

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 World Health Organisation 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 General Practitioner (GP)

Go to/contact the Emergency Department of your nearest hospital

Details of other health services in your area can be found here:

yourmentalhealth.ie

Or by calling the HSE Your Mental Health information line any time

Freephone **1800 111 888**
(Mon-Fri 8am-8pm, Sat 10am-5pm)

Telephone supports:

Freephone **Samaritans: 116 123**

Or email **jo@samaritans.ie**
(24 hours a day, 7 days a week)

Text 50808, a free, anonymous 24/7 messaging service

Useful websites

www.suicidesupportandinformation.ie

www.spunout.ie

www.mentalhealthireland.ie

www.samaritans.org

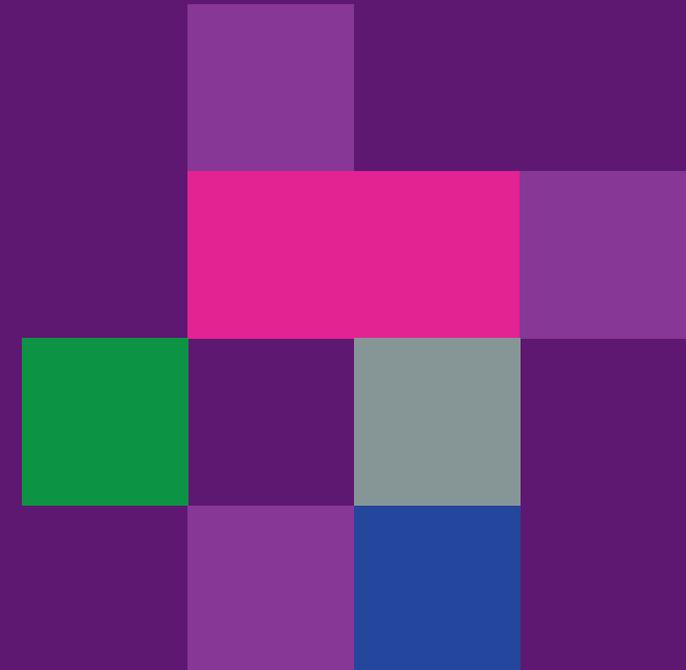
www.aware.ie

www.psychologicalsociety.ie

National Self-Harm Registry Ireland



Information Leaflet



National Suicide Research Foundation

What is the Registry?

The National Self-Harm Registry Ireland is a system that records and reports information about self-harm presentations to hospital Emergency Departments across the country.

The Registry tells us how many self-harm presentations there are each year. It tells us which groups in the country make the most presentations, when the presentations happen, what type of self-harm is involved, and which areas have the highest rates. By providing this information, the Registry helps improve services for people who self-harm and informs prevention efforts.

Information for you

This hospital is providing data to the National Self-Harm Registry Ireland. If you have attended a hospital Emergency Department with self-harm, your data may be recorded by the Registry.

Data are collected for the Registry by trained Data Registration Officers. Data Registration Officers visit the hospital and review presentations to the Emergency Department in order to identify cases of self-harm. Relevant data are extracted from the hospital records of patients who presented with self-harm.



Connecting for Life

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

Data Protection

Data for the Registry are processed in line with the General Data Protection Regulation 2018.

Ethics approval for the operation of the Registry has been granted by national and hospital ethics committees.

Anyone is entitled to contact the Registry to enquire if their data has been recorded. If your data has been recorded, you have the right to request your data and/or to withdraw your data from the Registry.

The Registry team can be contacted via the contact form on our website:

www.nsrif.ie/self-harm-registry/

or by emailing infonsrf@ucc.ie

The Registry produces an annual report with key findings. Annual reports are available on our website or by contacting our office.

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

Email: infonsrf@ucc.ie

Website: www.nsrif.ie/self-harm-registry/



National Suicide Research Foundation

2020 statistics

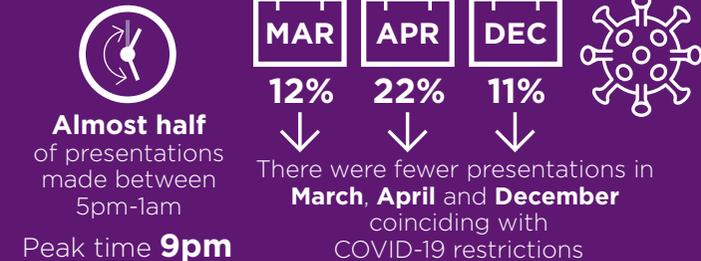
Presentations **12,553**
Persons **9,550**

2019 **2020**
Rate of self-harm is similar to that recorded in 2019

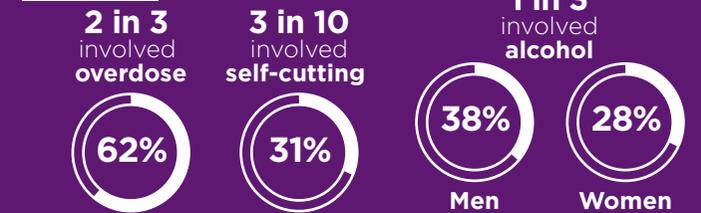
RATES:



TIME:



METHOD:



TREATMENT:

