**Financial crisis sparked rise in English men self-harming**

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**The number of "episodes" involving men rose after the recession lead to massive job losses and underlying social and economic problems**

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Cases of English men being hospitalised [after self-harming](http://www.mirror.co.uk/all-about/self-harm) rose after the economic downturn in 2008, research has found.

The Multicentre Study of Self-harm in England found that the [number of "episodes"](http://www.mirror.co.uk/all-about/mental-health) involving men fell in the first part of the Noughties before rising after the recession lead to massive job losses and underlying social and economic problems.

This was in contrast to episodes involving women, which fell during the total study period of 2000-2012, although women remained involved in the majority of hospital admissions.

The study of more than 84,000 cases, reported in the online journal BMJ Open, said the spike in male cases was "likely to be related to the recent economic recession, as has been found for suicide in England, and for suicide and self-harm in Ireland."