

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

Studies

[Antidepressants and suicide – it's complicated...](#)

Summarises a network meta-analysis on antidepressants, suicidal ideation and suicidal behaviours, which suggests that SSRIs may reduce suicidal ideation in the short-term, but this is not sustained even to week 8 of treatment.

[The interrelationship of depression, stigma, and suicide risk among patients with bipolar disorder and their caregivers: a six-month follow-up study](#)

Suicidal ideation in patients with bipolar disorder is strongly linked to the severity of their depressive symptoms. Among caregivers, higher levels of stigma and suicide risk are associated with greater depressive symptom severity, while caregivers' suicide risk appears to have a protective effect on patients' depression severity. Early identification and targeted interventions for individuals at high risk of suicide and stigma may help alleviate depression in both patients and their caregivers.

[Psychological experiences of parents of adolescent patients with non-suicidal self-injury: a qualitative study based on Bronfenbrenner's ecological systems theory](#)

The social ecosystem of parents of adolescents with NSSI is undesirable. Psychological intervention, online and offline extension services, and the dissemination of professional knowledge may help improve the mental health level and care ability of parents of adolescents with NSSI, thereby reducing adolescent self-injurious behaviors.

[Public and mental health professionals' perspectives on social media and suicide exposure](#)

Findings highlight the need for improved content moderation, public health-led digital monitoring, and education on safe social media use. Strengthening real-time suicide surveillance, improving collaboration with social media platforms, and promoting public awareness of digital literacy are critical to mitigating risks and ensuring social media supports suicide prevention efforts. As digital communication continues to evolve, proactive public health strategies will be essential in safeguarding vulnerable individuals.

Guidance

[Staying safe from suicide](#)

NHS England [has published new guidance](#) on suicide risk and safety, encouraging a more holistic, person centred approach to care. Developed in collaboration with researchers, clinicians, people with lived experience and professional bodies, the guidance is underpinned by the work of Professor Nav Kapur.

Statistics

[Quarterly suicide death registrations in England](#)

Provisional rate and number of suicide deaths registered in England per quarter. Includes 2001 to 2023 registrations and provisional data for Quarter 1 (Jan to Mar) to Quarter 4 (Oct to Dec) 2024. These are official statistics in development. [Dataset](#).

[Self-harm and suicide by sexual orientation, England and Wales](#)

A population-level analysis of rates of intentional self-harm and suicide by sexual orientation for people aged 16 years and over in England and Wales. Risk of suicide for people identifying with an LGB+ orientation was 2.2 times higher than for those identifying as "Straight or Heterosexual". [Dataset](#).

Online events

[NCISH 11th Conference, 8 May 2025](#)

Free half day virtual conference presenting the [latest UK-wide findings](#) relating to people who died by suicide between 2012 and 2022. We will examine the circumstances surrounding these deaths, discuss changes in trends over time, and present our recommendations for clinical practice and policy that will improve safety. This year 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 patients with bipolar disorder, patients who have missed their last contact with services and/or were non-adherent with medication, and patients who have been recently (within 3 months) bereaved.

[Social Isolation and Loneliness Training](#)

At our 'Breaking the silence: understanding social isolation and loneliness' webinar we'll share more about our latest training course and will be discussing social isolation, loneliness and the importance of community and connection. We'll be running the webinar on two dates during Mental Health Awareness Week:

- Monday 12 May, 10.30-11.30am
- Tuesday 13 May, 12.30-1.30pm

You will also receive a recording, booklet and certificate of attendance following the webinar. This event is FREE.

News

[Ofcom investigates online suicide forum - Ofcom](#)

Ofcom has [launched an investigation](#) into whether the provider of an online suicide forum has failed to comply with its duties under the UK's Online Safety Act. This is the first investigation opened into an individual online service provider under these new laws.

[How to save 40,000 lives](#)

A groundbreaking approach to preventing suicides on the Wirral.