

**People in contact with Mental Health Services for Adults (MHS)
in the year preceding suicide**

Suicide rate **outpatients**

**107.4 women
223.3 men**

per 100 000 patients in MHS

Suicide rate **inpatients**

**445.6 women
704.0 men**

per 100 000 patients in MHS

45 days (median)

from in-patient discharge to suicide
among all people with at least one
inpatient stay in the year before
suicide

55%

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

Symptoms at last contact

46 % depressive symptoms

40 % anxiety or distress

29 % hopelessness

29 % sleep problems

24 % suicidal ideation

54%

had a lifetime history of
deliberate self-harm

52%

had a known history of
substance misuse

Most were assessed with

low suicide risk

at last contact

One in four

did not show up at last appointment

28%

of the patients had a
crisis management plan

39%

reported contact with **next of kin**
in the last month before suicide