

The proportion of the population who reported having self-harmed increased [**doubled**] from 2.4% and 3.8% of 16 to 74 year olds in 2000 and 2007, to 6.4% in 2014. This increase is evident in both men and women and across age-groups.

One in four 16 to 24 year old women (25.7%) reported having self-harmed at some point; about twice the rate for men in this age group (9.7%) and women aged 25 to 34 (13.2%). The gap between young men and young women has grown over time.

Self-harm in young women mostly took the form of self-cutting. The majority reported that they did not seek professional help afterwards.

In 2014, 5.4% of 16 to 74 year olds reported suicidal thoughts in the past year, a significant increase on the 3.8% reporting this in 2000.

Particular subgroups have experienced more pronounced increases over time. For example, **people aged 55 to 64 suicidal thoughts** (2.1% in 2000; 4.9% in 2014) and suicide attempts (0.1% in 2000; 0.6% in 2014) **at least doubled** in rate since 2000. This was evident both in men and women.

Some groups in the population were more likely than others to report these thoughts and behaviours, such as those who lived alone or were out of work (either unemployed or economically inactive). Benefit status identified people at particularly high risk: **two-thirds of Employment and Support Allowance (ESA) recipients had suicidal thoughts (66.4%) and approaching half (43.2%) had made a suicide attempt.**

NHS APMS 2014: <http://content.digital.nhs.uk/catalogue/PUB21748/apms-2014-suicide.pdf>