

## Risk groups

The national suicide prevention strategy, *Preventing Suicide in England*<sup>1</sup>, identifies the following groups as being at higher risk of suicide:

- Young and middle aged men
- People in the care of mental health services, including inpatients
- People with a history of self-harm
- People in contact the criminal justice system
- Specific occupational groups, such as doctors, nurses, veterinary workers, farmers and agricultural workers

It also identifies the following groups as needing a tailored approach to improve mental health:

- Care leavers or those who were looked after children
- Military veterans
- LGB and Trans people
- BME and asylum seekers

The national strategy update: *Preventing Suicide in England: Two Years On* identifies the following new specific risk groups:

- Men in prison who self-harm
- Men aged 35-44 years experiencing the impact of economic recession
- Older people who present at A&E following self-harm
- People who have been discharged from mental hospital within the past 3 months, especially in the first 2 weeks
- People who are in the care of crisis resolution home care teams

Public Health England's website lists risk factors for suicide by area. Risk factors for which Brighton & Hove has higher rates are:

- Looked after children & young people leaving care aged under 18
- Statutory homelessness
- People living alone – households occupied by a single person
- Older people living alone – households occupied by a single person aged 65 or more

Additional groups identified as at higher risk locally through the audit of Brighton & Hove HM Coroner's records:

- People with a mental health diagnosis, especially depression – including those not in current treatment by mental health services
- People living in deprived areas or who are unemployed long term
- People living alone
- People who have suffered significant bereavement, recent relationship difficulties or separation
- People experiencing or perpetrating violence or abuse
- People abusing alcohol or drugs
- People experiencing chronic pain

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<sup>1</sup> [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/430720/Preventing-Suicide-.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/430720/Preventing-Suicide-.pdf)