



on Suicide and
Self-Harm Prevention

All Party Parliamentary Group on Suicide and Self-harm Prevention Inquiry into young people and suicide

September 2023

The All-Party Parliamentary Group (APPG) on Suicide and Self-harm Prevention has launched a mini-inquiry focused on young people and suicide.

According to the ONS (2018), suicide is the biggest killer of young people aged 16-24. In 2021, 611 deaths by suicide were registered for people aged 15-24 in England and Wales. Suicide rates among young people are increasing. [ONS data](#) show that females aged 24 and under have seen the largest increase in suicide rates since 1981.

Suicide is complex and rarely caused by one thing. Research suggests that life experiences such as bereavement, bullying, neglect, self-harm, mental or physical ill health, academic pressures, loneliness and financial problems are some of the key risk factors affecting young people.

The purpose of this inquiry is to:

1. Develop Parliamentarians' understanding of young suicides and the support available to young people by hearing directly from people with lived experience
2. Publish recommendations and advocate for these policy changes in Parliament
3. Provide recommendations that support the implementation of the new National Suicide Prevention Strategy

The APPG previously ran an inquiry into support for young people who self-harm, which resulted in a report and series of recommendations. More information can be found [here](#).

Scope of the inquiry

This inquiry will focus on the experiences of young people from age 18 to 25, given the rising rates of suicide among this group, and seek to understand what should be done to prevent young suicides. The inquiry will explore risk factors and help-seeking experienced by young people with lived experience of suicidal thoughts, feelings and attempts.

Gathering evidence

The APPG will gather evidence through an anonymous survey, as well as a short series of evidence sessions with people with lived experience, organisations, academics and practitioners.

The survey has targeted questions that have been developed with people with lived experience in advance. Survey responses will be shared with parliamentarians and may be quoted in the inquiry's final report. The survey is aimed at:

- Young people ages 18-25 with lived experience of suicidal thoughts, feelings and/or attempt(s)
- People aged over 18 who have been impacted by the suicide of a young person

The survey can be found and filled in here: <https://www.surveymonkey.co.uk/r/APPGIYPS>

The deadline for filling in the survey is 18th November 2023.

If you need emotional support, please call Samaritans for free on 116 123 or email jo@samaritans.org. Alternatively, for help finding support in your local area, go to [Hub of Hope](#) and enter your postcode.

If you have any questions, please email Samaritans, which provides the Secretariat to the APPG: campaigning@samaritans.org.