

## Reports

### [HSIB national report reinforces need for 24/7 emergency mental health care](#)

The Healthcare Safety Investigation Branch (HSIB) has published its latest report highlighting the variation in mental health care across emergency departments and setting out recommendations aimed at improving patient care.

[Mental Health of Children and Young People in England, 2017](#) In the latest report from NHS Digital figures reveal that a quarter (25.5%) of 11 to 16-year-olds with a mental disorder had self-harmed or attempted suicide at some point, compared to 3.0% of those who were not diagnosed as having a mental disorder. In 17 to 19-year-olds with a mental disorder, nearly half (46.8%) had self harmed or made a suicide attempt.

## News

[Small Talk Saves Lives campaign sees increase in public looking out for those at risk](#) Following the launch of [Small Talk Saves Lives](#) by the Samaritans in partnership with British Transport Police (BTP), Network Rail and the wider rail industry, new figures reveal that there were 163 interventions by members of the public between January and September this year – a 20% increase compared with 2017.\* It means around 1 in 10 interventions are by the public.

[UK teenagers turn to mobile apps to help with mental ill health](#) An article from The Guardian newspaper has highlighted that usage of apps that help cope with anxiety, self-harm and depression is on the increase. The number of under-18s using Kooth, a free online counselling service, has shot up from 20,000 in 2015 to 65,000 last year, and is forecast to rise further to 100,000 this year. In addition, 123,138 people in the UK downloaded Calm Harm, an NHS-approved app that helps people self-harm less often or not at all, between April 2017 and this month. Of those, 56% were aged between 10 and 18 and 82% were girls or women.