

Self-harm Registry data, Northern Ireland 2020/21

Note: This is the first full year of data collected during the COVID-19 pandemic

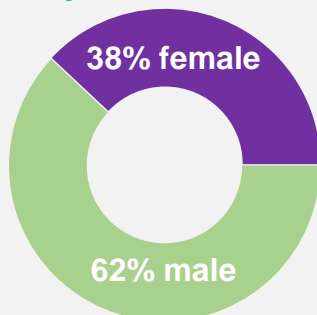
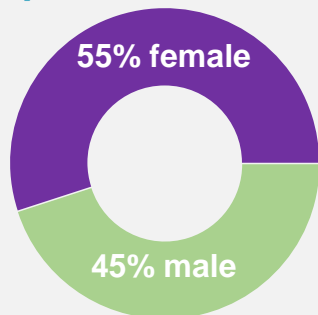


12,501

attendances at Emergency Departments
for self-harm and/or ideation*

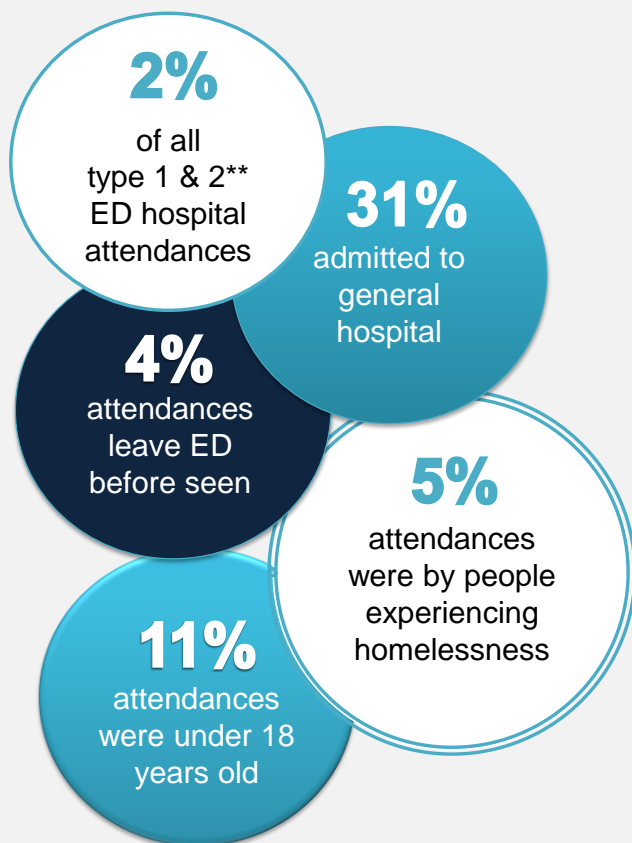
7,766 self-harm
presentations

4,735 ideation
presentations



1 in 5

Self-harm & / or Ideation
repeat attendance rate
within 12 months



Self-harm

Self-harm rate is 303 per 100,000 population

Females

Self-harm rates highest
among 15-19
year olds



Males

Self-harm rates
highest among
20-24 year olds



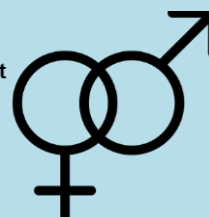
Alcohol involved in 40%
of self-harm attendances

Ideation

Ideation rate is 190 per 100,000 population

Females

Ideation rates highest
among 20-24
year olds



Males

Ideation rates
highest among
25-29 year olds



Alcohol involved in 41%
of ideation attendances

Help and Support

- If you are affected by these issues speak to your GP who can arrange appropriate referrals.
- If you or someone else is in immediate danger of suicide or you require urgent medical attention, please call **999** or attend a hospital emergency department.
- Lifeline is Northern Ireland's crisis response helpline. Call **0808 808 8000** for free 24 hours a day, 7 days a week. Deaf people and those with hearing difficulties can Textphone **18001 0808 808 8000** www.lifelinehelpline.info
- For information on other support services visit www.mindingyourhead.info

*Ideation includes thoughts of self-harm and / or suicide, where no physical act has taken place

**Type 1 ED: A consultant-led service with designated accommodation for the reception of emergency care patients, providing both emergency medicine and emergency surgical services 24 hours a day.

Type 2 ED: A consultant-led service with designated accommodation for the reception of emergency care patients, but which does not provide both emergency medicine and emergency surgical services and/or has time-limited opening hours.

Most recent published annual report available at: [Northern Ireland Registry of Self-harm Regional Report 2020/21 & 2021/22](http://NorthernIrelandRegistryofSelf-harmRegionalReport2020/21&2021/22) | HSC Public Health Agency (hscni.net)