Preventing suicide

This infographic is part of the Suffolk Mental Health Needs Assessment. Please see Healthy Suffolk for more details.

Person
- Being in debt and financial difficulties increases the risk of suicide
- Men are at a higher risk of suicide than women
- The male suicide rate in Suffolk peaks in the age band 40-44
- In Suffolk, there has been an increase in suicide in young people (aged 15-25) (2015-17 compared to 2012-4)
- Young people who self-harm are 17 times more likely to die (than unaffected 10-19 year olds) by suicide within a year
- Over half the people who die by suicide have a history of self-harm
- Up to 41% of trans people may have attempted suicide
- Gay men and women are at increased risk of suicide
- Suicide is less common amongst veterans than the general population (except people in their early twenties who leave the Services early)
- About a fifth of suicides are in older people. Risks increase for those who are male, widowed, isolated, older, physically ill, in pain
- There may be alcohol or drug misuse
- May have other existing mental health conditions
- Doctors, and farmers, are at increased risk of suicide

Family & Friends
Suicide risk is increased if:
- there is family conflict
- a relationship has broken down
- there is a family history of suicide
- someone has lost a partner to suicide
- a person is socially isolated

The family and friends of someone who dies by suicide are at increased risk of poor mental health

Environment
- In Suffolk there is a significantly higher death rate from suicide in urban than rural areas
- Suicide rates are highest in Forest Heath & Ipswich local authorities in Suffolk
- Newmarket is the most affected town in Suffolk, significantly above the County average
- Suffolk wards with higher levels of deprivation are more likely to have a higher rate of suicides
- Lower socio-economic status or unemployment increases the risk of suicide
- People who have moved three or more times in the past two years are at increased suicide risk

Physical health
- Chronic pain or disability increases suicide risk, as does a diagnosis of a long-term health condition, particularly cancer

Needs
- Follow up within 1 week
- Appropriate help from specialist services, e.g. inpatient services
- To know how to seek help promptly - also give written information

Stats
- In Suffolk, between 2012-14 there were 187 deaths from suicide. In 2015-17 there were 171 deaths. There has been an overall reduction in death rates, and in death rates among middle-aged men
- The age-standardised suicide rate is 3 times higher for men (14.2 per 100,000) than women (4.6 per 100,000)
- Less than a third of suicides will have been in contact with mental health services
- 4,560: estimated number of suicide attempts in Suffolk (7 per 1,000 population) in past year
- 33,000 people (54 per 1,000) are estimated to have had suicidal thoughts in the past year in Suffolk

Useful links
- NICE Depression in adults (CG90)
- NICE Depression in adults (draft 2018)

Suffolk needs assessments & information
- Suffolk Lives Matter
- Mental health & lifestyle (part of the Mental Health Needs Assessment)

For latest version, go to https://infograph.venngage.com/pl/IfKyZnAHull

Mental Health Needs Assessment 2018
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[Digital support suggestion] if her thoughts are over heightened/ anxious/self-harm/suicidal maybe something simple such as FaceTime for a face to face chat with a support worker who can signpost to the right support at the right time (Carers)
- I have online friends that help me during a panic attack or when I’m feeling suicidal (young person responding to My Health, Our Future)

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Current support
- Primary Care - GPs
- Crisis Service
- Norfolk & Suffolk NHS Foundation Trust
- Suffolk Wellbeing
- Suffolk Night Owls Sno
- Community Psychiatric Nurses
- Amparo (support for people bereaved by suicide)

Voces from: #averydifferentconversation Full Report

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GIS:10: Suicidal ideation (tendencies) R45.8
DSM-V: Suicidal behaviour disorder