

Laura Hyde Foundation/The Feelings
- Insights Release 2022

In support of both World Suicide Prevention day and World Mental Health day, the Laura Hyde Foundation have released data and insights procured from all support queries and requests made to their organisation.

This data has focused on the following core questions:

- *Who are the types of healthcare and emergency service workers requesting support from LHF?*
- *How does the size of the requests compare to that of the previous year?*
- *What are the age groups involved from people requesting support from LHF?*
- *How many people are having or have had suicidal ideation as part of their current mental health state?*

From the data accumulated, its clear that there are a number of key insights to be taken. These include:

- There is a continued rise in healthcare and emergency service workers requiring independent mental health support services away from their employer
- Over 77% of all requests have come from individuals aged 37 or under
- The severity of people's condition is increasing given that now over half of all requests are from individuals who have had or who are having suicidal ideation
- Healthcare workers continue to be LHF's most dominant audience when it comes to requesting support accounting for over 95% of all requests

Laura Hyde Foundation Trustee Comment

"The statistics released as part of our ongoing commitment to mental health support for all healthcare and emergency services are a reflection of what we are seeing:

- More people need help
- Its getting worse as people now process post covid experiences and deal with a cost of living crisis
- The risk of suicide for healthcare workers is at crisis levels

Stigma however remains the number one blocker for people going to get help in an early proactive approach which is causing severe downstream situations such as suicide.

It should be noted for balance that awareness campaigns performed by LHF have also allowed us to reach additional audiences which could account for the increase in numbers

We will continue to fight for better, more consistent and proactive support as we know that using Laura's own story that suicide is not the option that people should feel is the only way out."

Liam Barnes – Laura Hyde Foundation Trustee Chair

The Data

- *Total contacts supported in H1 2022 - 1,768*
- *Total contacts supported in H1 2021 - 1,309*

% difference between 2021 and 2022 - +35%

- *Age splits of contacts supported in 2022*
 - o *18-27 (643)*
 - o *28-37 (719)*
 - o *38-47 (313)*
 - o *48-57 (72)*
 - o *58+ (21)*
- *Breakdown of 2022 support requests by top-level job category*
 - o *Nurse (411)*
 - o *Doctor (246)*
 - o *Midwife (401)*
 - o *GP (94)*
 - o *Medical Student (329)*
 - o *Paramedic (77)*
 - o *Social Care (163)*
 - o *Police (41)*
 - o *Fire (6)*
- *Total contacts supported in H1 2022 who have engaged in suicidal thinking/activity - 946*

% of total overall contacts supported in H1 2022 - 53.5%

- *Total contacts supported in H1 2021 who have engaged in suicidal thinking/activity - 556*

% of total overall contacts supported in H1 2021 - 42.4%

Difference between 2021 and 2022 – 11.1%