

# 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 are in **Norwich**

**No increase** during Covid-19 pandemic

3 in 4 suicides are **men**



Rates highest in **middle-aged** men and women, and **older men**



## Who is more likely to be affected?

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% 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
- **1 in 3** had **no contact** with primary care or mental health services

In the **week** before their death...

- **7%** had been in contact with primary care **and** mental health services

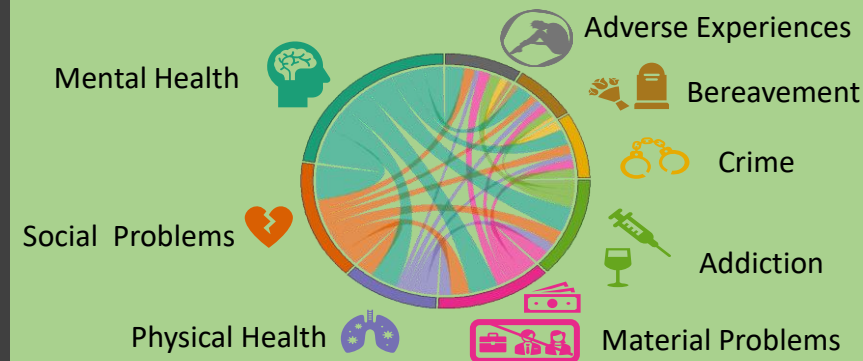
Of those with recorded mental health data...

- **69%** had been in contact with mental health services
- **Fewer men** had been in contact than **women**

Of those who were referred to the services or signposted for self-referral...

- **30%** refused or failed to engage with services

Suicide is **complex**, and individuals often faced multiple **interrelated risk factors**...



If you are struggling, call Samaritans for free on 116 123, email them at [jo@samaritans.org](mailto:jo@samaritans.org), or visit [www.samaritans.org](http://www.samaritans.org)  
Or visit this page for more support [www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/suicide](http://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/suicide)