

## Suicide by middle-aged men



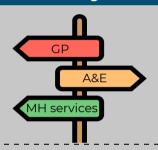
National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH)

1,516 men

aged 40-54 died by **suicide** in 2017, nearly a **quarter** of the deaths by suicide in the UK

# Our findings suggest...

# Services working with you



You should be offered a range of support that is meaningful to you, your needs and preferences

#### Safer prescribing



If you have a physical health condition, services might ask you to discuss the best plan for managing your medication

## **Asking for help**



If you feel uncomfortable seeking help, you should be able to access information on local informal sources of help

## Psychological therapy



You should be offered therapy – a **chance to talk**, take **practical steps** to help you address your risks