

Norfolk Suicide Audit Summary

What is the situation?

- Around 90 people die by suicide in Norfolk every year
- Suicide rates in Norfolk are higher than regional and national rates, but not significantly so
- Highest rates of suicide in Norfolk are in Norwich
- There has been no increase during the Covid-19 pandemic

Who is more likely to be affected?

- Men are more likely to die from suicide, as 3 in 4 suicides are men
- Suicide rates are highest in middle-aged men and women, and older men
- Suicide is also more likely to affect:
 - People living alone
 - People who are unemployed
 - People born in an EU country
 - People living in more deprived areas
 - People working in trades, construction, agriculture, driving, health & social care

Contacts and Engagement with services

- 47% of those who died by suicide in Norfolk had attempted suicide before, half of whom more than once
- In the year before their death:
 - 52% had seen primary care for their mental health, and 58% of those were also known to mental health services
 - One in three had no contact with primary care or mental health services
- 7% had been in contact with primary care and mental health services in the week before their death.
- Of those with recorded mental health data:
 - 69% had been in contact with mental health services
 - Fewer men had been in contact than women
- 30% of those who were referred to the services or signposted for self-referral refused or failed to engage with services.

Interrelated Risk Factors

- Suicide is complex, and individuals often faced multiple interrelated risk factors, including:
 - Mental health
 - Social problems
 - Physical health
 - Material problems
 - Addiction
 - Crime
 - Bereavement
 - Adverse Experiences
- Mental health is the most common risk factor for individuals who died by suicide