



Self-Harm Data 2024

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

In 2024, 1,464 residents of HSE South West, 670 men and 794 women, presented to hospital with a total of 2,073 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 197 and 229 per 100,000 for men and women respectively.

	Persons	Rate per 100,000
Men	670	197
Women	794	229

Table 1: Number and rate of persons who were HSE South 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	108	110	267	192	126	100	903
Women	328	156	200	183	171	132	1,170

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

There were 903 presentations by men and 1,170 by women. For men, presentations were highest among the 25–34-year-old age group (30% of presentations). For women, presentations were highest among those under twenty years of age (28% of presentations). Just over one-fifth of self-harm presentations (21%; 436) 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
1,251 (60%)	559 (27%)	62 (3%)	128 (6%)	72 (3%)	590 (28%)
* 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 28% of presentations. Alcohol was involved in 27% of presentations.

Repetition

The number of HSE South 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	670	794	1,464
Number who repeated	126	149	275
% who repeated	19%	19%	19%

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

Of the 1,464 individuals who presented with self-harm in 2024, 19% did so more than once. Based on persons, repetition was similar for men and women.

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	897	397	37	92	47	398
Number who repeated	173	88	9	15	14	74
% who repeated	19%	22%	24%	16%	30%	19%
* 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, 19% repeated self-harm. Of note, 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 South West residents presented with self-harm is outlined in table 6.

	Number	Percentage
Cork University Hospital	796	38%
Mercy University Hospital	843	41%
University Hospital, Kerry	369	18%
Bantry General Hospital	38	2%
Hospitals outside of HSE South West	27	1%
Total	2,073	

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

Residents of HSE South West primarily presented to the hospital within their own region (99%). A smaller percentage (1%) presented to hospitals outside of this region.

Next Care

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

	Number	Percentage
General admission*	434	21%
Psychiatric admission	56	3%
Left without being seen / against medical advice	9	<1%
Not admitted	1,538	74%
Total	2,073	

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

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

Most commonly, 74% of presentations were not admitted or discharged following treatment in the Emergency Department. Of all self-harm presentations, 21% resulted in admission to a ward of the treating hospital and 3% 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.

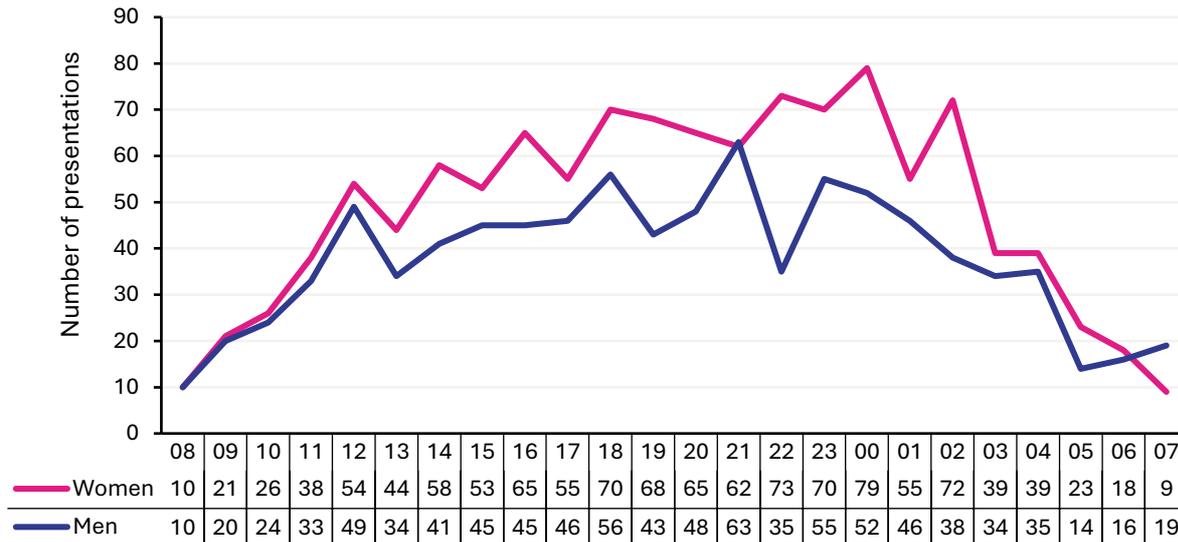


Figure 1: Self-harm presentations for men and women by time of attendance

The number of presentations by both men and women fluctuated throughout the day. The peak time for men was 9–10 p.m. while it was midnight–1 a.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	167	163	182	165	181	169	181	171	186	192	148	168

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2024 was 173. October saw more self-harm presentations than any other month ($n = 192$). November saw the fewest presentations for the year ($n = 148$).

To reference information presented in this report, please use the following citation:

Joyce, M, Chakraborty, S, McGuiggan, JC, Hursztyn, P, Nicholson, S, Arensman, E, Griffin, E, Williamson, E, Corcoran, P (2025). *National Self-Harm Registry Ireland Annual Report 2024*. Cork: National Suicide Research Foundation.