

\*\*\*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 – Annual report 2024](#)

Our 2024 annual report provides findings relating to people aged ten and above who died by suicide between 2011 and 2021 across all of the UK. The NCISH database includes a national case series of suicide by patients under the care of mental health services over more than 26 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 specific topics, some of which reflect current concerns in suicide prevention or groups who may be at increasing risk. These include autistic people and those with attention deficit hyperactivity disorder, in-patients aged under 25, patients aged 18-21 who were students, patients with a one-off assessment, and those who died by suicide in public locations.

### [Suicide by people in contact with drug and alcohol services](#)

This report describes findings from a study linking national databases to examine the factors related to suicide by people under the care of drug and alcohol services. We linked mortality data on people who died by suicide (including probable suicide) to drug and alcohol treatment databases in England and Wales to establish the number of people who died by suicide within recent (12 month) contact with drug and alcohol services. We compared this group to people who had been in contact with drug and alcohol services in the previous year but did not die, to establish risk factors for suicide. We also collected data from serious incident reports into these deaths. This report is based on deaths that were registered in a 12-month period between 1 October 2021 and 30 September 2022. It describes the clinical and psychosocial risk factors that may inform suicide prevention and makes recommendations for practice to improve safety for people under the care of drug and alcohol services.



## Studies

### [Outcomes for university students following emergency care presentation for deliberate self-harm: a retrospective observational study of emergency departments in England for 2017/2018](#)

We find evidence of less-intense investigations being delivered to patients aged 18–23 identified as students compared with non-students visiting emergency departments after an episode of deliberate self-harm. Given the high risk of suicide attempts after episodes of deliberate self-harm among students, our findings may highlight the need for more focused interventions on this group of patients.

### [Qualitative study investigating the professional and personal effects of patient suicide on general practitioners in Northern Ireland](#)

GPs are impacted both personally and professionally when they lose a patient to suicide, but may not access formal help due to commonly held idealised notions of a 'good' GP who is regarded as having solid imperturbability. Fear of professional repercussions also plays a major role in deterring help-seeking.

### [Alexithymia and peer victimisation: interconnected pathways to adolescent non-suicidal self-injury](#)

This study enriches our understanding of the interplay between alexithymia, peer victimisation and NSSI, particularly within the Chinese context. Its findings have significant implications for a rethinking of alexithymia's theoretical construct and interventions targeting emotional literacy and peer dynamics among adolescents. Future research could benefit from a longitudinal design to establish causality.

## Webinar

### [Practitioner training webinar invitation](#)

Join the Samaritan's training webinar in collaboration with the University of Leicester. You'll learn how to use the internet safely, what the new online safety act means, the role practitioners play and how Samaritans can help.

