

**Young Self-injurious Behaviour in Young People of Trieste: a Study From 2000 to 2007**

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Introduction:

The rate of non fatal self-injurious behaviour in young people has increase in recent years. Non fatal self-injurious behaviour such as cutting oneself and abuse of substance is often performed without suicidal intent to cope with emotional distress although it is well known to have a close association with future suicidal behaviour.

Objectives: Evaluating people under 29's suicidal behaviours' rates.

Aims:

Monitoring developments in not lethal self injurious behaviour in the population of adolescents and young adults in Trieste to identify strategies that will guide the prevention of suicidal behaviour in this age group.

Methods:

Retrospective study based on verbal access to emergency, extracts under the headings "self-harm" and "poisoning" during period 2000-2007. We considered as variables the calculation of rates for the age groups 15-19 and 20-29 years, mode of self-injurious act coded according to the parameters of the ICD-10.

Results:

The average rate for the age group 15-19 years was found to be 0.5 cases per 100,000 inhabitants, while for ages 20-29 was found to be 1.3 cases per 100,000 inhabitants. There wasn't a significant difference between the two genders.

The methods most frequently adopted were found to be voluntary intoxication and cutting.

Conclusions:

To counter the fragility and risk of self-harm and suicide in adolescents and young adults, our Local Health Company launched in 2014 a dedicated website. The site provides information on the types of conditions that may affect the target population and the self-destructive behaviors.