



## Self-Harm Data 2024

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

In 2024, 1,293 residents of HSE West and North West, 563 men and 730 women, presented to hospital with a total of 1,717 self-harm presentations. Taking into account the population, the rate of persons presenting to hospital following an act of self-harm was 168 and 211 per 100,000 for men and women respectively.

	Persons	Rate per 100,000
Men	563	168
Women	730	211

*Table 1: Number and rate of persons who were HSE West and North 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	110	107	181	151	92	82	723
Women	329	150	147	152	98	118	994

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

There were 723 presentations by men and 994 by women. For men, presentations were highest among those in the 25–34 age group (25% of presentations). For women, presentations were highest among those under twenty years of age (33%). Just over a quarter (26%; 439) of self-harm presentations 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
1,084 (63%)	640 (37%)	50 (3%)	136 (8%)	51 (3%)	504 (29%)

\* This includes presentations where alcohol was involved (not just where alcohol was the main 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 29% of presentations. Alcohol was involved in 37% of presentations.

## Repetition

The number of HSE West and North 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	563	730	1,293
Number who repeated	99	113	212
% who repeated	17%	15%	16%

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

Of the 1,293 individuals who presented with self-harm in 2024, 16% did so more than once. Based on persons, repetition was higher for men (17%) than for women (15%).

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	836	501	30	93	38	376
Number who repeated	143	82	5	13	**	75
% who repeated	17%	16%	17%	14%	<15%	20%

\* 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, 17% and 20% 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 West and North West residents presented with self-harm is outlined in table 6.

	Number	Percentage
Letterkenny University Hospital	395	23%
Mayo University Hospital	249	15%
Portiuncula University Hospital	227	13%
Sligo General Hospital	289	17%
University Hospital, Galway	519	30%
Hospitals outside of HSE West and North West	38	2%
Total	1,717	

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

Residents of HSE West and North West primarily presented to the hospital within their own region (98%). A smaller percentage (2%) presented to hospitals outside of this region.

## Next Care

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

	Number	Percentage
General admission*	383	22%
Psychiatric admission	202	12%
Left without being seen / against medical advice	55	3%
Not admitted	1,071	62%
Total	1,717	

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

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

Most commonly, 62% of presentations were not admitted or discharged following treatment in the Emergency Department. Of all self-harm presentations, 22% resulted in admission to a ward of the



treating hospital and 12% 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.

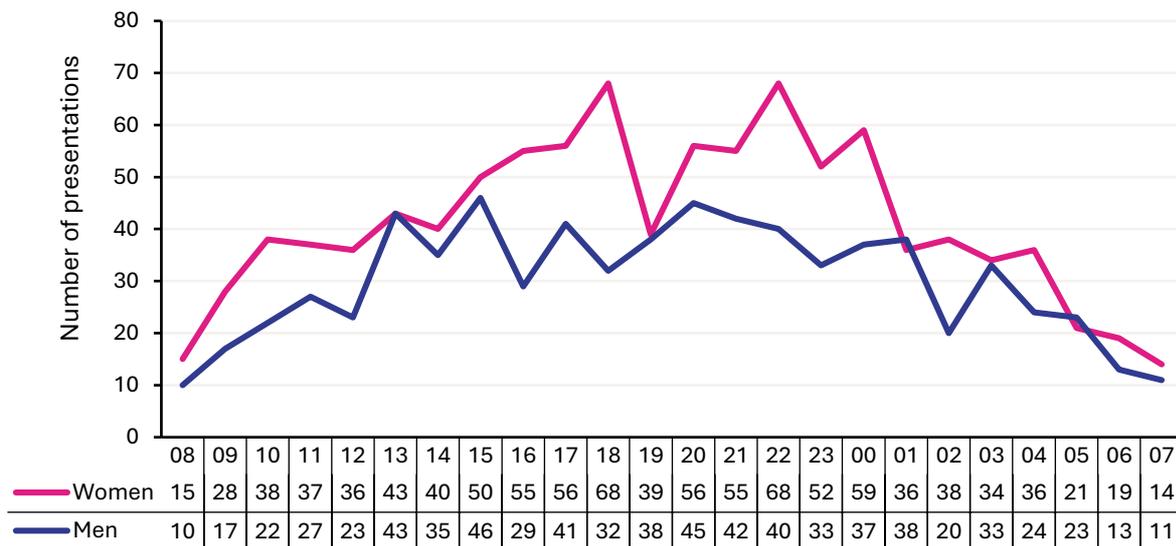


Figure 1: Self-harm presentations for men and women by time of attendance

The number of presentations by both men and women fluctuated throughout the day. The peak time for men was 3–4 p.m. while it was 6–7 p.m. and 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	133	124	151	156	149	149	134	147	151	137	140	146

Table 8: Self-harm presentations by month of attendance

The monthly average number of self-harm presentations to hospitals in 2024 was 143. April saw more self-harm presentations than any other month ( $n = 156$ ). February saw the fewest presentations for the year ( $n = 124$ ).

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