

How many young people self-harm and engage in suicidal behaviour?

Based on self-reported data in the Young Minds Matter survey, in 2013-14, among young people aged 12-17:

- Around 1 in 10 (11% or an estimated 186,000) reported ever having deliberately injured themselves. Around 7.5% reported that they preferred not to say, indicating that the proportion may be higher. The proportion was:
 - Almost twice as high among females as males (15% compared with 6.8%)
 - Almost twice as high among those aged 16-17 (16%) as among those aged 12-15 (8.2%)
- 5.9% of young people (or 100,000) had self-harmed four or more times over their lifetime, with the proportion:
 - More than three times as high for females (9.2%) as males (2.8%)
 - 2.6 times as high for those aged 16-17 (9.8%) as for those aged 12-15 (3.8%)
- 8.0% of young people (or 137,000) had self-harmed in the past 12 months, with the proportion:
 - More than three times as high for females (12%) as males (4.0%)
 - Nearly twice as high for those aged 16-17 (12%) as for those aged 12-15 (6.2%)
- Around 128,000 or 7.5% had seriously considered attempting suicide in the previous 12 months. The proportion was over twice as high for females as for males (11% and 4.5% respectively) (Lawrence et al. 2015).

Over half (56%) of young people aged 13-17 who had self-harmed in the past 12 months had used services for emotional or behavioural problems. The proportion of females (61%) was higher than that for males (40%) (Lawrence et al. 2015).