

COVID19 Self Harm Report 2020

CRISIS DIFFERENCE & PRESENTATION

CLIENTS AT INTAKE DURING C-19 CRISIS

Although there were no statistically significant differences in presentation measurements during lockdown and during the comparable period of Sept/Oct 2019...

On average, scores were **30.2%** higher for suicidal thoughts during the C-19 crisis



On average scores were **22.2%** higher for suicidal planning during the C-19 crisis



Scores for the ability to tolerate distress was **50.7%** lower during C-19 compared to pre C-19 and scores for the ability to tolerate thoughts was **50.1%** lower



Scores for feeling listened to were **2.2%** higher during C-19 compared to pre C-19 and scores for feeling helped to progress were **12.8%** higher



CLIENTS WHO WERE IN THE SERVICE PRE-LOCKDOWN

Both **HOPEFULNESS** for the future and **POSITIVITY** about daily activities significantly improved



REFERRALS & DEMAND

Since lockdown began we have seen an increase in demand for the service.

On average we have seen a **197.5%** increase of email enquiries per week



On average, there has been a **12.8%** increase in clients requiring more support between appointments



Clinical caseloads have increased. Prior to lockdown the self-harm pathway saw approx. **27.8%** of its clients fortnightly or more and the remaining **72.2%** were seen weekly. Since lockdown began, only **5.1%** of clients are being seen fortnightly, with the remaining **94.9%** being seen or supported on a weekly basis



On average we have seen an **86.4%** increase of referrals per week into the crisis pathway during lockdown. Within this we have seen a 150% increase in male referrals and a 62.5% increase in female referrals



On average, clinicians having been spending almost **1 additional hour** per clients since lockdown began



MEDICAL INTERVENTION AVOIDANCE

50.6% of people reported more self-harm during lockdown than prior to lockdown



18.2% of people responded that they went from no self-harm per week prior to lockdown to self-harming during lockdown

67.47% said they would avoid going to their GP or to hospital for self-harm during lockdown



55.7% did not want to burden services by attending for self-harm

A further 20% said this was because of stigma and the virus only accounted for **18.75%** of responses