NORWEGIAN SURVEILLANCE SYSTEM FOR SUICIDE

Annual report 2019-2020

in Mental Health and Substance Misuse Services

People in contact with Substance Misuse Services in the year preceding suicide

Suicide rate

171.4 women 189.8 men

per 100 000 patients in Substance Misuse Services

64%

in contact with Mental Health Services last year in addition to Substance Misuse Services

27%

diagnosed with alcohol use disorders

Symptoms at last contact

35 % anxiety or distress

33 % depressive symptoms

27 % hopelessness

20 % sleep problems

20 % suicidal ideation

Most were assessed with low suicide risk at last contact 70%

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

57%

had a lifetime history of deliberate self-harm

40%

had adverse life-events last 3 months

34%

had experienced childhood abuse

28%

of the patients had a crisis management plan

32%

did not show up at last appointment





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