Nottinghamshire County Council



Self-harm (2019)

What is self-harm?

Self-harm is defined by Public Health England as an intentional act of self-poisoning or self-injury irrespective of the type of motivation or degree of suicidal intent. It covers a wide spectrum of behaviours which include; self-cutting, burning, banging and punching, self-poisoning and hair-pulling (trichotillomania). Self-harm is a behaviour rather than a primary or mental health disorder. It is an indicator of underlying emotional/psychological distress.

Actual & estimated self-harm in Nottinghamshire 12-17 year olds
(*annualised average from 2011-15*)

Suicide

Hospital presenting
264 hospital events

In the community

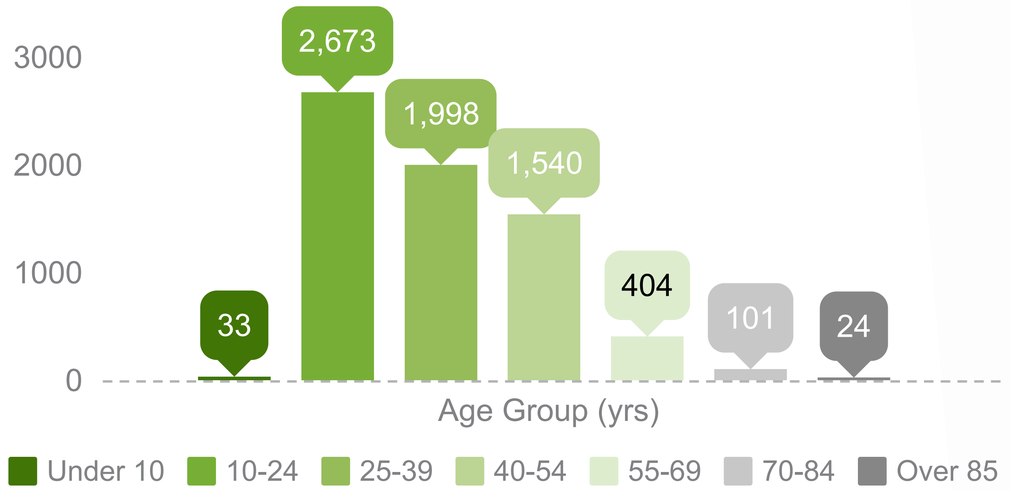
There may be over **2,500** young people who self harm and are not known to services

The gender ratio for self-harm is estimated to be

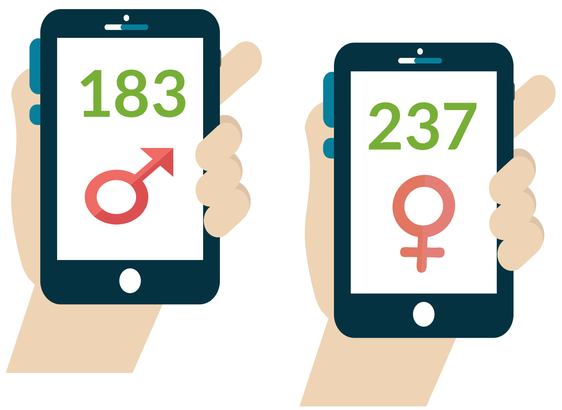
5 girls to **1 boy**

With **repeated self-harm** there is an **increased risk of suicide,** up to approximately 30 fold.

Number of Self-Harm A&E Attendances
(2013-16)



Although highest reported A&E attendances are in the 15-19yr age range, self-harm is not limited to young people. The most common reason for attendance was for poisoning.



Number of self-harm calls to East Midlands Ambulance Service (2016/17)

Key Message

The **true picture** of self-harm is likely to be **underestimated** due to **incompleteness and inconsistency of data** capture and the largely **unreported nature** of self harm in the community. Data quality and recording needs to be improved within services. Focusing on responding effectively to distress and **increasing resilience** in children and young people can be an important step in **improving population emotional health** and wellbeing and reducing self-harm.

You can find the full Self-harm (2019) Joint Strategic Needs Assessment (JSNA) chapter on Nottinghamshire Insight: www.nottinghamshireinsight.org.uk