

Young People and mental health, self-harm and suicide

Setting the scene in Hastings

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East Sussex
County Council



Summary

Suicide is the leading cause of death in young people in England, and we see a similar picture in East Sussex and Hastings.

Male deaths account for three-quarters of suicides in England, but for young people the proportion of male deaths is even higher.

Hastings and Eastbourne have significantly higher overall suicide rates than England.

Summary

For the 3 year period 2010-12:

- England rate was 8.5 per 100,000
- East Sussex rate 11.2 per 100,000
- Brighton and Hove rate 11.3 per 100,000
- Hastings rate 16.4 per 100,000
- Eastbourne rate 12.5 per 100,000

Summary

As seen nationally, suicide is the leading cause of death in young people.

In Hastings over the last 8 years:

- There were 35 deaths amongst young people (aged 15-24 years), and 10 of these were due to suicide.
- Suicide accounted for nearly three in every ten deaths of young people in Hastings (29% of the deaths). This was a higher percentage than in any other district/borough (the overall value for East Sussex was 19%).
- All of the deaths due to suicide amongst young people (aged 15-24 years) in Hastings were of males (the overall value for East Sussex was 84% male).

Summary

As at 31 March 2013, in Hastings there were 314 (or 15 per 1,000) children and young people aged under 18 years being seen by the Child and Adolescent Mental Health Services.

The value for East Sussex was 14 per 1,000 children and young people aged under 18 years.

A&E Data 11-16 Year Olds Conquest Hospital

8 month period October 2013 to May 2014

Source: ESHT Paediatric Liaison Nurses

A recent audit at Conquest Hospital looking at reasons for A&E attendance for young people, found that out of 2384 presentations during an 8 month period, 6% or about 1 in 20, were for conditions relevant to this topic.

A&E Data 11-16 Year Olds Conquest Hospital

8 month period October 2013 to May 2014

Source: ESHT Paediatric Liaison Nurses

Reason	Total
Alcohol intoxication	28
Deliberate self-harm (cutting, punching walls etc)	45
Drug ingestion (recreational)	5
Mental Health (non-injury)	19
Overdose	44
Grand Total	141

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A summary report of the Health Related Behaviour Survey 2012

A total of 4526 Year 10 students across East Sussex - 85% of pupils on the school roll.

Schools anonymously completed the questionnaires which were returned to the Schools Health Education Unit in Exeter for analysis.

721 from Hastings, consisting 364 Boys and 357 Girls

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A summary report of the Health Related Behaviour Survey 2012

39% of students in Hastings said they drank alcohol on at least one day in the last week, this compares with 35% saying this in East Sussex and 27% seen in the Schools Health Education Unit wider data.

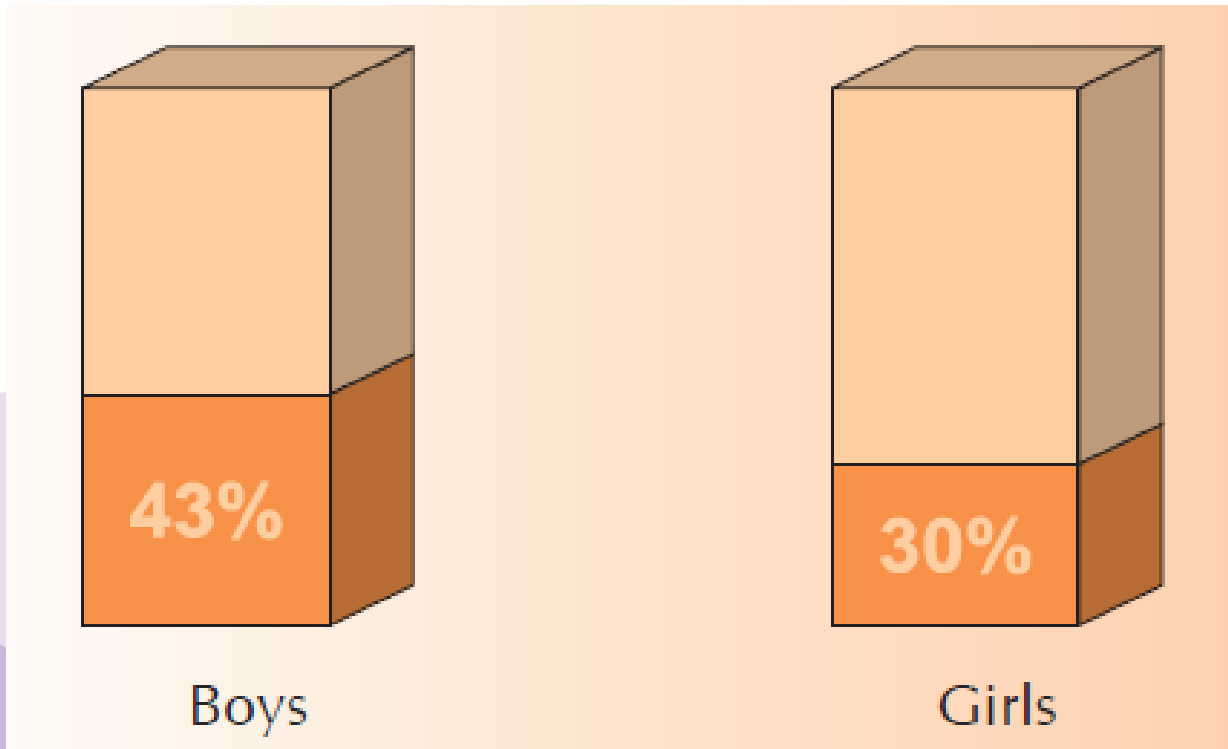
44% of students said they had been offered drugs.

34% of students said they think cannabis is 'always unsafe', 32% thought it was safe if used properly.

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A summary report of the Health Related Behaviour Survey 2012

43% of boys and 30% of girls recorded levels of high self-esteem.



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A summary report of the Health Related Behaviour Survey 2012

12% of boys and 19% of girls said they were 'quite' or 'very' unhappy with their life at the moment.

19% of boys and 19% of girls said that they had been bullied at school in the past 12 months. 16% of boys and 18% of girls said this in East Sussex.

15% of boys and 11% of girls said that they had bullied someone else in the last 12 months.

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YOUNG PEOPLE IN HASTINGS BOROUGH

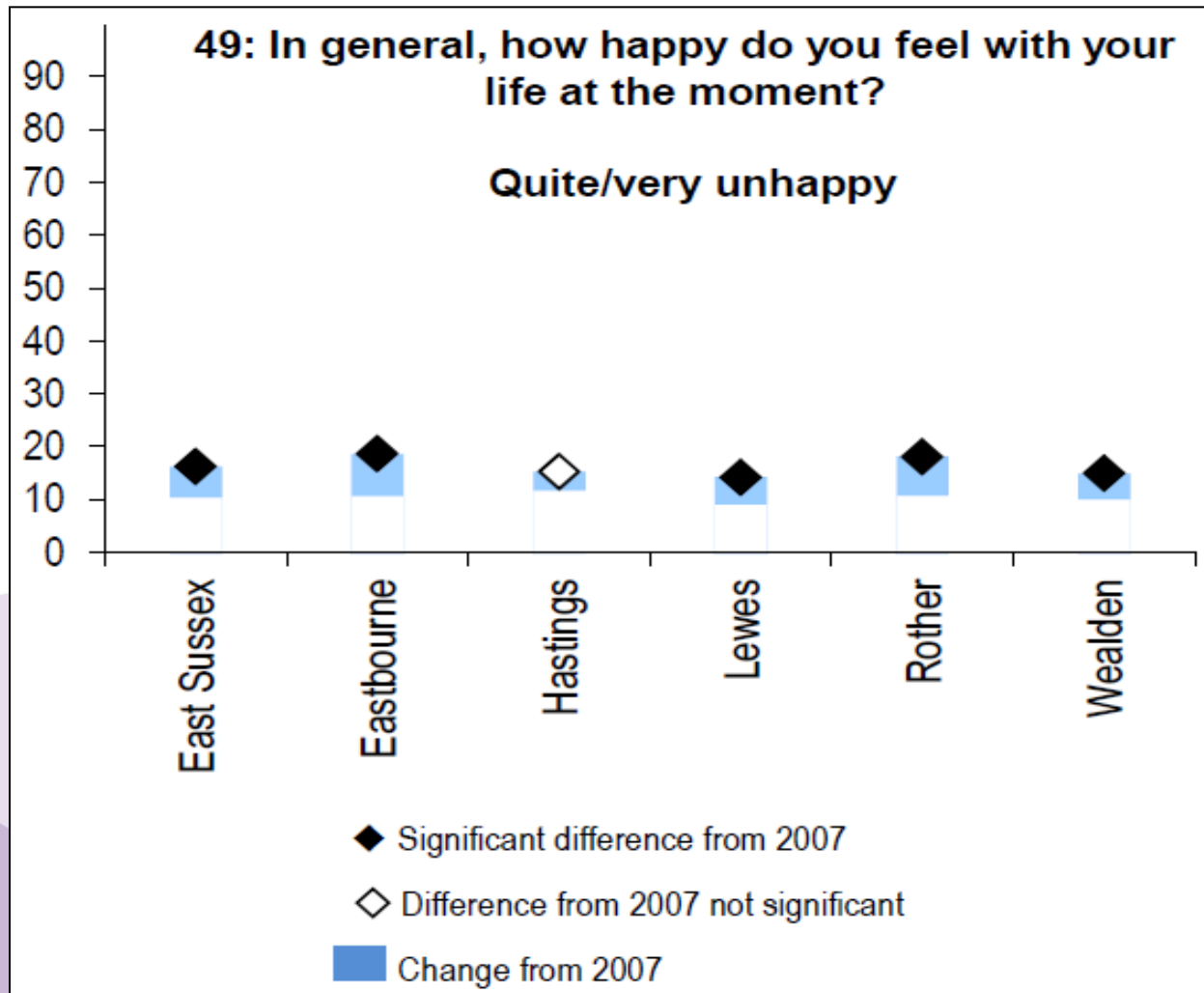
A summary report of the Health Related Behaviour Survey 2012

Top four worries for students were:

Boys	Hastings	E. Sussex	Girls	Hastings	E. Sussex
Exams & tests	43%	42%	Exams & tests	66%	66%
Career	23%	23%	Their looks	56%	59%
Their looks	18%	20%	Family problems	37%	38%
Family problems	16%	18%	Career	36%	35%

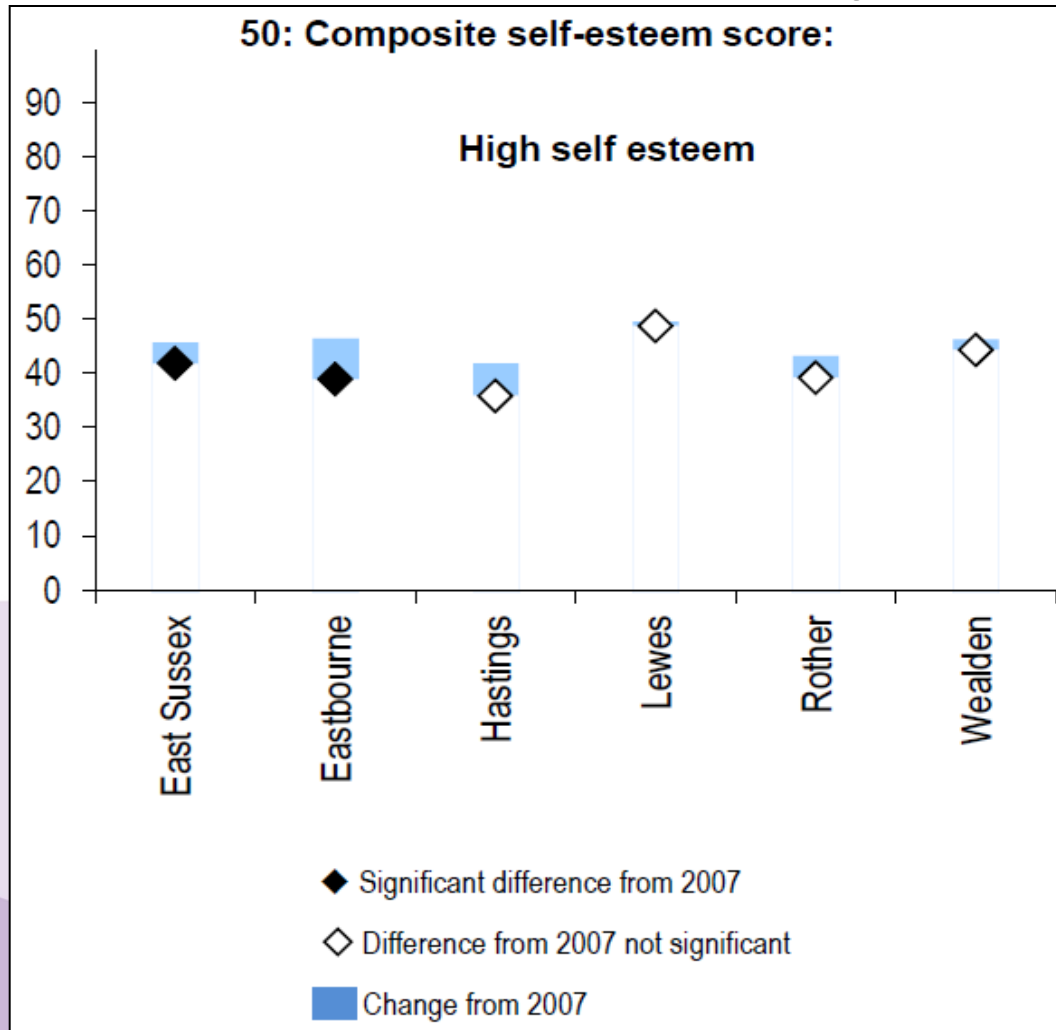
Young People in East Sussex Schools Health Related Behaviour Survey 2012

There has been an increase overall in the proportions of pupils saying they are 'quite' or 'very unhappy' with their lives at the moment. 10% said this in 2007 compared with 16% in 2012.



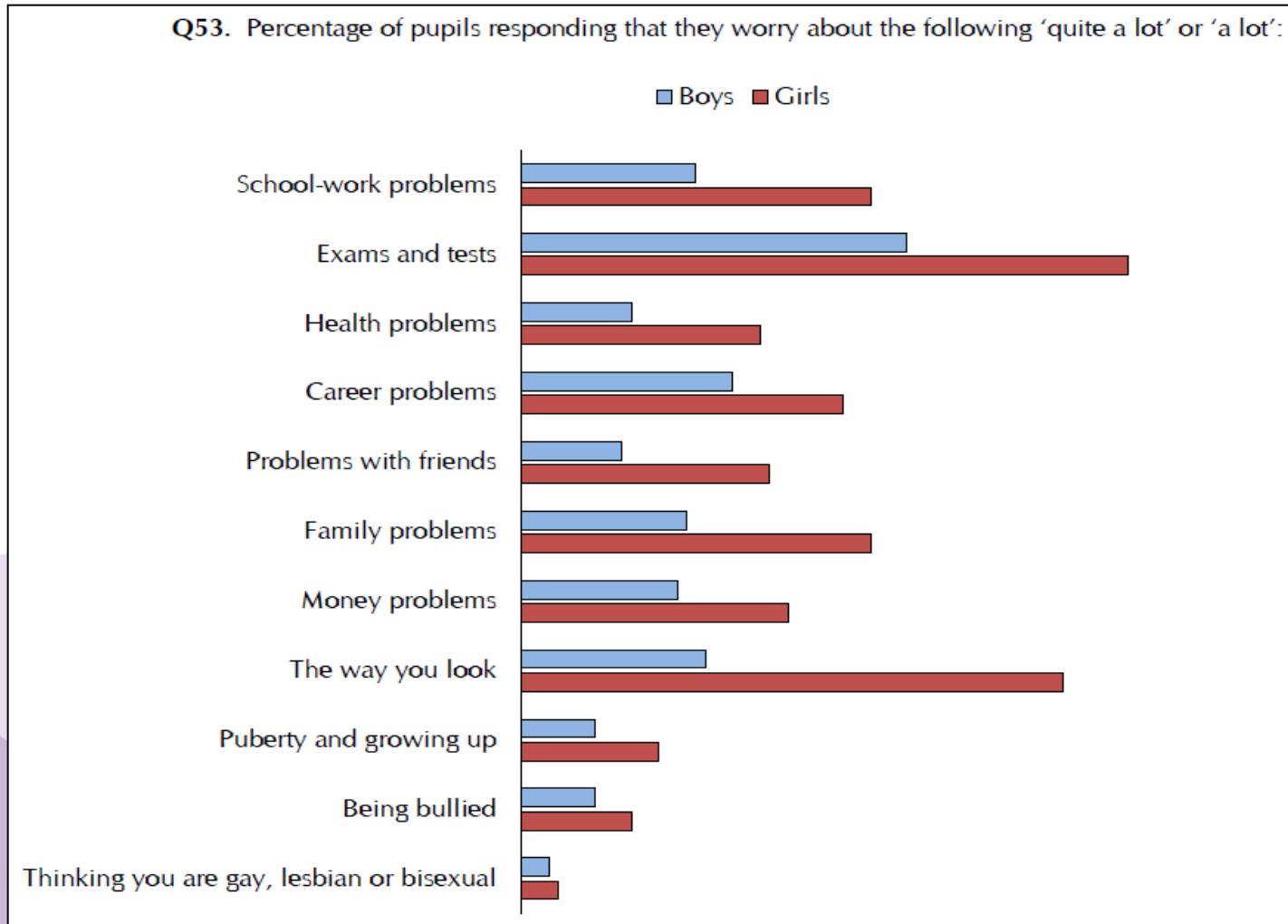
Young People in East Sussex Schools Health Related Behaviour Survey 2012

There has been a decrease overall in the proportions of pupils scoring levels of 'high self-esteem'. 46% of pupils were found in the high self-esteem bracket in 2007 compared with 42% in 2012. (44% were in this group in 2004).



Young People in East Sussex Schools Health Related Behaviour Survey 2012

Worrying: 55% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot', while 40% said the same about the way they look and 29% worry about career problems.



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