

perfect care
Suicide prevention
crisis research assessment risk self-harm resources
statistics study information



NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services
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Please visit <https://www.evidentlybetter.org/bulletins/suicide-prevention/> to view our webpage featuring key links and emerging reports about suicide prevention.

Studies

[Use of Tobacco Products and Suicide Attempts Among Elementary School-Aged Children](#)

This study of US children suggests that the increased risk of suicide attempts, consistently reported for adolescents and adults who smoke cigarettes, extends to a range of emerging tobacco products and manifests among elementary school-aged children. Further investigations are imperative to clarify the underlying mechanisms and to implement effective preventive policies for children.

[Sociodemographic and psychosocial risk factors of railway suicide a mixed-methods study combining data of all suicide decedents in the Netherlands with data from a psychosocial autopsy study](#)

Based on our findings we propose and discuss several recommendations to prevent railway suicide. We must continue to invest in a safe railway environment by training personnel and installing barriers. Additionally, we should adopt prevention strategies that align the needs of subgroups at increased risk, including young females who have attempted other methods of suicide and young males with autism spectrum disorder. Future research should determine the cost-effectiveness and feasibility of low-maintenance, automated interventions near crossings and psychiatric facilities.

[Prevalence of suicide attempt and associations with deliberate self-harm, mental health problems, drug misuse and traumatic experiences - a cross sectional survey of the Norwegian population](#)

This national study confirms the association between suicide attempt and deliberate self-harm, mental health problems, drug misuse and traumas.

[Stroke and suicide among people with severe mental illnesses](#)

Patients with a history of hospitalization or ED access had a higher risk of stroke, suicide, and death. Our data indicate that special attention should be given to patients with SMI, particularly those with a history of healthcare service utilization, such as through more extended hospital stays with high-intensity interventions.

[IL-6 predicts non-suicidal self-injury over 3 months in high-risk adolescents](#)

The study findings increase our understanding of whether and how inflammation may be implicated in risk of self-harm. IL-6 may be a viable biological marker of short-term risk for self-harm.



Strategy

[Draft suicide and self-harm prevention strategy](#)

Welsh Government is consulting on a new Suicide and Self-harm Prevention Strategy. The draft consultation document for the 10 year suicide and self-harm prevention strategy ends 11 June 2024.

Webinar

[Suicide In/As Politics with Hazel Marzetti and Alex Oaten](#)

Free online seminar, Fri 8 March, 2pm. Suicide is often seen as a topic that brings together politicians, policy makers, practitioners and the public to work toward the ultimate goal of preventing deaths by suicide, and as such can be portrayed as rising above political divides. In the Suicide in/as Politics project we have questioned this construction of suicide, challenging ourselves to ask the question is suicide prevention political?

News

[Small talk is no small thing](#)

New findings released today by Samaritans reveal nearly half of British adults avoid engaging with someone they don't know to avoid small talk – whilst more than one in five (22%) are worried they would say the wrong thing when engaging with someone. But suicide prevention charity Samaritans knows small talk can save lives and we are all better at it than we think. Although 94% of people say they don't have a go-to question to start small talk, 80% have used small talk in their personal lives over the past month, and over half (52%) often or always use small talk in their professional lives too.

[Mental health leave offered to Taiwanese students as youth suicides double](#)

Taiwanese high schools will begin offering mental health leave to students this month, to address rising rates of youth suicide and high levels of stress and depression. Under the programme, high school students can apply for up to three days off each semester, taken as full or half days, without proof of need but with the permission of their parents. More than 40 schools have expressed interest in the trial run, according to the ministry of education.

[The Finnish miracle: how the country halved its suicide rate – and saved countless lives](#)

It is now often known as the 'world's happiest country', but Finland used to have one of the highest suicide rates in the world. From alcohol to antidepressants, here are the changes that made the difference.

[£10 million to support suicide prevention](#)

People struggling with their mental health will be better supported thanks to a £10 million funding boost for organisations working to prevent suicides. A total of 79 organisations, including a suicide prevention helpline, will receive funding through the government's [Suicide Prevention VCSE Grant Fund](#). This will expand access to support services covering every region in the country, including the areas with the highest rates of suicide. Both national charities and small community-led charities, which provide tailored support for local areas, will receive new funding to support people with their mental health.

