

# Mental Health

Large inequality gaps continue to exist for mental health indicators however, the most-least deprived gap for self-harm admissions narrowed over the analysed period due to admissions in the most deprived areas decreasing at a faster rate than in the least deprived areas. The inequality gap in the suicide rate widened over the period with the rate in the most deprived areas now almost treble the rate in the least deprived areas. Gaps also persist between the most and least deprived areas for loneliness, high GHQ12 scores and prescription rates for mood and anxiety disorders, with rates in the most deprived areas around double the rate of the least deprived areas. It is important to note however that for high GHQ12 scores and loneliness indicators, the Health Survey NI, from which the data was collected was severely impacted the COVID-19 pandemic and as such, any observed changes from the base year of 2020/21 should be treated with caution.

### Health Outcome Indicators

**Key:**

MD

Most Deprived Areas

LD

Least Deprived Areas

Positive Change

No Notable Change

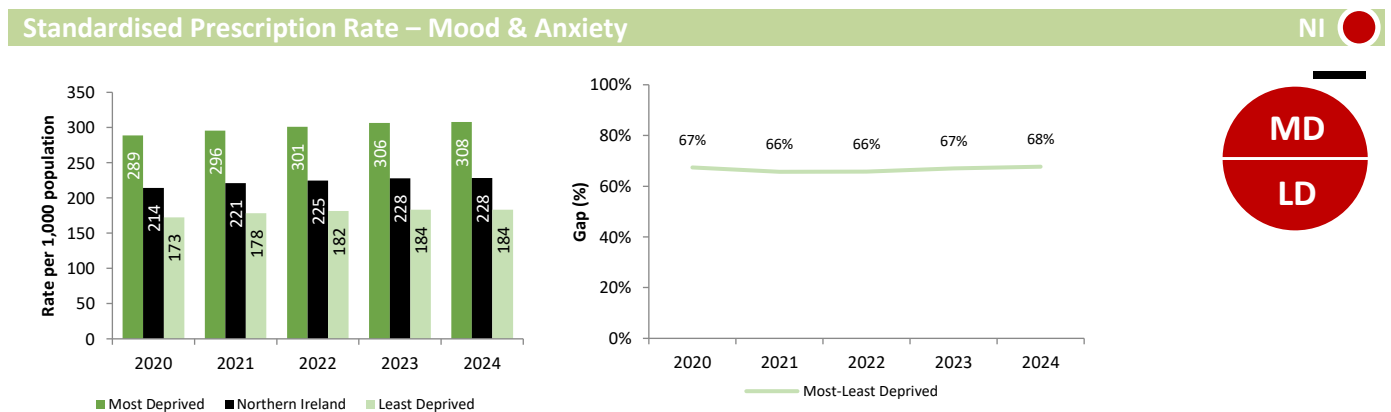
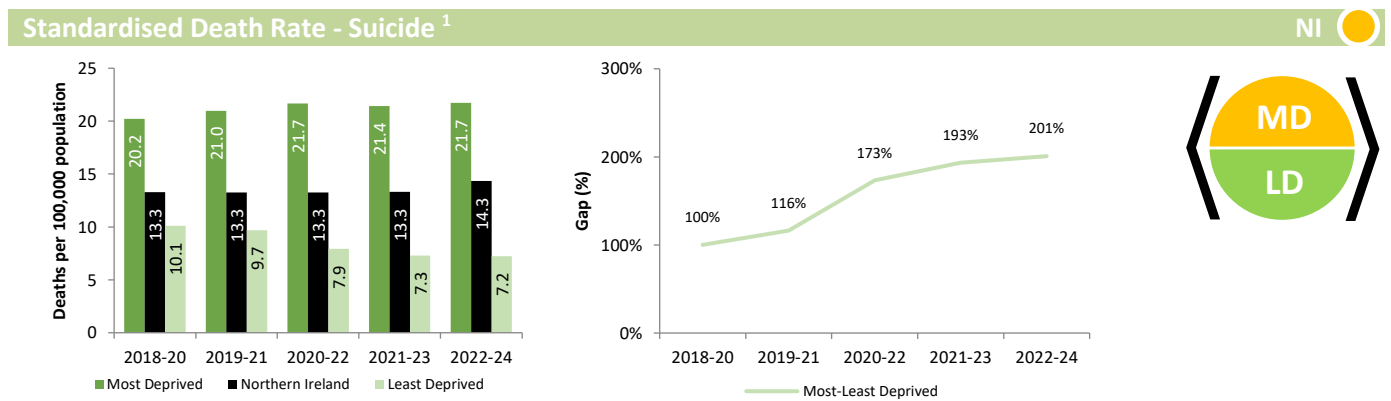
Negative Change

> <
Narrowing of the Gap

No Notable Change in the Gap

< >
Widening of the Gap

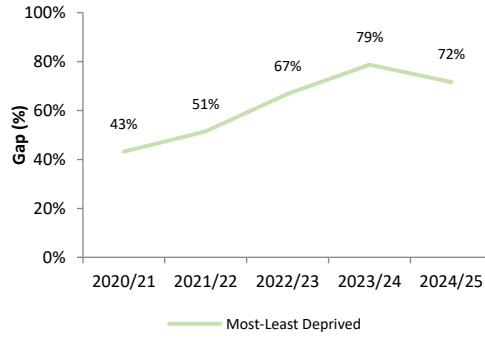
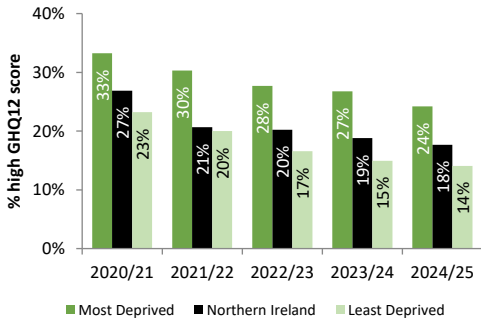
Northern Ireland: NI



<sup>1</sup> It is important to note that registration-based figures build in delays arising from system wide processes which can drive annual fluctuations in the series. Events such as infant death, drug related deaths or suicide are usually referred to a coroner and this legal process can take some time.

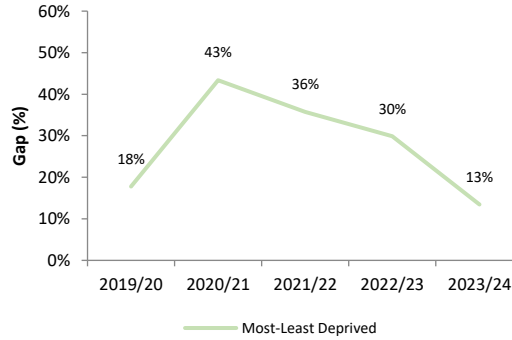
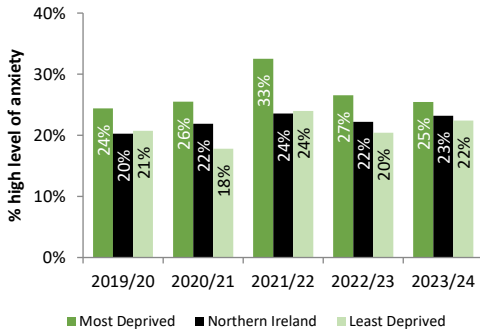
## High GHQ12 Score

NI 



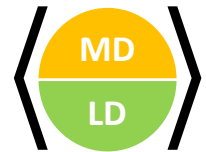
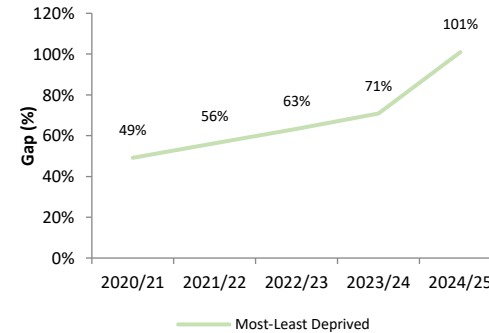
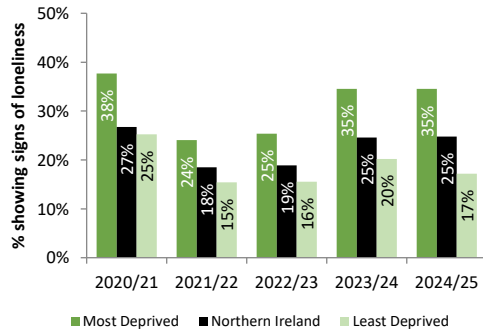
## High Levels of Anxiety <sup>2</sup>

NI 



## Loneliness

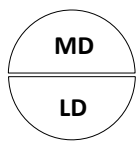
NI 



<sup>2</sup> Data for 2024/25 not available as question was not asked in the 2024/25 Health Survey Northern Ireland.

## Service-based Indicators

### Key:



Most Deprived Areas

Least Deprived Areas



Increase



No Notable Change



Decrease



Narrowing of the Gap

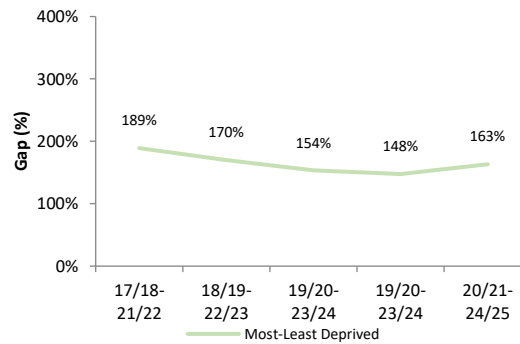
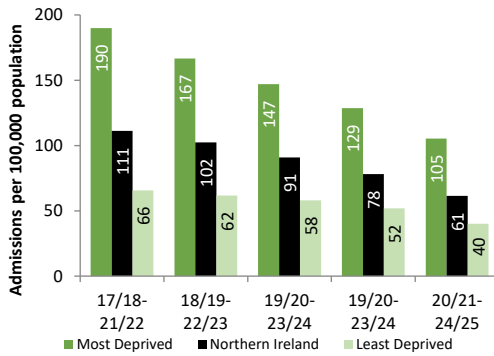


Widening of the Gap

Northern Ireland: NI

## Standardised Admission Rate – Self-Harm<sup>3 4 5</sup>

NI ↓



<sup>3</sup> It should be noted that due to the impact of the COVID-19 pandemic on hospital services any changes from 2020/21 should be interpreted with caution.  
<sup>4</sup> Self-harm admissions have been identified based on primary diagnosis field or any of the first 6 secondary diagnoses fields, and includes admissions under the 'Acute Programme of Care' only.  
<sup>5</sup> Admissions figures for 2023/24 and 2024/25 should be treated with caution as they include some data that has been sourced from encompass which are 'official statistics in development'. It is important to note that while transfers within a HSC were counted as a new admission on the legacy inpatient system, they are no longer treated as a new admission on encompass. for further information see [Appendix E](#).