

What is the purpose of the Registry?

The Self-Harm Registry aims to:

- Monitor trends in hospital attendances with self harm and suicidal ideation over time
- Improve understanding of self harm and suicidal ideation
- Inform and shape services to support of those affected by self-harm and suicide ideation.

What information does the Registry collect?

The Registry gathers anonymised data from Emergency Departments (EDs) across Northern Ireland to report:

- Attendances due to self-harm
- Attendances due to ideation related to self-harm or suicide.

Further details are available within our privacy notice.

[Self-Harm Registry privacy notice](#)

- [NI Self-Harm Registry Privacy Notice \(6 June 2025\)](#)

[Finding help](#)

If you have done something to seriously harm yourself, you should go to a hospital Emergency Department or call 999 if more urgent assistance is required.

If you have not harmed yourself but feel you are at risk of suicide or need to speak to someone urgently about your mental health, you can

- make an emergency appointment with your GP or GP out-of-hours service - the GP can arrange for you to see someone from the mental health team urgently;

- details for GP out-of-hours services are available on [NI direct](#).
- go to a hospital Emergency Department;
- call the emergency numbers in your Care Plan (people who are being treated for a mental illness may have a Care Plan that has emergency contact details).

If you are struggling to cope, you can call one of the organisations below.

There is help available around the clock, every single day of the year, providing a safe place for anyone struggling to cope, whoever they are, however they feel.

Lifeline

- a free 24-hour crisis response helpline for people who are experiencing distress or despair, where trained counsellors will listen and help immediately on the phone and follow up with other support if necessary.
- Phone 0808 808 8000 calls are free from landline and mobiles.
- Website <http://www.lifelinehelpline.info>

Samaritans

- a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout UK and Ireland, through their telephone helpline or online chat.
- Phone 116 123
- Website <https://www.samaritans.org/>

Childline

- a free, confidential 24-hour helpline for anyone under 19 years in the UK. Young people can talk about anything, whether it's something big or small, trained counsellors are available to provide support.
- Phone 0800 1111
- Website <https://www.childline.org.uk>

Minding your head

- find out more about mental health and wellbeing including self-harm and suicide, including signs to look out for and tips on how to maintain good mental

health.

- Website <http://www.mindingyourhead.info/>

These materials are designed to raise awareness about self-harm, provide support information, and guide individuals toward available resources.

Self-Harm Registry annual reports

Current reports:

2021/22 and 2020/21

The report published includes data for the years 2021/22 and 2020/21. The Registry has now collected data over a 10-year period and the report includes trends since establishment of the Registry in 2012/13.

- [Northern Ireland Self-harm Registry Regional Report 2020/21 and 2021/22](#)
- [Self-harm Registry data, Northern Ireland 2020/21 \(infographic\)](#)
- [Self-harm Registry data, Northern Ireland 2021/22 \(infographic\)](#)

Previous reports:

- [Northern Ireland Self-harm Registry Regional Summary Report 2019.20](#)
- [Self-harm Registry data, Northern Ireland 2019.20 \(infographic\)](#)
- [Northern Ireland Self-harm Registry Annual Report 2018.19](#)
- [Self-harm Registry data, Northern Ireland 2018.19 \(infographic\)](#)
- [Northern Ireland Self-harm Registry Annual Report 2017.18](#)
- [Self-harm Registry data, Northern Ireland 2017.18 \(infographic\)](#)
- [Northern Ireland Self-harm Registry Regional Report 2012/13 - 2014/15](#)
- [Northern Ireland Self-harm Registry Annual Report 2012/13](#)
- [Northern Ireland Self-harm Registry Western Area 6 Year Report 2007 - 2012](#)
- [Northern Ireland Self-harm Registry Western Area. Supplement 2: Recommended Next Care Following Hospital Treated Self-harm in the Western Area of Northern Ireland, 2007 - 2012](#)
- [Northern Ireland Self-harm Registry, Western Area Annual Report 2010](#)

PHA publications:

- [Caring for someone who has self-harmed or had suicidal thoughts](#)
- [Improving the lives of people who self-harm](#)
- [SHIP: self-harm intervention programme. Information for patients and families/carers](#)

Professional resources

Resources for clinicians and service providers:

- [Protect Life 2 - Suicide Prevention Strategy | Department of Health](#)
- [Suicide and self-harm data - HSE.ie](#)
- [The National Self-Harm Registry Ireland – National Suicide Research Foundation](#)

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