
Children and Young People in Lancashire 2014

JSNA Article: Self Harm

Intelligence for Healthy Lancashire (JSNA)



Background

Self Harm

Self harm is defined as the intentional, direct injuring of body tissue most often done without suicidal intentions. Self-harm can be a symptom of underlying unhappiness or emotional disorder. Self-harm can include self-cutting, burning, hair-pulling or self-poisoning. It may be linked to suicidal thoughts and is a way of coping with problems, a means of taking control, or a form of release from painful feelings.

Data

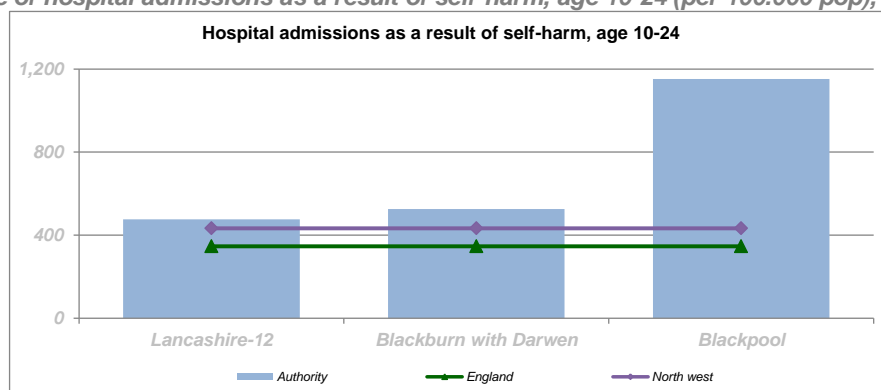
During 2012/13, there were around 1,073 emergency hospital admissions due to self-harm among 10-24 years olds in Lancashire-12. This equated to a rate of 476.3 admissions (per 100,000 population) (table 1). The rate for Lancashire-12 was significantly worse than the rate across England, and was higher than the regional rate. Blackpool had the highest rate in the country during 2012/13.

Table 1 - Hospital admissions as a result of self-harm, age 10-24, 2012/13

Area	Rate Per 100,000 Population
Lancashire-12	476.3
Blackburn with Darwen	526.0
Blackpool	1152.4
North West	433.0
England	346.3

Source: Chimat

Table 1 –Rate of hospital admissions as a result of self-harm, age 10-24 (per 100.000 pop), 2012/13



Source: Chimat

Areas for concern

Analysis has shown the rate of admissions for deliberate self harm within Lancashire-12 are about 27% higher than the national rate. With over 1,000 10-24 year olds being admitted for deliberate self harm a year in Lancashire-12, this is not an inconsequential figure. With links to other mental health conditions such as depression, the emotional causes of self-harm may require psychological assessment and treatment.