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Suicide prevention
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NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services
3 April 2023

Please visit <https://www.evidentlybetter.org/bulletins/suicide-prevention/> to view our webpage featuring key links and emerging reports about suicide prevention.

Reports

[National Confidential Inquiry into Suicide and Safety in Mental Health \(NCISH\) | Annual report 2023: UK patient and general population data 2010-2020](#)

Our 2023 annual report provides findings relating to people aged 10 and above who died by suicide between 2010 and 2020 across all UK countries. Additional findings are presented on the number of people under mental health care who have been convicted of homicide, and those in the general population. The NCISH database includes a national case series of suicide by patients under the care of mental health services over more than 25 years. This internationally leading database allows us to make recommendations for clinical practice and policy that will improve safety locally, nationally, and internationally. In this year's report, we also present data on certain themed topics, some of which are included because of current economic and societal concerns, including patients with economic adversity, those aged under 25, and suicide-related internet use.

[Prevention of Future Death reports for suicide submitted to coroners in England and Wales: January 2021 to October 2022](#)

Qualitative analysis of Prevention of Future Death reports submitted to the coroner between January 2021 and October 2022 under the category of suicide. Analysis will look to identify themes from concerns raised in these reports to inform suicide prevention work.

Studies

[Family involvement, patient safety and suicide prevention in mental healthcare: ethnographic study](#)

Findings from this study indicate that better communication and dissemination of safety and care plans, shared learning, signposting to carer groups and support for carers may facilitate better family involvement. Organisationally, offering flexible appointment times and alternative spaces for appointments may help improve services for patients.

[Changes in severity of problem gambling and subsequent suicide attempts: a longitudinal survey of young adults in Great Britain, 2018–20](#)

Repeated routine screening for changes in gambling harm could be embedded in health, social care, and public service settings to allow effective identification and suicide prevention activities among young adults.

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News

[Stigma of self-harm impacts on everyday life](#)

New research from Samaritans Ireland has found stigma towards people who self-harm can impact on their ability to rent an apartment, find a job or enter a new relationship. The study - [An Open Secret: Self-Harm and Stigma in Ireland and Northern Ireland](#) - is the first of its kind in Ireland and highlights that stigma has the power to silence, shame, and push those who struggle with self-harm into secrecy.

[Review of studies into suicidal behaviour and thoughts among nurses and midwives](#)

Professor Keith Hawton, from Oxford's Centre for Suicide Research in the University Department of Psychiatry, alongside Samantha Groves (researcher) and Karen Lascelles (nurse consultant), from Oxford Health NHS Foundation Trust, reviewed 100 studies into suicidal behaviours and thoughts among nurses and midwives for [a new paper published in the Journal of Affective Disorders](#). Several of those studies from multiple countries (including the UK) confirmed that nursing professionals, especially females, are at increased risk of suicide. Contributing factors cited included psychiatric disorders, substance (particularly alcohol) misuse, physical health problems and occupational and interpersonal difficulties.