



Suicide and self-harm

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Suicide as a moral problem

- Suicide - the word
- Christian and other world views







Suicide as a social problem

- Durkheim
- *"Suicide: a study in Sociology"*





Suicide as a medical problem



- 90% of individuals who kill themselves have a psychiatric disorder

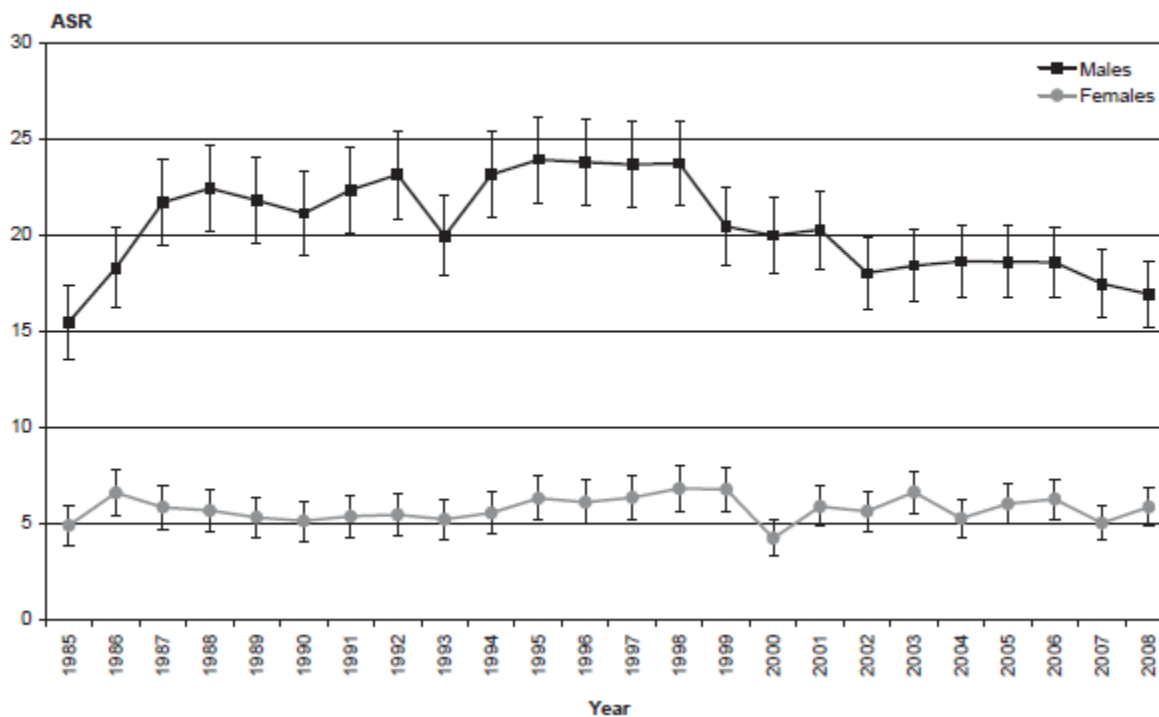


NZ suicide deaths and rates

	2004	2005	2006	2007	2008
Numbers					
Total	486	511	524	483	497
Male	379	380	386	370	366
Female	109	131	138	113	131
Rates					
Total	11.7	12.2	12.2	11.0	11.2
Male	18.6	18.6	18.5	17.4	16.9
Female	5.2	6.0	6.3	4.9	5.8

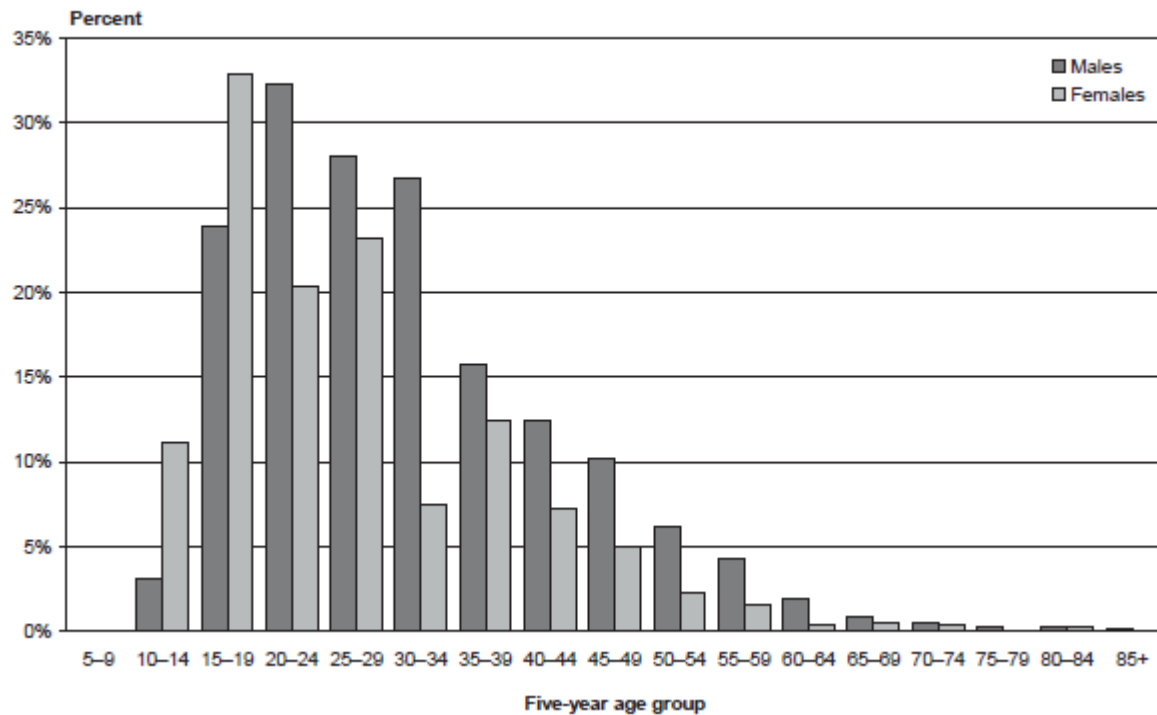
Suicide death rates, by sex, three-year moving averages, 1985–2008

Figure 3: Suicide age-standardised death rates, by sex, 1985–2008



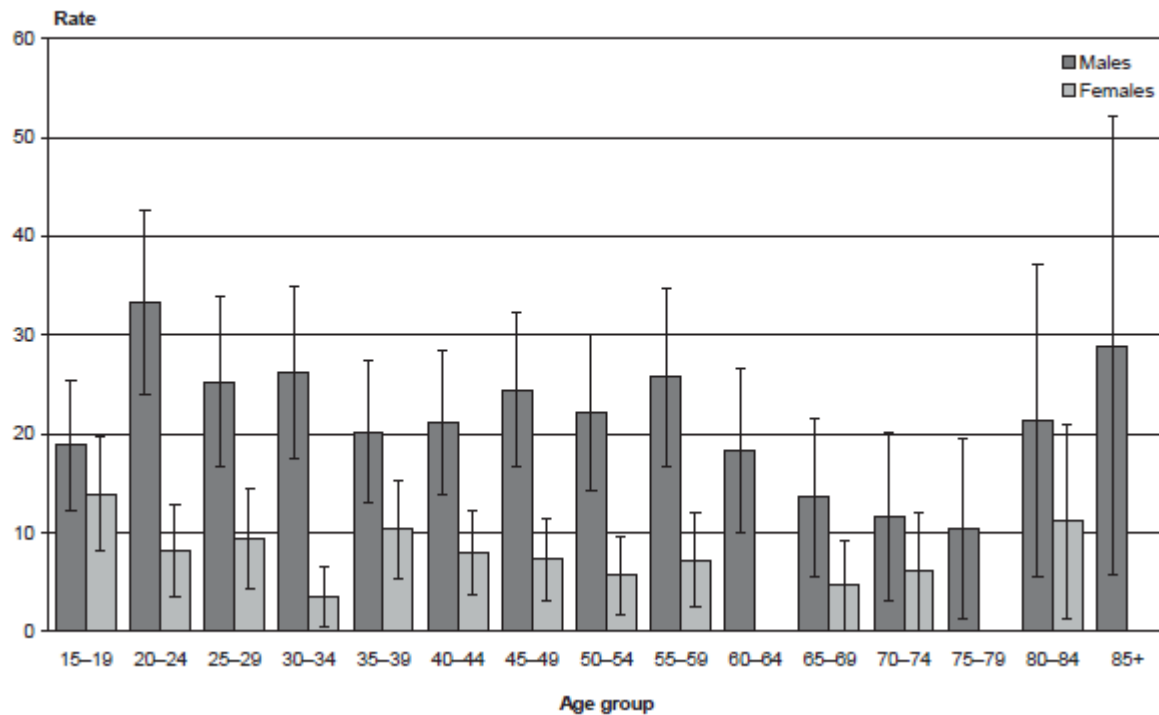
Suicide as a percentage of all deaths 2008

Figure 5: Suicide as a percentage of all deaths, 2008



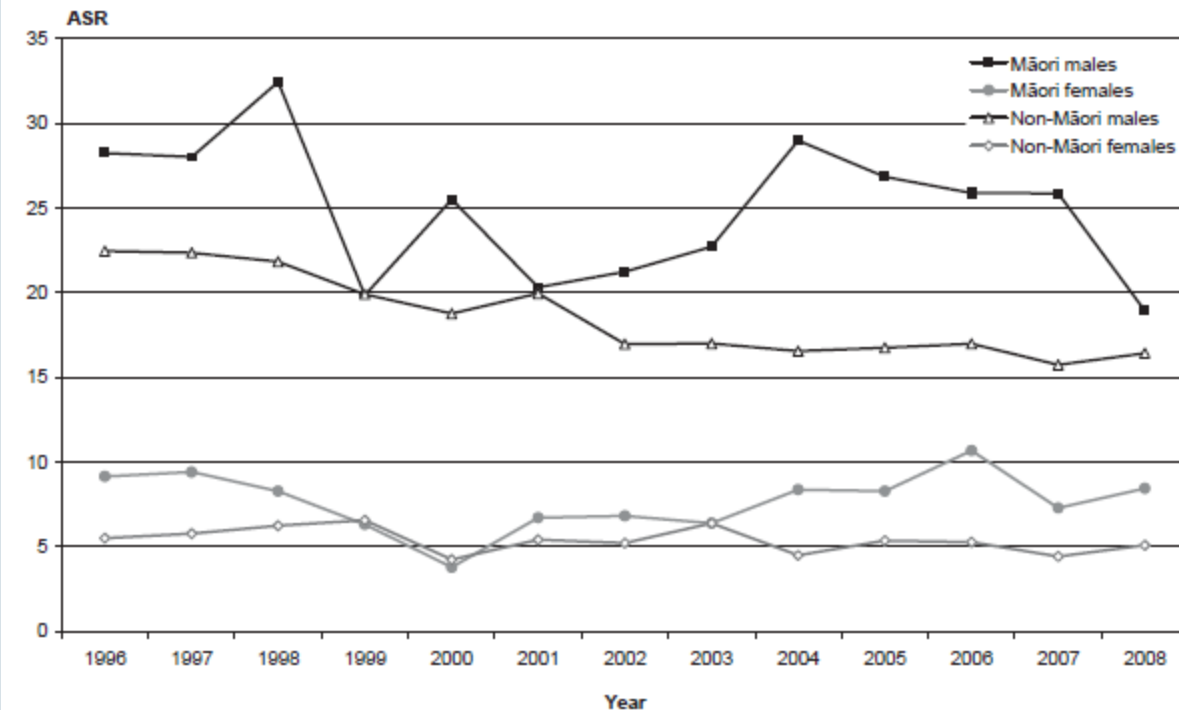
Suicide age-specific death rates 2008

Figure 6: Suicide age-specific death rates, by five-year age group, 2008

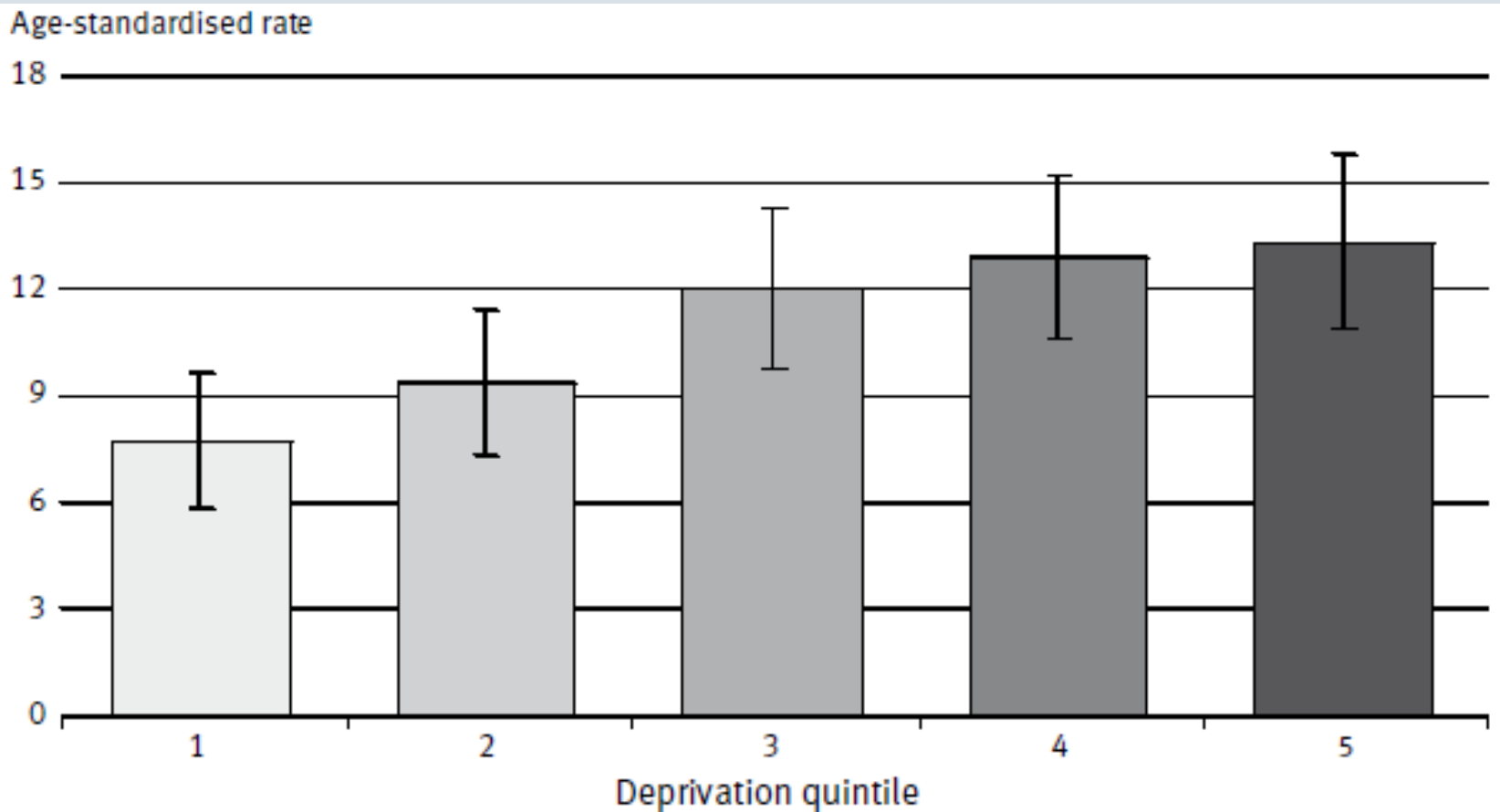


Māori and non-Māori suicide death rates, by sex 1996-2008

Figure 17: Māori and non-Māori suicide death rates, by sex, 1996–2008

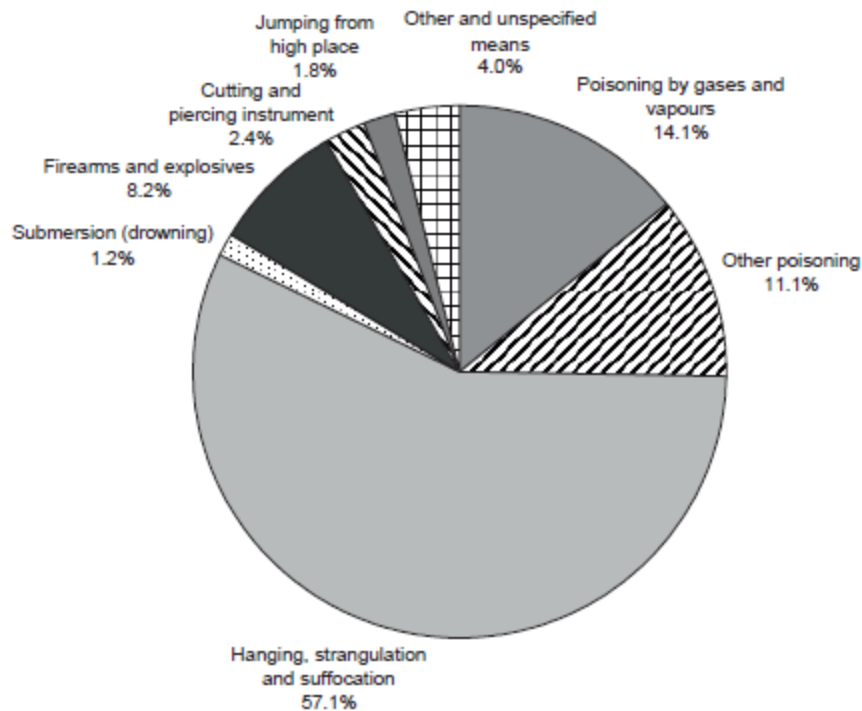


Deprivation: Suicide rates by NZDep2001 quintile, 2007



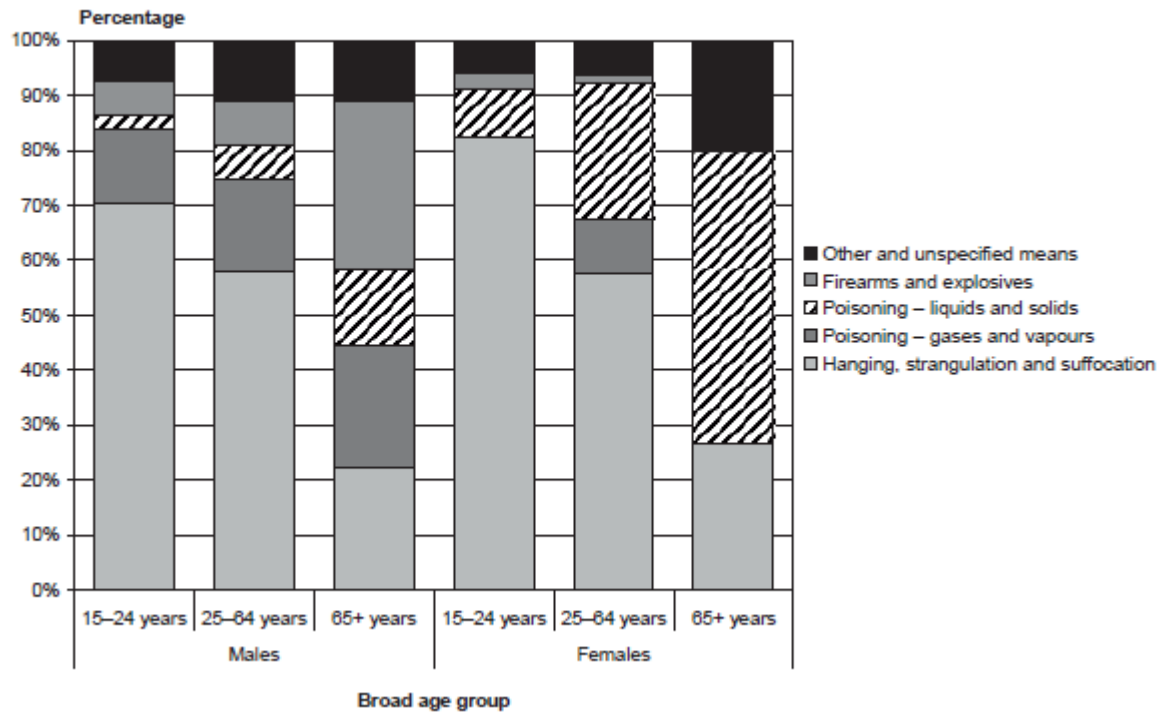
Methods of suicide deaths 2008

Figure 22: Methods used for suicide deaths, 2008



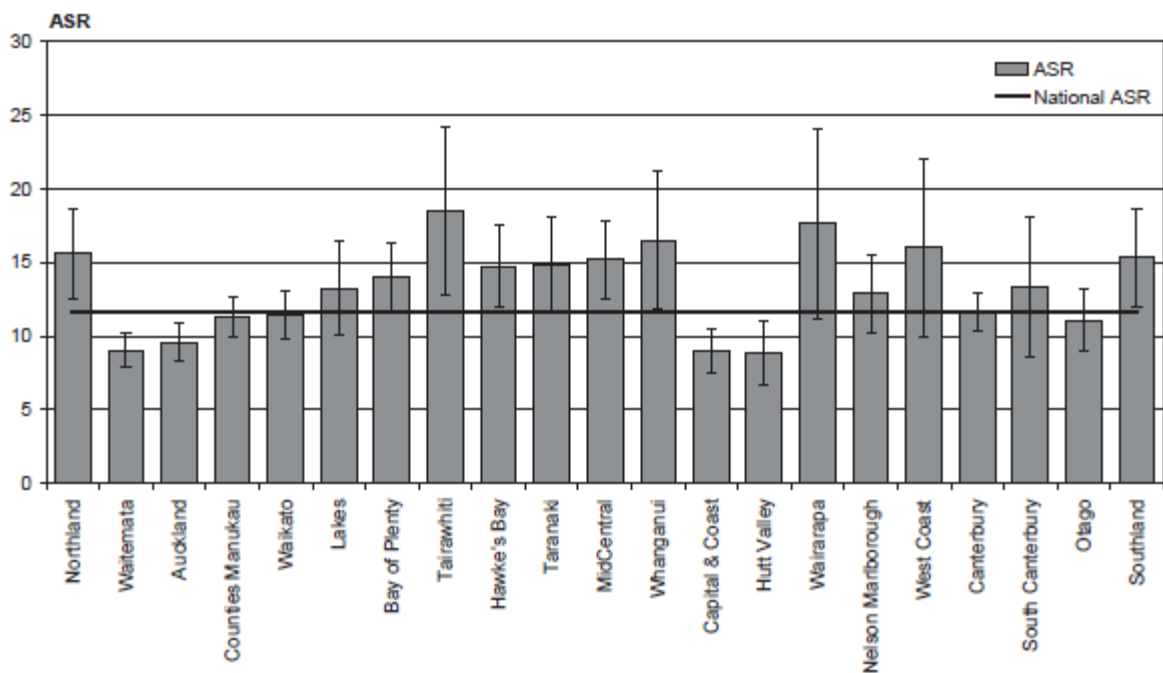
Method by suicide, sex and age 2008

Figure 23: Most common methods of suicide, by sex and broad age group, 2008

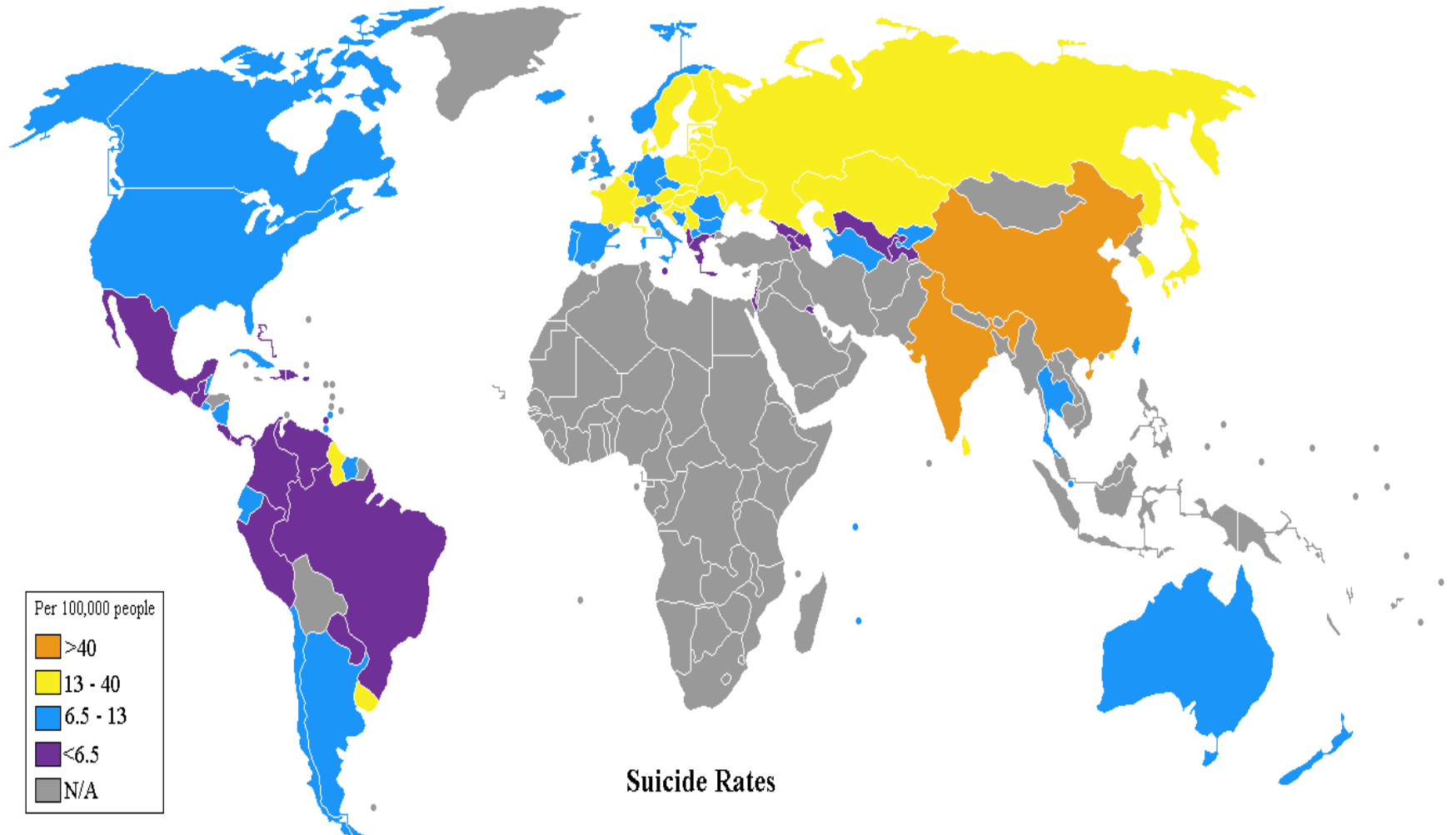


Suicide death rates, by District Health Board, 2004–2008

Figure 21: Suicide death rates, by DHB, 2004–2008



World suicide rates





Nomenclature

- Attempted suicide
- Parasuicide
- Deliberate self-harm (DSH)
- Self-harm



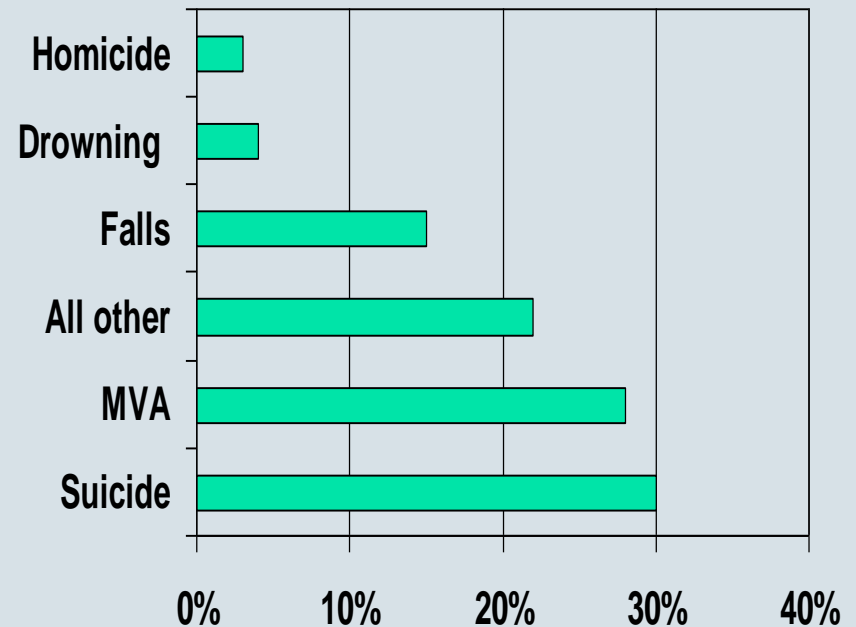
Why is DSH important?

- Common
- Relationship to suicide
- Increase in mortality from all causes

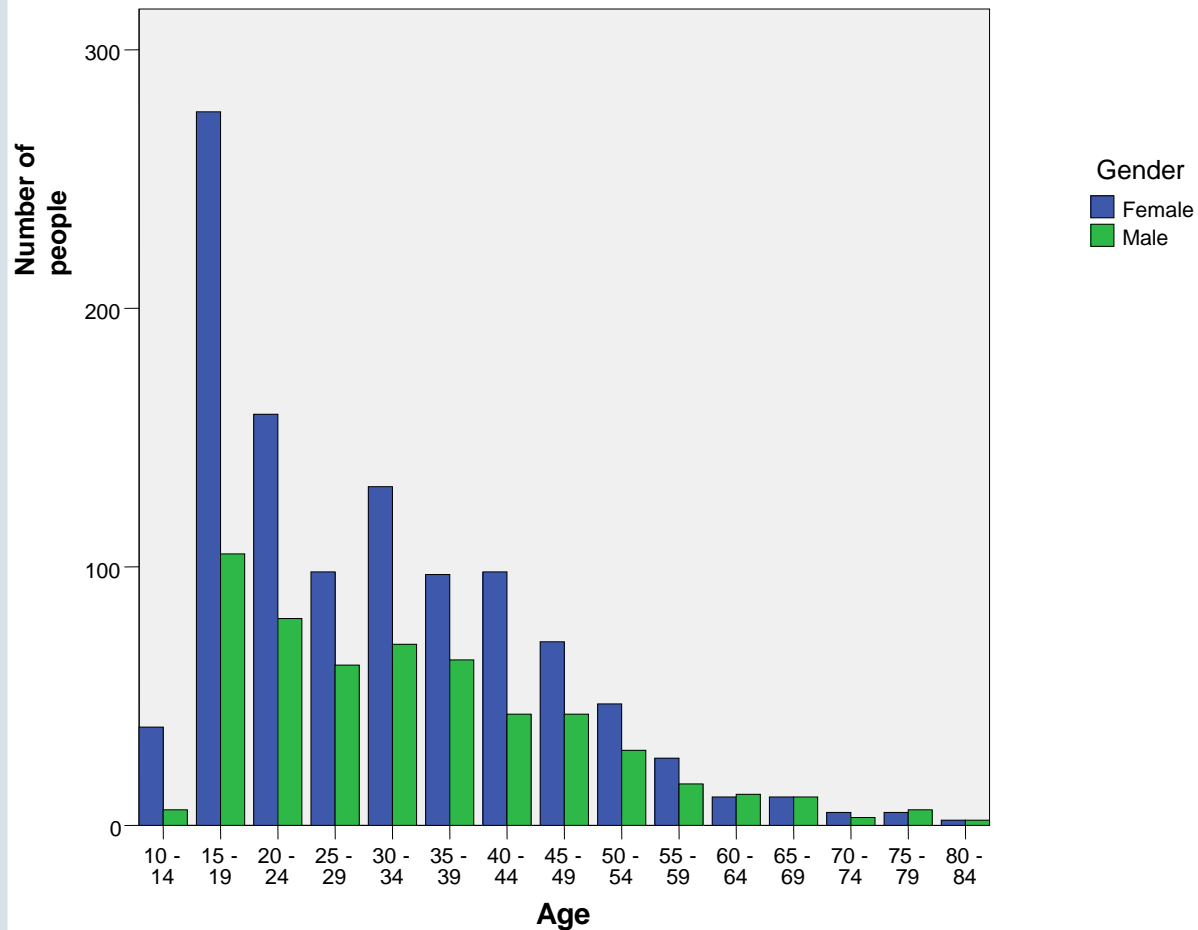
Relationship to suicide

- 25% of people who commit suicide have a history of self-harm in preceding year
- 1% of people who intentionally self harm suicide per year
- But different epidemiology and relationship to mental illness

Fatal injuries in New Zealand 2001



Age distribution of people presenting with intentional self-harm to four DHB's





The prediction of suicide

	Suicide	None suicide	
Predict suicide	18	1000	1018
Predict no suicide	2	98980	98982
	20	99980	100000

- PPV=1.7% (18/1018) Sens=90% Spec=99%



Assessment after self harm

- Aims

Engagement

Understand the patients wish to die

Identify risk factors for harm (especially modifiable
maintaining factors)

Create management plan that addresses risks and need

Diagnose psychiatric disorder if present

10,040

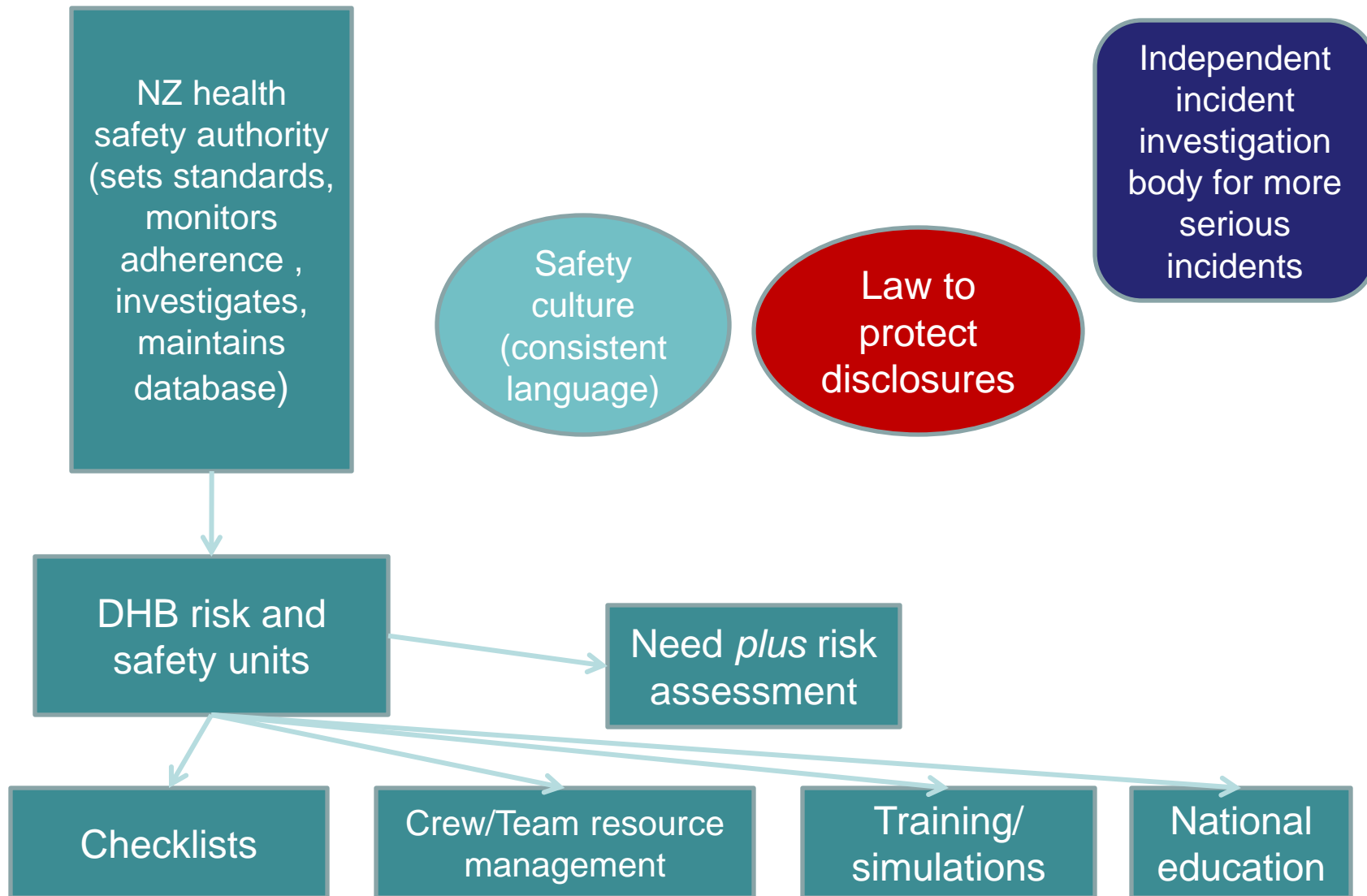
2370

627 (30%)

1132 (54%)

273 (13%)

46 (2%)





Management after self harm

- Problem solving therapy
- Assertive follow-up
- Postcards
- DBT
- Treat any psychiatric disorder

Self-harm

The short-term physical and psychological management and secondary prevention of self-harm in primary and secondary care

National Clinical Practice Guideline Number 16

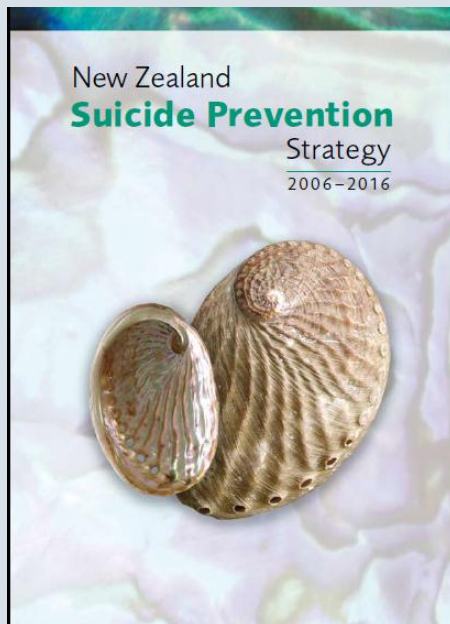
National Collaborating Centre for Mental Health

commissioned by the

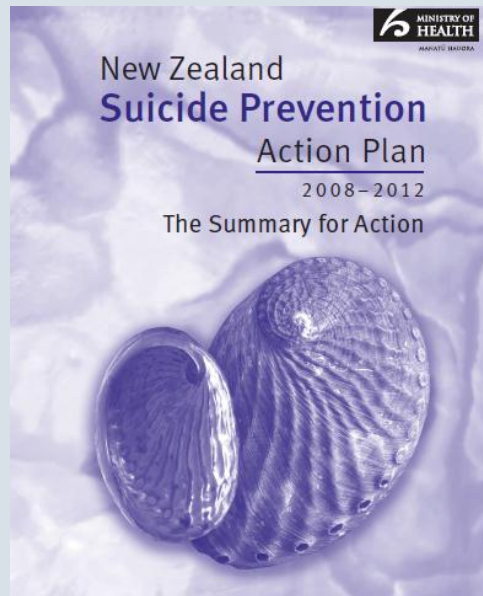
National Institute for Clinical Excellence

<http://www.nice.org.uk/CG16>

New Zealand Suicide Prevention Strategy

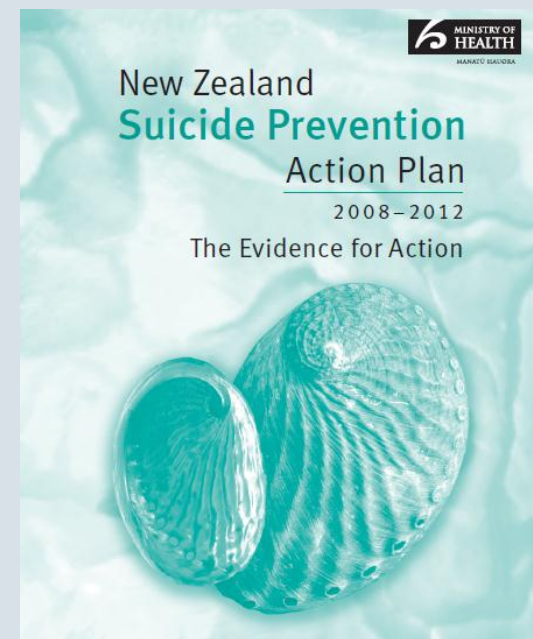


New Zealand
Suicide Prevention
Strategy
2006-2016



MINISTRY OF HEALTH
HAKAŌ MATIKA

New Zealand
Suicide Prevention
Action Plan
2008-2012
The Summary for Action



MINISTRY OF HEALTH
HAKAŌ MATIKA

New Zealand
Suicide Prevention
Action Plan
2008-2012
The Evidence for Action

<http://www.moh.govt.nz/moh.nsf/indexmh/suicide-prevention-strategyandplan#strategy>



Links

- www.spinz.org.nz – suicide prevention New Zealand
- www.moh.govt.nz/suicideprevention - Ministry of Health site with NZ statistics
- <http://www.nice.org.uk/guidance/CG16> NICE self harm guideline
- <http://rcpsych.ac.uk/files/pdfversion/CR158.pdf> Self harm, suicide and risk: helping people who self harm
- Depression helpline 0800 111 757

