The Manchester Self-Harm Project
Key figures from 2012-2014

Rates of self-harm

Rates of self-harm by gender, 2003 to 2014

- There has been a decrease in overall rates of self-harm.
- Males aged 15-24 had the highest rates among men in 2014.
- Females aged 15-24 continue to have the highest rates of self-harm.

Characteristics of individuals who self-harm

- 70% single
- 68% history of self-harm
- 55% female
- 45% unemployed
- 19% live alone

- 36% aged 15-24
- 25% aged 25-34
- 32% aged 35-54
- 7% aged 55+

Mental health

- Depression: 32%
- Alcohol misuse: 33%
- Drug misuse: 22%
- Stress & anxiety: 4%

Drug and alcohol misuse

- Harmful alcohol use is most common among males aged 35-54.
- Substance misuse is most common in males aged 25-34.

Common primary diagnoses

- Depression: 32%
- Alcohol misuse: 33%
- Drug misuse: 22%
- Stress & anxiety: 4%

- Consumed alcohol at the time of self-harm: 64%
- Secondary diagnosis of drug/alcohol misuse: 54%
**Characteristics of self-harm episodes**

**Primary methods of self-harm**
- Overdose 67%
- Self-cutting or stabbing 20%
- Other 12% (e.g. hanging)
- Self-poisoning other 1% (e.g. bleach)

**Most common drugs taken in overdose**
- Paracetamol & compounds (46%)
- Other (29%)
- Other analgesic (28%)
- Antidepressants (27%)
- Benzodiazepine (12%)
- Antipsychotics (9%)
- Minor tranquilliser (6%)
- Opiates (3%)

**Most common precipitants of self-harm**

<table>
<thead>
<tr>
<th>Problems individuals report</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationship</td>
<td>60%</td>
<td>67%</td>
</tr>
<tr>
<td>Alcohol</td>
<td>36%</td>
<td>25%</td>
</tr>
<tr>
<td>Work</td>
<td>25%</td>
<td>21%</td>
</tr>
<tr>
<td>Housing</td>
<td>23%</td>
<td>15%</td>
</tr>
<tr>
<td>Financial</td>
<td>22%</td>
<td>16%</td>
</tr>
</tbody>
</table>

**Management**
- General hospital admission 42%
- Psychiatric referral 23%
- No referral 20%

**NICE guidelines**
- NICE guidelines recommend psychosocial assessments. However, only 54% received an assessment.