



Self-Harm Data 2024

HSE Dublin and Midlands

For the period from 1 January to 31 December 2024, the National Self-Harm Registry Ireland recorded 12,621 self-harm presentations to hospital that were made by 9,436 individuals nationally.

Persons and Rates per 100,000

The number and rate of persons from HSE Dublin and Midlands is provided in table 1. These people were residents of HSE Dublin and Midlands when they first presented to hospital with self-harm in 2024.

In 2024, 1,901 residents of HSE Dublin and Midlands, 872 men and 1,029 women, presented to hospital with a total of 2,497 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 152 and 179 per 100,000 for men and women respectively.

	Persons	Rate per 100,000
Men	872	152
Women	1,029	179

Table 1: Number and rate of persons who were HSE Dublin and Midlands residents when they first presented to hospital with self-harm

Age and Sex

Table 2 presents a breakdown of the total number of presentations by men and women by age group.

	0–19 yrs	20–24 yrs	25–34 yrs	35–44 yrs	45–54 yrs	55+ yrs	Total
Men	122	157	304	267	175	107	1,132
Women	353	198	245	234	190	145	1,365

Table 2: Number of presentations by HSE Dublin and Midlands residents by age and sex

There were 1,132 presentations by men and 1,365 by women. For men, presentations were highest among those between 25 and 34 years old (27% of presentations); for women, presentations were highest among those aged under twenty years of age (26%). Just under one in five self-harm presentations (19%; 475) involved individuals under twenty years of age.



Methods

An overview of the reported methods of self-harm is presented in table 3.

Intentional drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
1,564 (63%)	784 (31%)	61 (2%)	209 (8%)	57 (2%)	765 (31%)
* This includes presentations where alcohol was involved (not just where alcohol was a method of self-harm).					

Table 3: Method of self-harm

Intentional drug overdose was the most common method of self-harm, involved in 63% of presentations. Self-cutting was the only other common method, involved in 31% of presentations. Alcohol was involved in 31% of presentations.

Repetition

The number of HSE Dublin and Midlands residents who made a repeat self-harm presentation in 2024 is provided by men and women in table 4.

	Men	Women	Total
Number of individuals	872	1,029	1,901
Number who repeated	151	170	321
% who repeated	17%	16%	17%

Table 4: Number and percentage of HSE Dublin and Midlands residents who had a repeat self-harm presentation in 2024

Of the 1,901 individuals who presented with self-harm in 2024, 17% did so more than once. Based on persons, repetition was slightly higher for men (17%) than women (16%).

Table 5 presents the risk of repetition by method of self-harm.

	Intentional drug overdose	Alcohol*	Poisoning	Attempted hanging	Attempted drowning	Self-cutting
Number of individuals	1,237	588	42	167	44	556
Number who repeated	190	96	7	25	9	116
% who repeated	15%	16%	17%	15%	20%	21%
* This includes presentations where alcohol was involved (not just where alcohol was a method of self-harm). Note that the number of persons and number who repeated is greater than that presented in Table 4 as more than one method may have been used in the self-harm act.						

Table 5: Number and percentage of individuals who made a repeat self-harm presentation in 2024 by method of self-harm.

Repetition varied according to the method involved in the self-harm act. Of those engaging in the most commonly reported methods, drug overdose and self-cutting, 15% and 21% respectively repeated self-



harm. Of note, almost one in six of those who presented with attempted hanging had a repeat presentation within the calendar year.

Presenting Hospital

The hospital to which HSE Dublin and Midlands residents presented with self-harm is outlined in table 6.

	Number	Percentage
Tallaght University Hospital	627	25%
Midland Regional Hospital, Mullingar	240	10%
Midland Regional Hospital, Portlaoise	284	11%
Midland Regional Hospital, Tullamore	173	7%
Naas General Hospital	402	16%
St James's Hospital	573	23%
Children's Health Ireland at Temple Street	19	1%
Children's Health Ireland at Crumlin	42	2%
Children's Health Ireland at Tallaght	<i>Data unavailable</i>	
Hospitals outside of HSE Dublin and Midlands	137	5%
Total	2,497	

Table 6: Number and percentage of self-harm presentations by residents of HSE Dublin and Midlands, by hospital

Residents of HSE Dublin and Midlands primarily presented to hospitals within their own region (95%). A smaller percentage (5%) presented to hospitals outside of this region.



Next Care

Table 7 presents the recommended next care for HSE Dublin and Midlands residents following a self-harm presentation.

	Number	Percentage
General admission*	701	28%
Psychiatric admission	122	5%
Left without being seen / against medical advice	14	1%
Not admitted	1,656	66%
Total	2,497	

* Presentations admitted to ICU have been included under General admission.

Table 7: Recommended next care for presentations by residents of HSE Dublin and Midlands

Most commonly, 66% of presentations were not admitted or discharged following treatment in the Emergency Department. Of all self-harm presentations, 28% resulted in admission to a ward of the treating hospital and 5% were admitted for psychiatric in-patient treatment from the Emergency Department.

Presentations by Time and Date

The number of presentations by men and women by time of attendance is presented in figure 1.

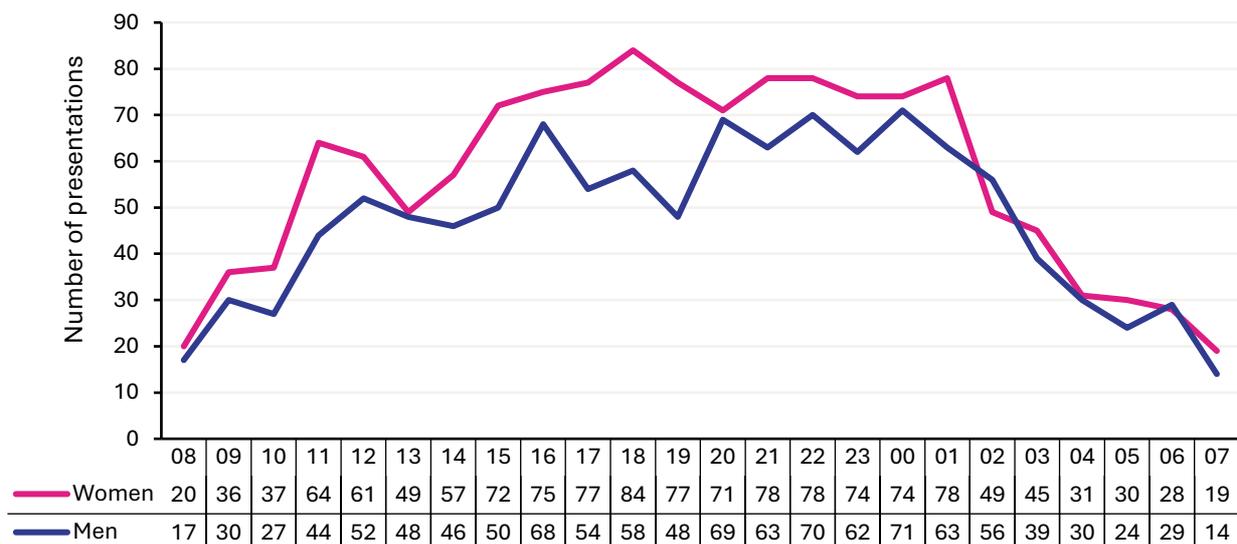


Figure 1: Self-harm presentations for men and women by time of attendance

The number of presentations by both men and women fluctuated throughout the day. The peak time for men was midnight–1 a.m. while it was 6–7 p.m. for women.



A breakdown of the number of presentations per calendar month in 2024 is presented in table 8.

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Number	181	191	239	219	209	206	209	209	197	220	250	167

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2024 was 208. November saw more self-harm presentations than any other month ($n = 250$). December saw the fewest presentations for the year ($n = 167$).

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