

## What is self-harm?

A non-fatal act



Deliberately initiated



Is associated with varying levels of suicidal intent and wide ranging motives

## The National Suicide Research Foundation

Is the principal Irish centre for research on suicidal behaviour



Was established in 1994



Has been designated as a WHO Collaborating Centre for Surveillance and Research in Suicide Prevention



Carries out a wide range of research studies in addition to operating the National Self-Harm Registry Ireland

## Support services

If you, or someone you know, needs support or is in crisis:

**Contact your local GP**

**Go to/contact the Emergency Department of your nearest hospital**

Details of local health services are available here:

**[yourmentalhealth.ie](http://yourmentalhealth.ie)**

or by calling HSE Health Information line

CallSave **1850 241 850**

(Mon-Fri 8am-8pm, Sat 10am-5pm)

**Other phone supports**

Freephone **Samaritans: 116 123**

or email **[jo@samaritans.org](mailto:jo@samaritans.org)**

(24 hours a day, 7 days a week)

## Useful websites

[www.suicidesupportandinformation.ie](http://www.suicidesupportandinformation.ie)

[www.spunout.ie](http://www.spunout.ie)

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

[www.samaritans.org](http://www.samaritans.org)

[www.aware.ie](http://www.aware.ie)

[www.psychologicalsociety.ie](http://www.psychologicalsociety.ie)

National Self-Harm Registry Ireland



## Information Leaflet



National Suicide Research Foundation

## What is the Registry?

The Registry is a system of recording self-harm presentations to hospital emergency departments in Ireland.

The Registry is an integral part of *Connecting for Life*, Ireland's National Strategy to Reduce Suicide 2015-2020 and helps to improve services for those at risk of suicide and self-harm.

The Registry is operated by the National Suicide Research Foundation.

## Aims of the Registry

**Provide** access to real time data.

**Inform** services, policy and interventions.

**Evaluate** guidelines and treatments.

**Measure** regional, demographic and temporal variations.



Connecting for Life

The Registry is funded by the HSE's National Office for Suicide Prevention.

## Information for you

This hospital is providing data to the National Self-Harm Registry Ireland.

All cases of self-harm presenting to the emergency department are recorded in a way that preserves patient anonymity and confidentiality.

This leaflet provides information about self-harm, why data is recorded and how the data will be used.

## Data protection

Data are collected to inform services, policy and interventions, and to improve knowledge via scientific research, in line with General Data Protection Regulation 2018.

Ethical approval for the operation of the Registry has been granted by national and local ethics committees.

Individuals may request to access their information or to have their information withdrawn from the Registry at any time by contacting us directly at the address below.

The Registry produces an annual report with key findings. This is available on our website or by contacting our office.

If you would like any more information or have any queries, please contact the Registry team at:

**National Suicide Research Foundation,  
4.28, Western Gateway Building,  
University College Cork.**

Tel: **+353 21 420 5551**

Email: **info@nsrf.ie**

Website: **www.nsrf.ie**



National Suicide Research Foundation

## 2018 statistics

Presentations

**12,588**

Persons

**9,785**



Rates in young people aged 10-24 years increased by 29% between 2007-2018

### RATES:



**Male:** 20-24 year-olds  
(543 per 100,000)

**1 in every 184**



**Female:** 15-19 year-olds  
(766 per 100,000)

**1 in every 131**

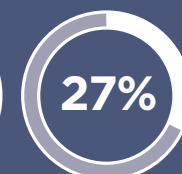
PEAK RATES WERE AMONG YOUNG PEOPLE

### METHOD:

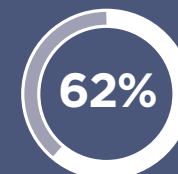
**3 in every 10**  
involved **alcohol**



Men



Women



**2 in every 3**  
involved **overdose**



**3 in every 10**  
involved **self-cutting**

### TREATMENT:



**72%**

received an assessment in the ED



**79%**

received a follow-up recommendation after discharge



**13%**

left ED before a recommendation was made