



Self-Harm Data 2024

HSE Dublin and South East

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 South East is provided in table 1. These people were residents of HSE Dublin and South East when they first presented to hospital with self-harm in 2024.

In 2024, 1,575 residents of HSE Dublin and South East, 732 men and 843 women, presented to hospital with a total of 2,077 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 166 and 186 per 100,000 for men and women respectively.

	Persons	Rate per 100,000
Men	732	166
Women	843	186

Table 1: Number and rate of persons who were HSE Dublin and South East 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	125	166	250	157	124	115	937
Women	318	155	193	185	168	121	1,140

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

There were 937 presentations by men and 1,140 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 (28%). Just over one in five self-harm presentations (21%; 443) 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
1,256 (60%)	646 (31%)	33 (2%)	180 (9%)	87 (4%)	609 (29%)
* 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 60% of presentations. Self-cutting was the only other common method, involved in 29% of presentations. Alcohol was involved in 31% of presentations.

Repetition

The number of HSE Dublin and South East 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	732	843	1,575
Number who repeated	104	154	258
% who repeated	14%	18%	16%

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

Of the 1,575 individuals who presented with self-harm in 2024, 16% did so more than once. Based on persons, repetition was higher for women (18%) than for men (14%).

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	1,002	520	24	161	69	402
Number who repeated	164	78	5	19	10	73
% who repeated	16%	15%	21%	12%	14%	18%
* 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, 16% and 18% respectively repeated self-harm.

Presenting Hospital

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

	Number	Percentage
St. Vincent's University Hospital	653	31%
St. Luke's General Hospital, Carlow/Kilkenny	297	14%
Tipperary University Hospital	204	10%
University Hospital Waterford	446	21%
Wexford General Hospital	341	16%
St. Michael's Hospital	19	1%
Hospitals outside of HSE Dublin and South East	117	6%
Total	2,077	

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

Residents of HSE Dublin and South East primarily presented to the hospital within their own region (94%). A smaller percentage (6%) presented to hospitals outside of this region.

Next Care

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

	Number	Percentage
General admission*	589	28%
Psychiatric admission	108	5%
Left without being seen / against medical advice	22	1%
Not admitted	1,349	65%
Total	2,077	

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

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

Most commonly, 65% 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.

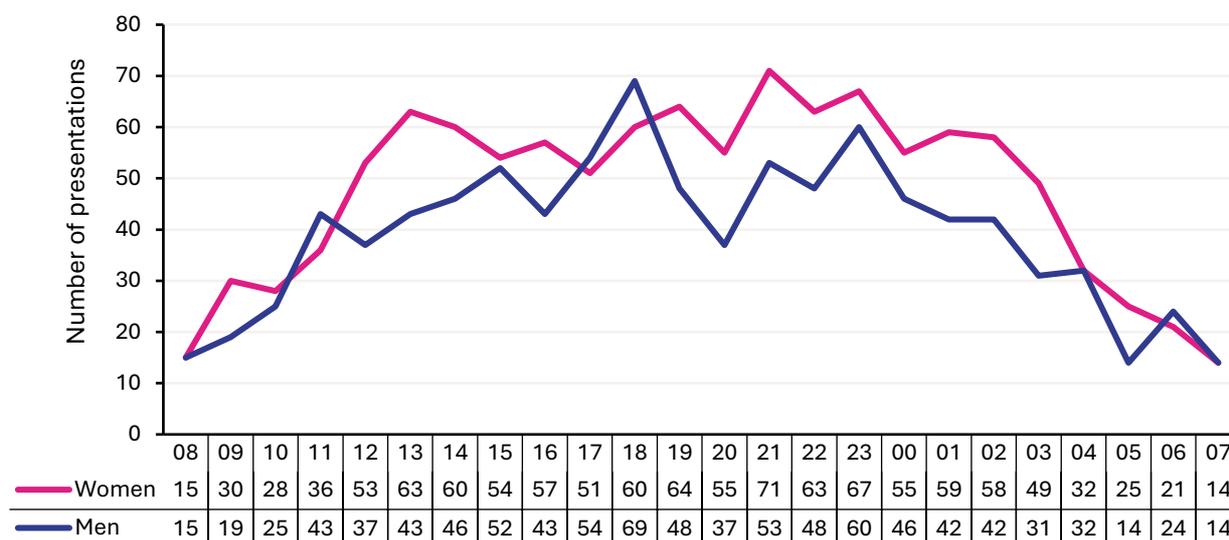


Figure 1: Self-harm presentations for men and women by time of attendance

The number of presentations by both men and women fluctuated throughout the day. The peak time for men was 6–7 p.m. while it was 9–10 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	179	158	206	160	168	161	187	203	166	194	144	151

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2024 was 173. March saw more self-harm presentations than any other month ($n = 206$). November saw the fewest presentations for the year ($n = 144$).

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