



## Self-Harm Data 2024

### HSE Mid West

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 Mid West is provided in table 1. These people were residents of HSE Mid West when they first presented to hospital with self-harm in 2024.

In 2024, 645 residents of HSE Mid West, 288 men and 357 women, presented to hospital with a total of 834 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 153 and 188 per 100,000 for men and women respectively.

	Persons	Rate per 100,000
Men	288	153
Women	357	188

*Table 1: Number and rate of persons who were HSE Mid West 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	67	46	93	91	48	33	378
Women	127	72	86	78	58	35	456

*Table 2: Number of presentations by HSE Mid West residents by age and sex*

There were 378 presentations by men and 456 by women. For men, presentations were highest among those between 25 and 34 years old (25% of presentations); for women, presentations were highest among those aged under twenty years of age (28%). Just under a quarter of self-harm presentations (23%; 194) 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
527 (63%)	330 (40%)	13 (2%)	78 (9%)	76 (9%)	260 (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 40% of presentations.

## Repetition

The number of HSE Mid West 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	288	357	645
Number who repeated	38	49	87
% who repeated	13%	14%	13%

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

Of the 645 individuals who presented with self-harm in 2024, 13% did so more than once. Based on persons, repetition was slightly lower for men (13%) than women (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	426	269	11	70	56	180
Number who repeated	58	39	**	6	9	31
% who repeated	14%	14%	<15%	9%	16%	17%

\* This includes presentations where alcohol was involved (not just where alcohol was a method of self-harm).  
 \*\* Data not presented as the number of individuals who presented with this method was too small to allow for meaningful comparison.  
 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, 14% and 17% respectively repeated self-harm.

## Presenting Hospital

The hospital to which HSE Mid West residents presented with self-harm is outlined in table 6.

	Number	Percentage
University Hospital Limerick	764	92%
Hospitals outside of HSE Mid West	70	8%
Total	834	

*Table 6: Number and percentage of self-harm presentations by residents of HSE Mid West, by hospital*

Residents of HSE Mid West primarily presented to the hospital within their own region (92%). A smaller percentage (8%) presented to hospitals outside of this region.

## Next Care

Table 7 presents the recommended next care for HSE Mid West residents following a self-harm presentation.

	Number	Percentage
General admission*	119	14%
Psychiatric admission	33	4%
Left without being seen / against medical advice	12	1%
Not admitted	667	80%
Total	834	

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

*Table 7: Recommended next care for presentations by residents of HSE Mid West*

Most commonly, 80% of presentations were not admitted or discharged following treatment in the Emergency Department. Of all self-harm presentations, 14% resulted in admission to a medical ward of the treating hospital and 4% 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.

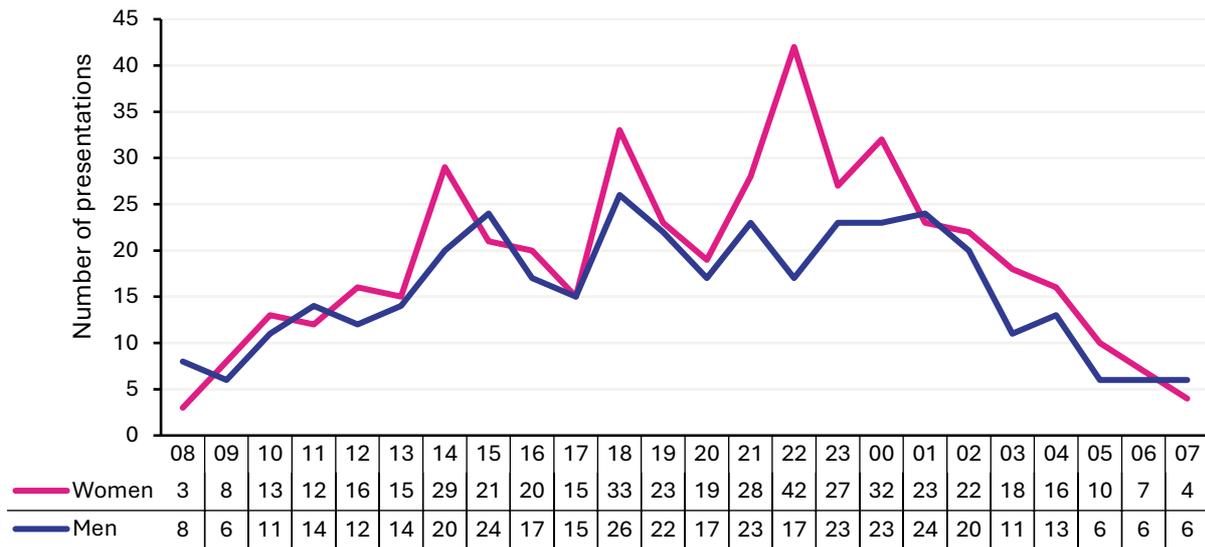


Figure 1: Self-harm presentations for men and women by time of attendance

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 10–11 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	73	58	84	71	76	70	64	78	82	51	74	53

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2024 was 70. March saw more self-harm presentations than any other month ( $n = 84$ ). December saw the fewest presentations for the year ( $n = 53$ ).

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