



## Autism Self-Harm and Suicidal Ideation

North Lincolnshire Public Health Suicide Prevention have partnered with Kalmer Counselling to host a webinar on Autism Self-Harm and Suicidal Ideation.

The 2023 Suicide Prevention Strategy includes targeted actions to support autistic people who are now included as a specific demographic in suicide prevention policy for the very first time.

Research suggests that people with a diagnosis of autism are up to seven times more likely to die by suicide. Evidence, however, is sparse to understand why the risk of suicide is higher among autistic people.

Autism and Suicide Risk includes:

Some Key facts

- Autistic adults with no learning Disability are 9 times more likely to die by suicide than the general population, for autistic females it 13 times.
- It is the second leading cause of death for autistic people. Average life expectancy for autistic people is just 54 years old. (Swedish study of over 27,000 cases)
- Up to 66% of autistic adults have considered suicide
- Suicide attempts tend to be more aggressive and lethal
- Autistic children are 28 times more likely to think about or try suicide
- One study showed that 15% of autistic children had suicidal thoughts compared to 0.5% of typically developing children
- In the 86 days leading up to the first Lockdown and up to the 56 days after ¼ of young people who died by suicide were autistic or had ADHD.

This training is open to members of the Suicide Prevention steering group including Humber and North Yorkshire Suicide Prevention Steering Group , mental health , learning disabilities and autism organisations, primary care, professionals supporting children , young people and Adults, voluntary and faith care sector and private sector.

We would be grateful if you would circulate to colleagues, please see below overview of the webinar and details how to book : <https://www.eventbrite.com/e/830147041147?aff=oddtcreator>

### **Autism Self-Harm and Suicidal Ideation**

The current pressing issues affecting our children, young people and adults are self-harm, suicidal ideation and suicide. We have rising numbers and a hidden crisis, particularly amongst Autistic individuals. If you would like to know more and find out ways in which you can help, then come along to this 2hr online workshop.

As NICE Guidelines 2022 states *'All professionals working across the health and social care system have a role to play in supporting people who self-harm and the issue should not just be seen as the responsibility of those with mental health expertise'*

#### **Webinar session will explore**

- Understand more about self-harm and suicide in autistic children, young people and adults
- Hear the hard-hitting statistics
- Explore the general risk factors
- Find out how some of the core features of Autism can lend individuals more vulnerable to self-harm and suicide
- Learn ways in which you can attend to their needs
- Gain some strategies to help

**Dates: 22nd April 2024 Time: 12 -2pm**

<https://www.eventbrite.com/e/830147041147?aff=oddtcreator>

We have up to 100 places available on the webinar