

# Annual report 2018

People in contact with  
**mental health services for adults (MHS)**  
in the year preceding suicide

**Suicide rate**  
**125.8 women**  
**249.5 men**  
per 100 000 patients in MHS

In 2018 the median was  
**15 days**  
**from discharge to suicide**

**51 %**  
of the patients  
**lived alone**

**19 %**  
were in paid  
employment

**55 %**  
had a **psychiatric history**  
lasting  
**more than 5 years**

**Symptoms at last contact**  
**49,5 %** depressive symptoms  
**43,2 %** anxiety or distress  
**28,2 %** sleep problems  
**26,8 %** hopelessness  
**24,5 %** suicidal ideation

**36 %**  
**had adverse life-events**  
last 3 months

**54 %**  
had a lifetime history of  
**deliberate self-harm**

**49 %**  
had a known history of  
**substance misuse**

**29 %**  
of the patients had a  
**crisis management plan**