

**Supplementary table S1:** Non-lethal intentional self-harm (NLISH) methods as classified by ICD-10-CM codes

Category	Description	ICD-10-CM Codes
1. Drug poisoning	Poisoning by drugs, medicaments, and biological substances	T36–T50 (with a 5th/6th character of 2)
2. Toxic substances (nonmedicinal)	Toxic effects of nonmedicinal substances	T51–T65 (with a 5th/6th character of 2)
3. Sharp/blunt object	Intentional self-harm with sharp or blunt object	X78–X79
4. High place/moving object	Jumping from height or in front of a moving object	X80–X81
5. Drowning/submersion	Intentional self-harm by drowning	X71
6. Firearms/explosives	Intentional self-harm by firearms or explosives	X72–X75
7. Hanging/suffocation	Self-harm by hanging, strangulation, or suffocation	T71 (with a 6th character of 2)
8. Other methods	Other specified intentional self-harm methods	X76–X77; X82–X83
9. Unspecified means	Suicide attempts by unspecified means	T14·91

**Supplementary table S2:** Mental health diagnoses as classified by ICD-10-CM codes

Category	Description	ICD-10-CM Codes
1. Substance Use Disorders	Mental and behavioral disorders due to psychoactive substance use	F10–F19
2. Psychotic Disorders	Schizophrenia, schizotypal, delusional, and other non-mood psychotic disorders	F20–F29
3. Mood Disorders	Mood [affective] disorders (e.g., depression, bipolar disorder)	F30–F39
4. Anxiety and Stress-Related Disorders	Anxiety, dissociative, stress-related, somatoform, and related disorders	F40–F49
5. Behavioral Syndromes	Behavioral syndromes associated with physiological disturbances and physical factors	F50–F59
6. Personality Disorders	Disorders of adult personality and behavior	F60–F69
7. Other Mental Disorders	Intellectual disabilities, developmental disorders, and other mental disorders	F70–F99

**Supplementary table S3:** Suicide methods as classified by ICD-10-CM codes

Category	Description	ICD-10 Codes
1. Self-poisoning	Intentional self-poisoning by drugs or other substances	X60–X69
2. Hanging or Suffocation	Hanging, strangulation, and suffocation	X70
3. Drowning	Intentional self-harm by drowning and submersion	X71
4. Firearms or Explosives	Intentional self-harm using firearms or explosives	X72–X75
5. Sharp/Blunt Object	Self-harm by sharp or blunt object	X78–X79
6. Jumping from Height	Jumping from a high place or in front of a moving object	X80–X81
7. Other Methods	Other specified and late effects of intentional self-harm	X76–X77, X82–X84, Y87·0

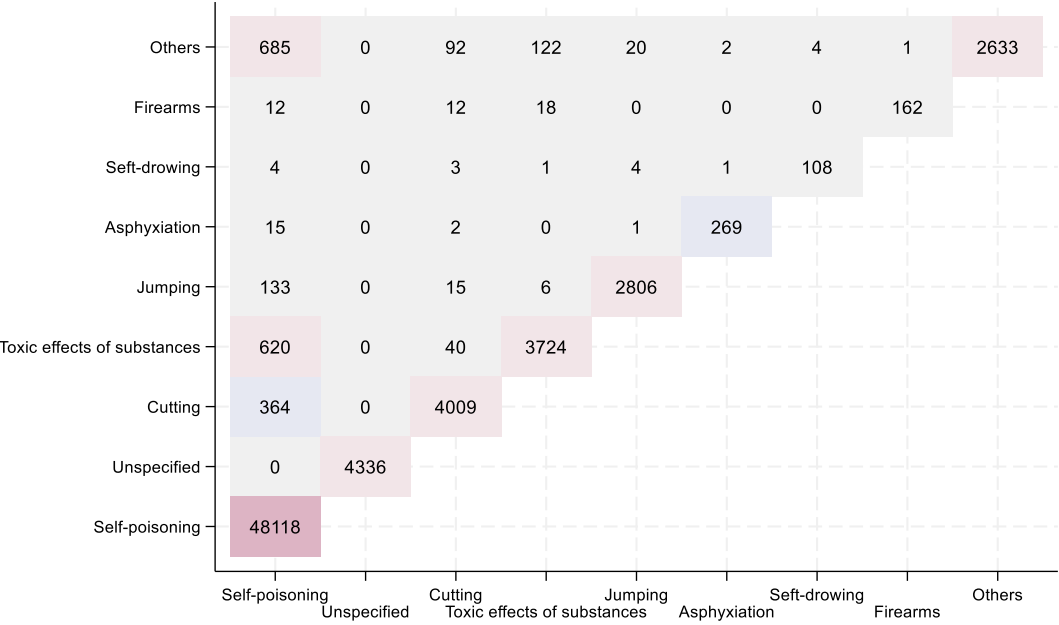
**Supplementary table S4:** Hospitalizations due to non-lethal intentional self-harm (NLISH) and suicide deaths by 100,000 population in Spain, 2018 and 2023; and 2018-2023 trends overall and by sex, after standardization to the standard European population.

NLISH	2018	2023	AAPC <sup>1</sup> (95% CI)	Suicides	2018	2023	AAPC <sup>1</sup> (95% CI)
Overall	26·7	33·4	8·3 (1·1, 17·1)	Overall	8·3	9·1	1·8 (0·3, 3·3)
Men	21·7	26·5	5·4 (1·9, 9·4)	Men	12·9	14·1	2·1 (-0·1, 4·5)
Women	28·0	40·7	10·4 (0·9, 22·7)	Women	4·1	4·6	3·2 (0·6, 6·1)

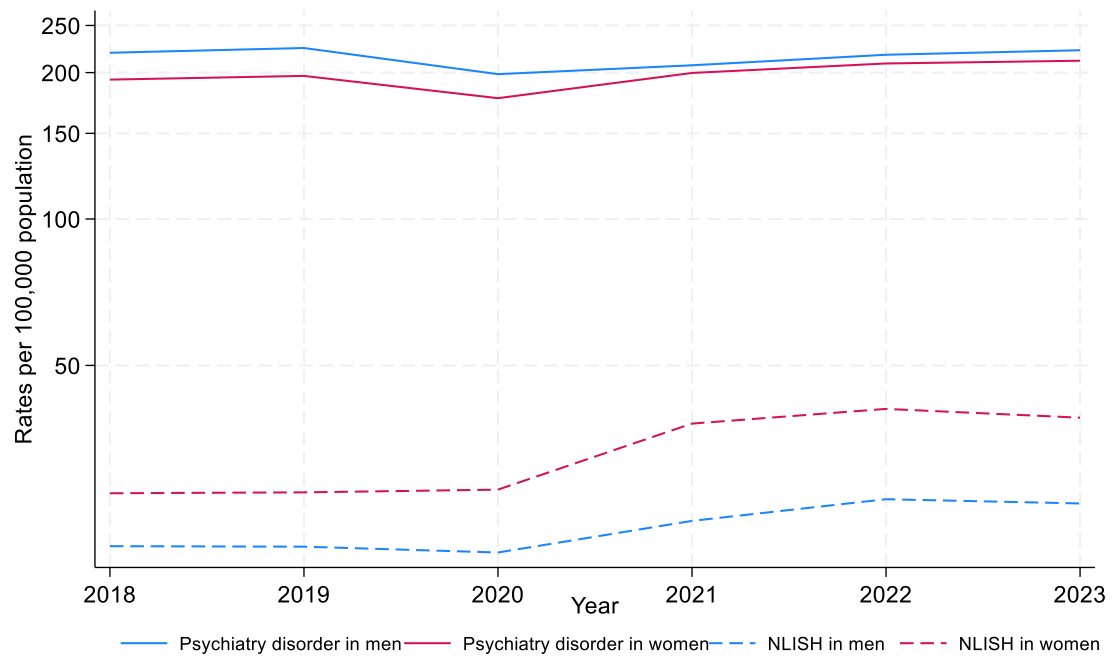
Trends were identified via joinpoint regression.

<sup>1</sup> Average annual percent change

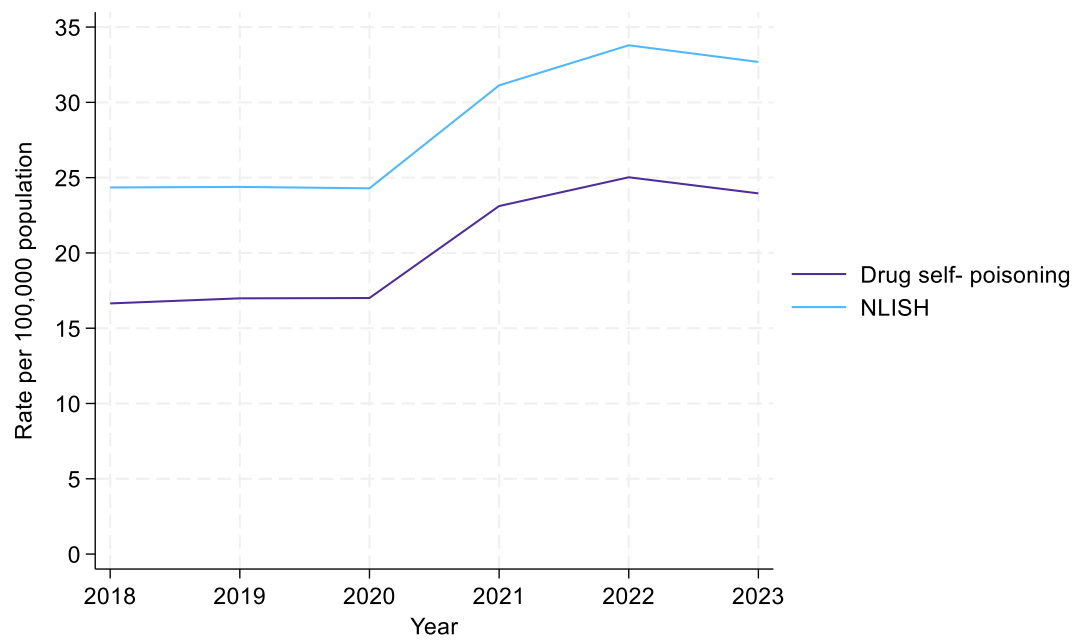
**Supplementary figure S1.** Overlap in non-lethal intentional self-harm (NLISH) methods, Spain 2018-2023.



**Supplementary figure S2.** Hospitalizations indicating a code for non-lethal intentional self-harm (NLISH) and hospitalizations for any psychiatric disorder, overall and by sex, Spain 2018-2023.



**Supplementary figure S3.** Hospitalizations indicating a code for non-lethal intentional self-harm (NLISH), overall and indicating drug self-poisoning as method, Spain 2018-2023.



**Supplementary figure S4.** Hospitalizations indicating a code for non-lethal intentional self-harm (NLISH) indicating drug self-poisoning as method, by specific medication groups, Spain 2018-2023.

