

What is self-harm?

It is a non-fatal act.

It is deliberately initiated.

The individual knows it may cause physical harm to her/himself and may cause death.

Is associated with varying levels of suicidal intent and wide ranging motives.

The National Suicide Research Foundation

Is the principal Irish centre for research on suicidal behaviour.

Has been designated as a WHO Collaborating Centre for Surveillance and Research in Suicide Prevention.

Carries out a wide range of research studies in addition to operating the National Self-Harm Registry Ireland.

The NSRF is registered with the Data Protection Agency and complies with Irish data protection legislation. Ethical approval has been granted for the operation of the Registry by national and local ethics committees.

The Registry produces an annual report with key findings. This report is available on our website or by contacting our office.

Support services

If you, or someone you know, needs support or is in crisis:

Contact your local GP
Go to/contact the ED
of your nearest hospital

Details of local health services are available by calling HSE Health information line CallSave

1850 241 850

(Mon-Sat, 8am-8pm)

Contact **Samaritans: 116 123**
or email **jo@samaritans.org**
(24 hours a day, 7 days a week)

Useful websites

www.suicidesupportandinformation.ie

www.yourmentalhealth.ie

www.aware.ie

www.samaritans.org

www.reachout.com

www.psihq.ie



National Suicide Research Foundation

National Self-Harm
Registry Ireland

Information Leaflet

What is the Registry?

The Registry is a system of recording self-harm presentations made to hospital emergency departments in Ireland.

The Registry is an integral part of the national suicide prevention strategy and helps to improve services for this at risk of suicidal behaviour.

The Registry is operated by the National Suicide Research Foundation.

Aims of the Registry

Provide access to real time data.

Inform services, policy and interventions.

Evaluate guidelines and treatments.

Measure regional, demographic and temporal variations.



Connecting for Life

The Registry is funded by the HSE's National Office for Suicide Prevention.



Some findings from the Registry



Information for you

This hospital is providing data to the National Self-Harm Registry Ireland.

All cases of self-harm presenting to the emergency department are recorded in a way that preserves patient anonymity and confidentiality.

This leaflet provides information on self-harm, why the data is being recorded and how the data will be used.

If you would like any more information or have any queries, please contact us at:

**National Suicide Research Foundation,
4th Floor Western Gateway Building,
University College Cork.**

Tel: **+353 21 420 5551**

Email: **info@nsrf.ie**

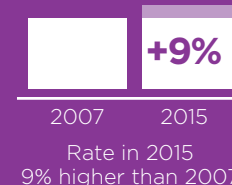
Website: **www.nsrif.ie**



National Suicide Research Foundation

2015 statistics

Presentations **11,189**
Persons **8,791**



RATES:

Male: 20-24 year-olds
(553 per 100,000)

1 in every 181

Female: 15-19 year-olds
(718 per 100,000)

1 in every 139

PEAK RATES WERE AMONG YOUNG PEOPLE

METHOD:

1 in every 3
involved **alcohol**



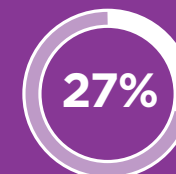
Men



Women



2 in every 3
involved **overdose**



One-quarter
involved **self-cutting**

TREATMENT:



73%

received an assessment in the ED



75%

received a follow-up recommendation after discharge



13%

left the ED without being seen