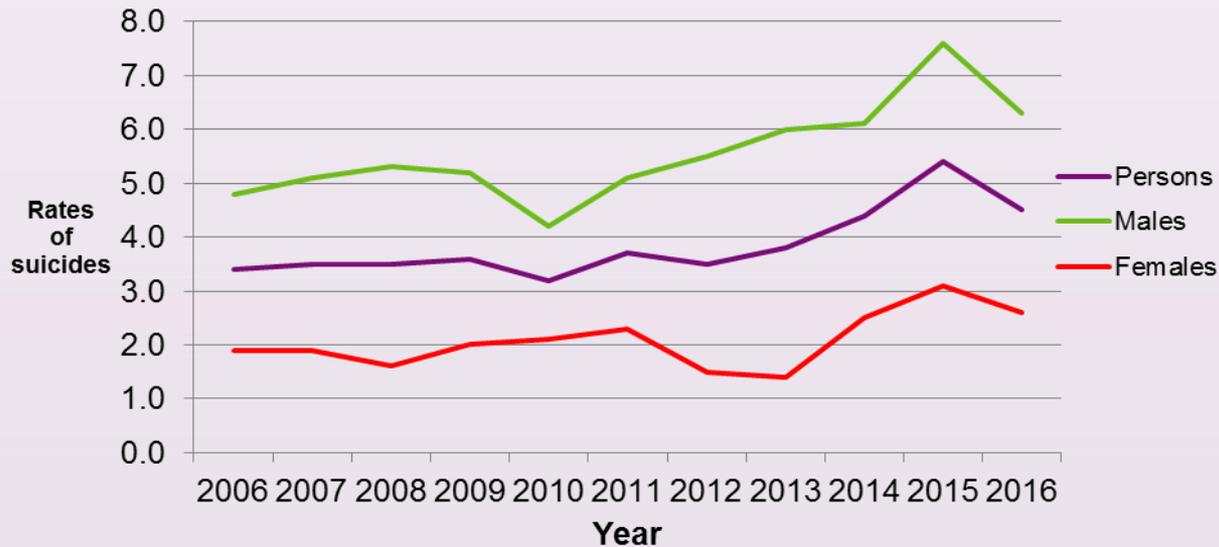
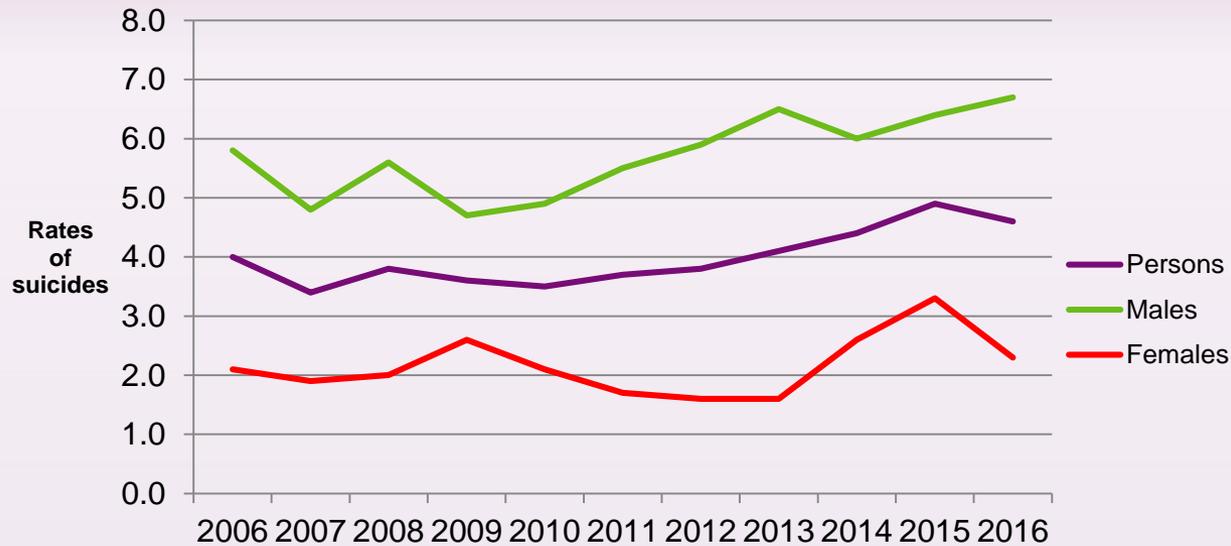
Source: NHS Digital

**Mental disorder in 5-15 yr olds**

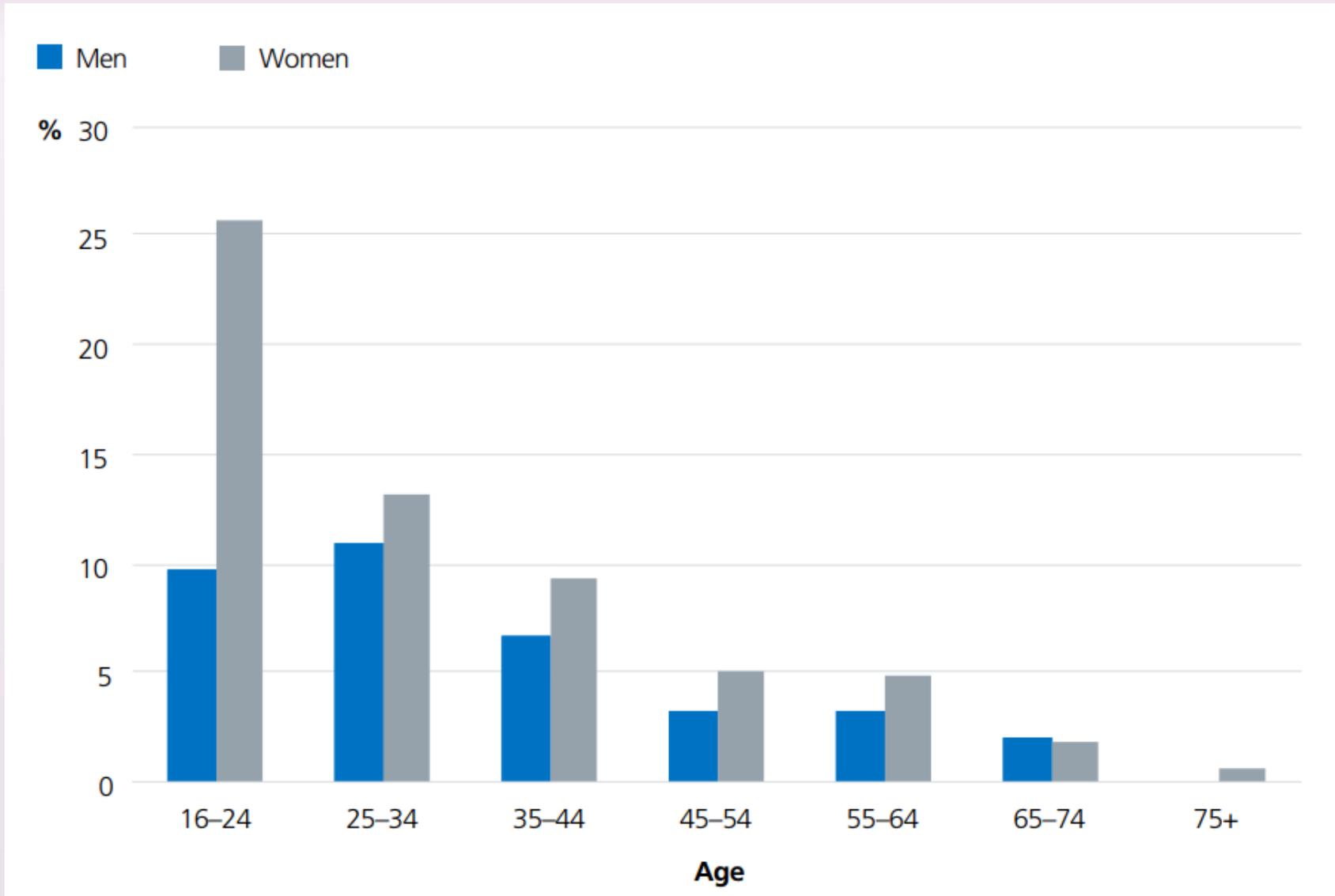


**Suicide rate in 15-19 yr olds**

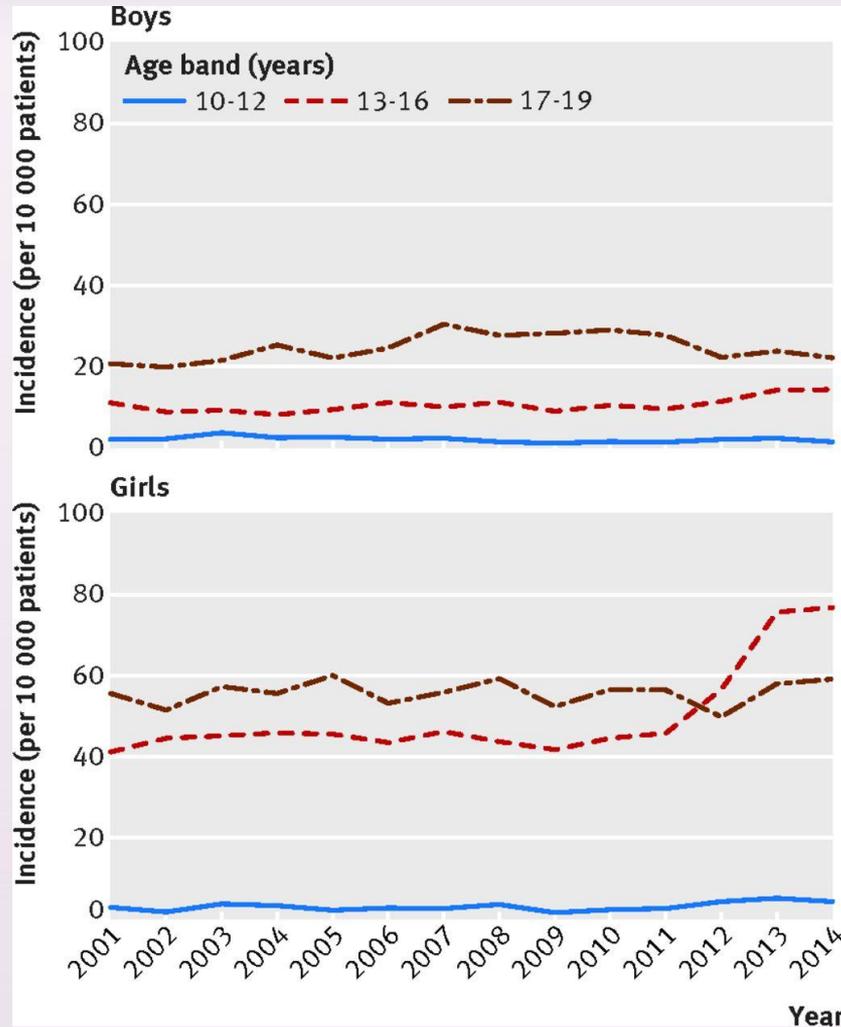
# Suicide rates in 15-19 year olds, date of death v registration



# Self-harm: lifetime rates



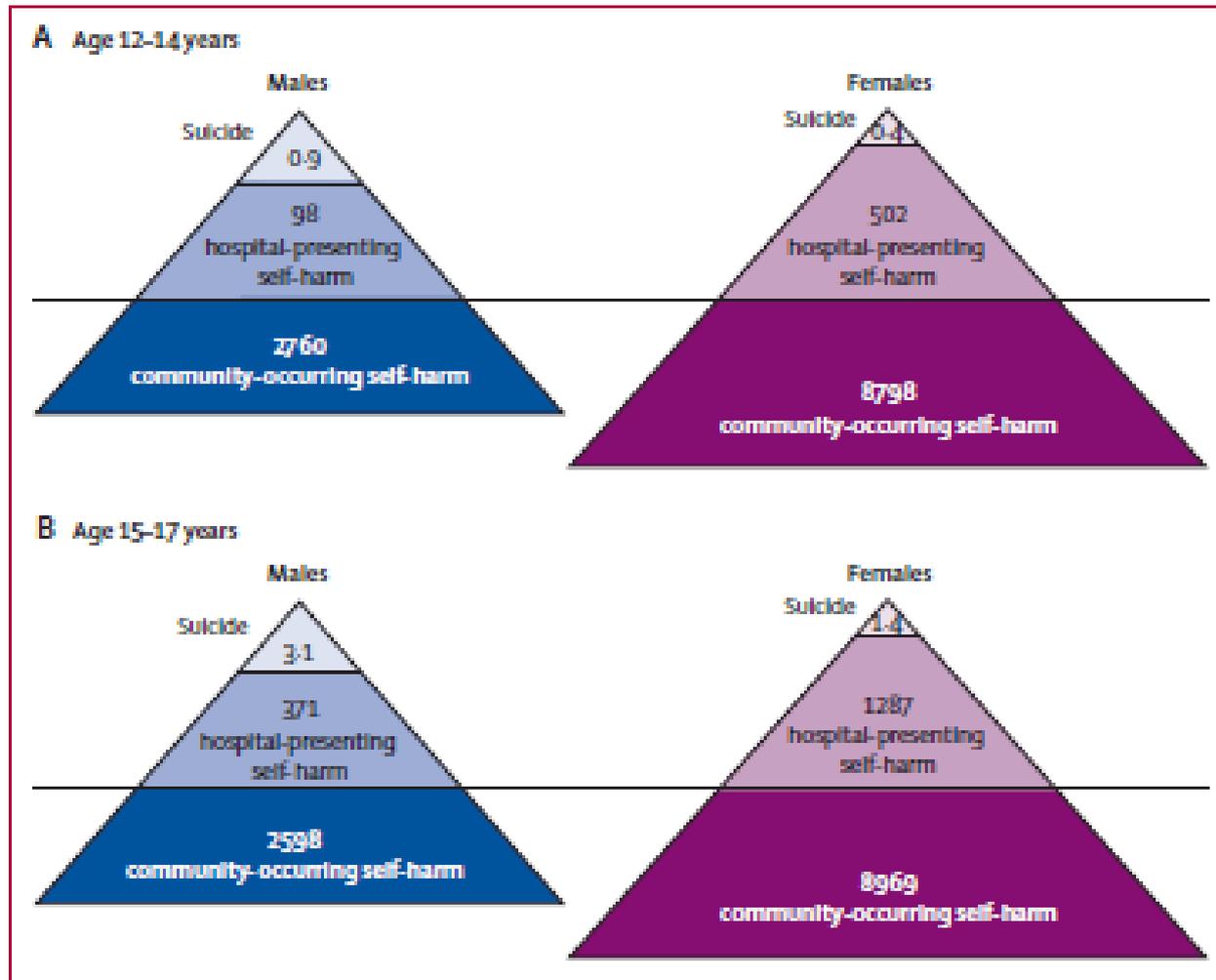
# Self-harm in young people in primary care



**Recent rise in self-harm by girls age 13-16**

Source: Morgan et al. BMJ 2017

# Pyramid effect: most self-harm is in community



# Suicide-related internet use



	10-19 year olds	20-24 year olds
Suicide related internet use	26%	13%
Searched the internet for information on suicide method	13% 10 died by a method they were known to have searched on	8%
Visited websites that may have encouraged suicide	4%	Uncommon
Communicated suicidal ideas or intent online	10%	6%
Victims of online bullying	7%	Uncommon

# Suicide in under 20s

**8%** had been 'looked after children'

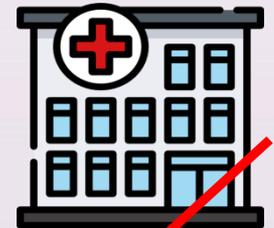
**45%** housing problems/change of accommodation (v. 15%)



**71%** previous self-harm, suicidal ideas



**Majority** in recent service contact – but not with **mental health** services



# Suicide in under 20s

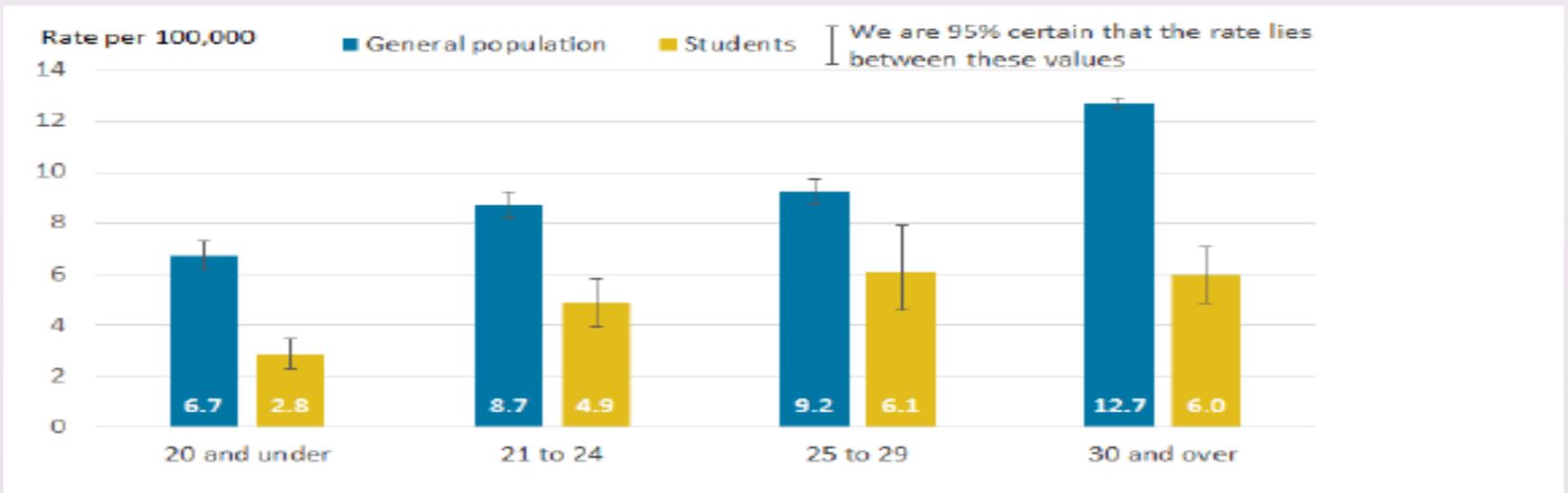
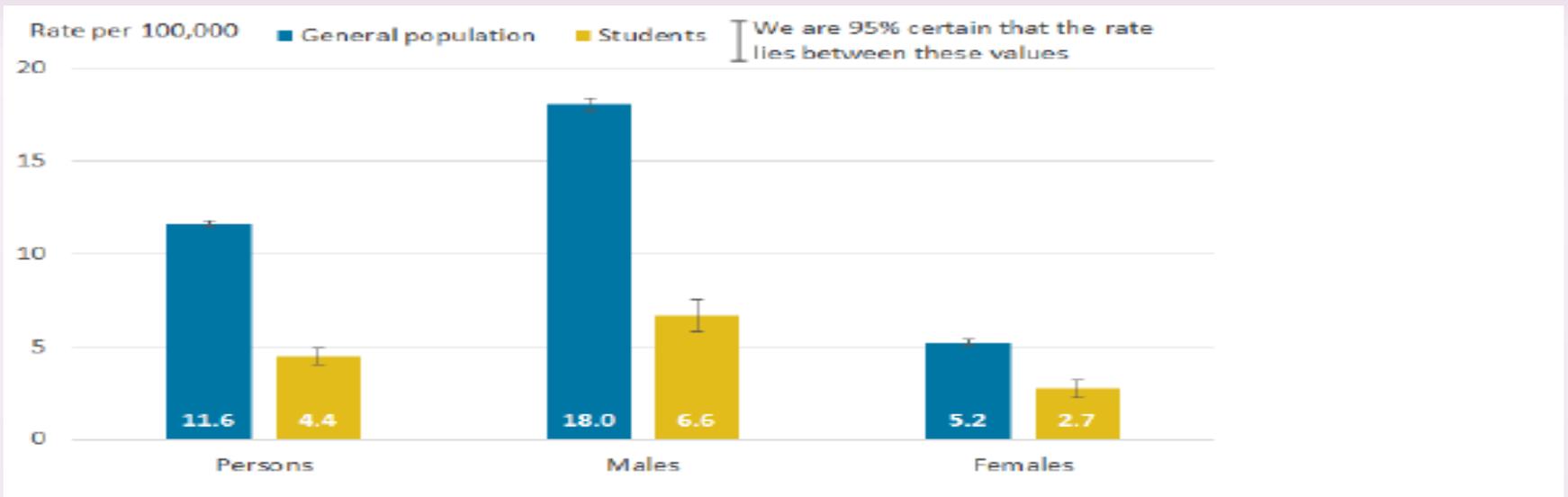
	LGBT groups (n=32)
Abuse	5 (16%)
Bullying	9 (28%)
Suicide-related internet use	14 (44%)
Previous self-harm	20 (63%)
Suicidal ideas	23 (72%)
Any diagnosis of mental illness	16 (50%)
Depressive illness	7 (22%)

**6%** LGBT or uncertain of sexuality

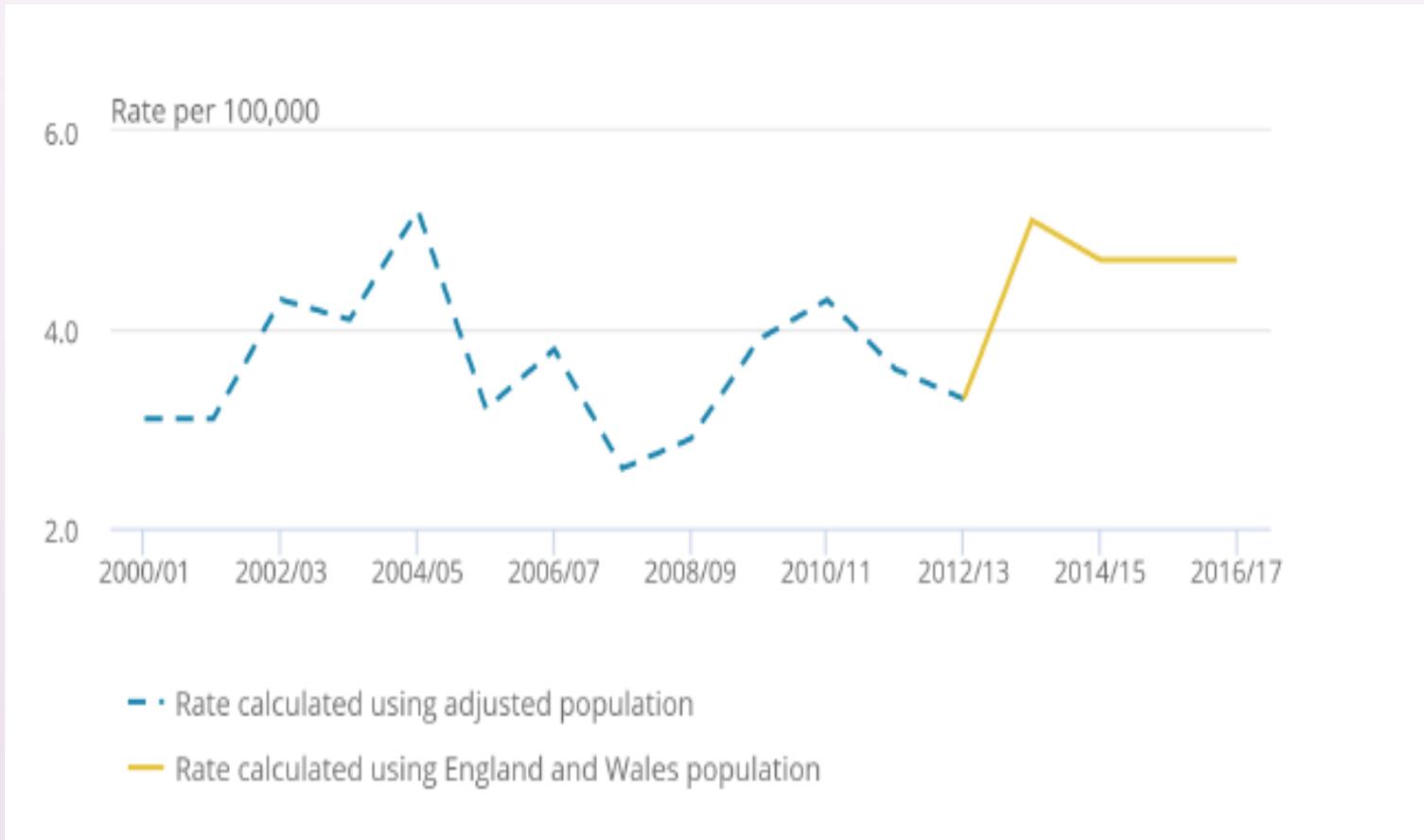
**Most** experiencing conflict over their sexuality

Over a **quarter** bullied

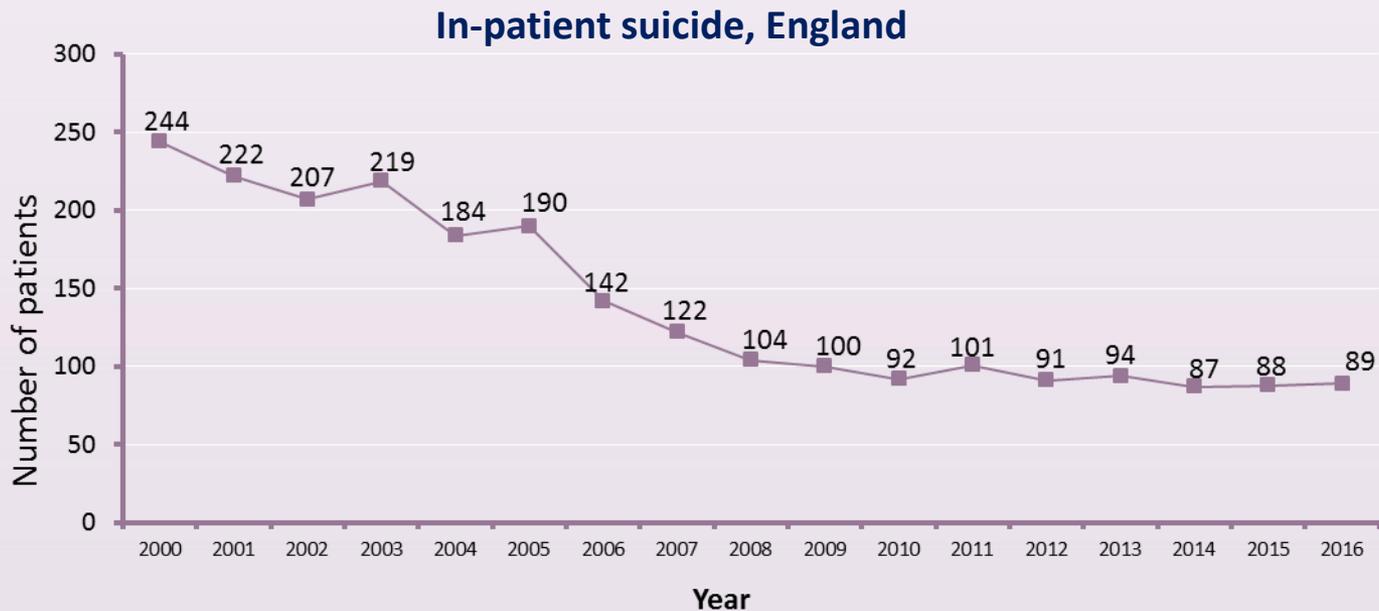
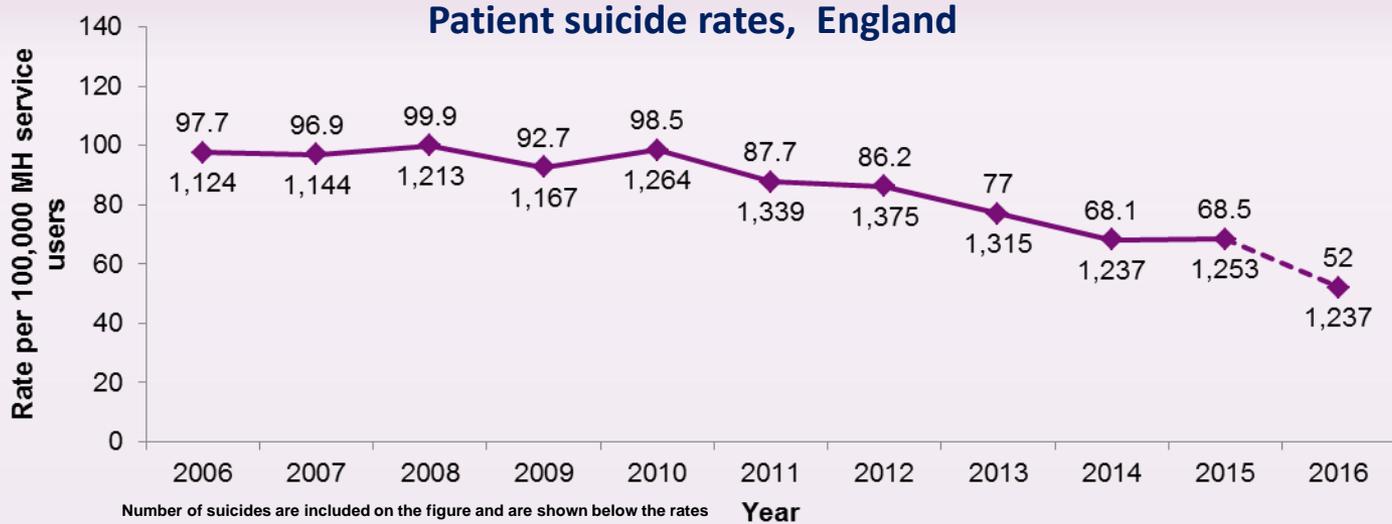
# Student suicide rates low....



# ....but recently rising



# Suicide by MH patients



# Zero suicide ambition for in-patients

## Fall in in-patient suicide is slowing



Prevention isn't one thing:

**30%** on ward

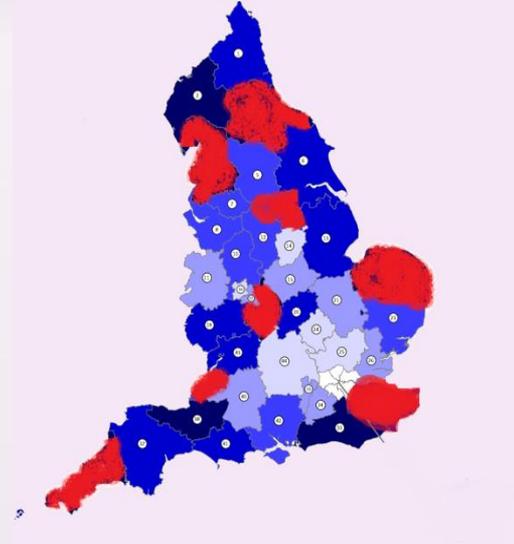
**20%** off ward unplanned

**50%** off ward planned

Each MH trust has 1-2 IP suicides/yr –  
is **zero** possible?

# NHSE Suicide Prevention

We are supporting 8 STPs to develop local  
suicide prevention **QI plans**



Focus on **1,300**  
mental health patient  
suicides/yr

of whom  
**850** are **males**

# Suicide in NHS long-term plan



- **Diversity of crisis services to be developed**



- **Bereavement support in every area**