

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

Studies

[Clinical characteristics of suicidal behavior in first hospitalization and drug-naïve patients with major depressive disorder](#)

MDD patients with SB suffered more severe clinical symptoms and worse metabolic indicators, and risk factors for SB in this population were identified, which may provide beneficial insight and reference for clinical prevention and intervention of SB in MDD patients.

[Compassion in three perspectives: Associations with depression and suicidal ideation in a clinical adolescent sample](#)

The results suggest that Self-compassion and Compassion from others may have a significant protective effect against depression and suicidal ideation, especially in boys. However, due to the relatively small sample of boys (n = 40), further research is needed before any solid conclusion can be drawn regarding possible gender differences. Additionally, the combination of low Self-compassion and higher levels of Compassion for others may be associated with suicidal ideation.

[Factors associated with suicide attempts in the antecedent illness trajectory of bipolar disorder and schizophrenia](#)

Suicidal attempts were prevalent during the antecedents of BD and SZ and were associated with several risk factors before FEM/FEP. Their clinical recognition could contribute to improve early prediction and prevention of suicide during the antecedent illness trajectory of BD and SZ.

[Risk and protective factors for self-harm in adolescents and young adults: An umbrella review of systematic reviews](#)

This umbrella review of systematic reviews provides robust evidence for the principal risk factors for self-harm in AYAs, which itself is an important risk factor for suicide – one of the leading causes of death globally in young people. Clinicians and other professionals who work with young people should be particularly cognisant of the psychiatric and ALE risk factors as well as the substance use, education-related and individual-level (e.g. being LGB) risk factors for self-harm. Procedures should be put in place in different settings to refer young people for adequate care when a professional recognises these risk factors in a young person. Knowledge of risk and protective factors for self-harm should be used to inform the design and implementation of public health measures to reduce self-harm in young people. Further research is needed on protective factors for self-harm and how the various risk/protective factors are related to each other. Moreover, in future research, meta-analyses should be stratified for both gender and different age groups within the AYA cohort.



[Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments: impact on patient outcomes and the provision of care](#)

The NCPSHI was associated with improvements in the provision of care across hospital groups, particularly those with no prior service for self-harm, highlighting the need to consider pre-existing context in implementation planning. Our evaluation emphasises the need for proper resourcing to support the implementation of clinical guidelines on the provision of care for people presenting to hospital with self-harm.

["Male suicide and barriers to accessing professional support: a qualitative thematic analysis"](#)

Help-seeking is a "complex decision-making process" and this is reflected in our findings which suggest that men who are suicidal experience multiple barriers that impact upon their professional help-seeking behaviors. Findings from our study support the broader evidence from male mental health research that incorporating a gender-sensitive approach into strategies for men's health is . This includes understanding how men make sense of their suicidal pain and what kind of help they want; recognizing the influence of gender norms on men's help-seeking behaviours and how professionals treat and respond to men in crisis; increasing men's psychological capability to access support; integrating an understanding of masculine norms and male socialization into professional training; creating gender-sensitive services – from the language and branding used, to the environments in which interventions are delivered – that are multi-modal and tackle both psychological and structural stressors; and integrate professional support alongside potential community, peer, and work interventions to increase physical and social opportunities for men to access effective support. Our study suggests that simplistic presentations of men as reluctant help-seekers undermine a complex reality and will not move us forward in developing appropriate, accessible, and appealing interventions for men. By reviewing help-seeking barriers across a large sample of men who are currently or recently suicidal and mapping these barriers onto the theoretical framework of Michie et al.'s behavior change wheel (BCW), we hope our findings can contribute to a richer, theoretical understanding from which more effective interventions can be developed. We make 23 recommendations to support this important endeavour.

Statistical Report

[Near to real-time suspected suicide surveillance \(nRTSSS\) for England for the 15 months to August 2023](#)

The purpose of the work is to provide an early warning system for indications of changes in trends in suicides through analysis of data on suspected suicides. This data can inform and enable a more timely and targeted prevention response to changing patterns in suspected suicides. The data outputs from the nRTSSS work programme are primarily for national and local organisations working on suicide prevention.

Article

[Inside the mind of a suicidal person](#)

A personal story from the loved one of somebody who took their own life.



News

[Samaritans launches new university hub in Chelmsford](#)

Samaritans has opened a new hub at Anglia Ruskin University (ARU) in Chelmsford so that fully trained ARU students, staff and alumni can provide emotional support to the public. A total of 30 volunteers across ARU campuses in Chelmsford and Cambridge are now trained to support people struggling to cope, either via its pilot online chat service and, in time, over the phone.

[New research exposes tech giants' amplification of content promoting suicide and self-harm](#)

[A first-of-its kind report](#) from suicide prevention charity, the Molly Rose Foundation (MRF) in partnership with Bright Initiative by Bright Data warns of the significant fundamental system failings by leading social media giants in handling self-harm and suicide content. The new data reveals young people are routinely recommended large volumes of harmful content, fed by high-risk algorithms, that when viewed in large amounts present a clear risk of exacerbating feelings of depression, hopelessness, and misery.

[A first Self-Harm Strategy for Scotland and the world](#)

A new strategy focused on supporting people who self-harm is being launched, backed by new investment from the Scottish Government of £1.5 million. The strategy - developed jointly with the Convention of Scottish Local Authorities (COSLA) and informed by people with lived experience - is believed to be the first of its kind in the world. It includes a three-year action plan which will prioritise tackling stigma and discrimination and improving support for people who have self-harmed – particularly those known to be at higher risk. The plan focuses on three areas:

- deepening knowledge and compassionate understanding of self-harm building support and services across Scotland
- improving and sharing data and evidence
- As part of the strategy, the Scottish Government funding supports a national webchat service offering people help out-of-hours.

Webinar

[Suicide Cultures Seminar with Katie Billings Tickets, Thu 14 Dec 2023 at 15:00](#)

Sharing from an important qualitative study and exploring the role of masculinities in understanding suicide and self-harm 14th Dec, 3-4pm UK time, online.

