

## What is self-harm?

a non-fatal act

- deliberately initiated

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

**The National Self-Harm Registry is operated by the National Suicide Research Foundation**

## The National Suicide Research Foundation

is the principal Irish centre for research on suicidal behaviour

- was established in 1994

- is 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](http://yourmentalhealth.ie)**

**Or by calling the HSE Health Information line**

Callsave **1800 700 700**  
(Mon-Fri 8am-8pm, Sat 10am-5pm)

**Telephone supports:**

Freephone **Samaritans: 116 123**

Or email **[jo@samaritans.org](mailto:jo@samaritans.org)**  
(24 hours a day, 7 days a week)

Text **50808**  
(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 National Self-Harm Registry?

- a system that records and reports information about self-harm presentations to hospital Emergency Departments across the country.
- a way of recording how many self-harm presentations there are each year.
- a way to identify:
  - which groups in the country present to hospital the most.
  - when presentations most frequently occur.
  - the types or methods of self-harm.
  - which geographical areas have the highest rates of self-harm.

## Why do we need the Registry?

The Registry highlights the need for services for people who self-harm.

Data from the Registry helps inform prevention efforts.

## How is the information collected?

Trained Data Registration Officers visit hospitals and review presentations to the Emergency Department to identify cases of self-harm.

Relevant data is 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.

## Is my data included?

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

If you have attended this or any hospital Emergency Department in Ireland with self-harm, your data may have been recorded by the Registry.

Data is coded in a way that protects patient's identity before being entered to the Registry. This is done so individuals cannot be identified from their data stored in the Registry.

## Data Protection

Data for the Registry is 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 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](mailto:infonsrf@ucc.ie)

Website: [www.nsrif.ie/self-harm-registry/](http://www.nsrif.ie/self-harm-registry/)



National Suicide Research Foundation



## 2021 statistics

Presentations **12,661**  
Persons **9,533**

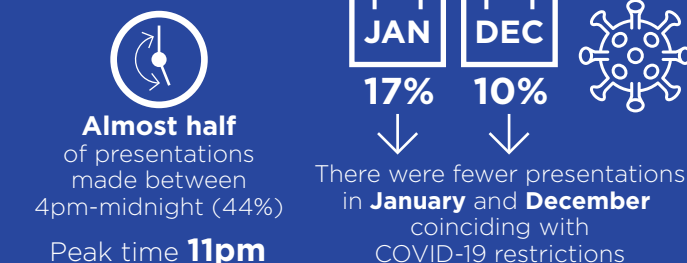
**200** **196**

**2020** **2021**  
Rate of self-harm is similar to that recorded in 2020

### RATES:



### TIME:



### METHOD:



### TREATMENT:

