

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

## Studies

[Feasibility and acceptability of the Community Outpatient Psychotherapy Engagement Service for Self-harm \(COPESS\): randomised controlled trial](#)

These findings add to the growing evidence base supporting the utility of brief psychological interventions for self-harm. COPESS has potential as a brief primary-care-based intervention for those struggling with self-harm.

[Does harsh parenting increase the risk of self-harm and suicide in young people?](#)

This Lancet Psychiatry paper looks across 38 longitudinal cohort studies to uncover how parenting and family dysfunction predict later self-harm or suicidality. The findings may surprise you.

## Editorial

[Specialist mental health crisis centres in England: a step forward or a stumble in the dark?](#)

The recent proposal by NHS England to establish specialist mental health crisis centres has prompted considerable discussion. This editorial examines the initiative, which aims to reduce accident and emergency pressure and provide tailored care. However, it raises significant questions about the potential to exacerbate systemic fragmentation.

## Training

[Join the ZSA train-a-thon](#)

Mersey Care's Zero Suicide Alliance (ZSA) and Safe from Suicide Team are running a train-a-thon as part of World Suicide Prevention Day 2025 (Wednesday 10 September). Book your place to take part in one of three virtual training sessions that will run on the day - morning: 10am to 11.30am, afternoon: 1pm to 2.30pm or evening: 6pm to 7.30pm.

## Podcast

[Youth Suicide Myths: Talking to Save Lives](#)

Talking about suicide and its myths can save lives. Easha Kapur (UCL Politics and International Relations BSc, 2025) takes on the critical issue of youth mental health, aiming to debunk prevalent myths that often hinder young people from seeking vital support. She interviews her father, Professor Navneet Kapur, Professor of Psychiatry and Population Health. He's a leading expert on the subject of self-harm and suicide. This podcast makes complex academic insights accessible, addressing the rising psychological stress among youth. It's important listening for young people, teachers, and caregivers hoping to understand and support mental wellbeing.

## News

### [Girl left unwatched by agency worker at psychiatric unit was unlawfully killed, inquest finds](#)

A vulnerable 14-year-old girl was unlawfully killed when an agency support worker failed to keep her under observation at a secure psychiatric unit, an inquest jury has concluded.

### [Parents could get alerts if children show acute distress while using ChatGPT](#)

OpenAI to roll out new protection measures after facing a law suit on behalf of teenager who took his own life.

### ['Sliding into an abyss': experts warn over rising use of AI for mental health support](#)

Psychotherapists and psychiatrists said they were increasingly seeing negative impacts of AI chatbots being used for mental health, such as fostering emotional dependence, exacerbating anxiety symptoms, self-diagnosis, or amplifying delusional thought patterns, dark thoughts and suicide ideation.

### [Teen killed himself after 'months of encouragement from ChatGPT', lawsuit claims](#)

The makers of ChatGPT are changing the way it responds to users who show mental and emotional distress after legal action from the family of 16-year-old Adam Raine, who killed himself after months of conversations with the chatbot.

### [Suicide and self-harm content still recommended 'at industrial scale' by TikTok and Instagram eight years after Molly's death](#)

TikTok and Instagram were recommending industrial levels of harmful suicide and self-harm content to teens just weeks before the Online Safety Act came into effect, actively putting young lives at risk. Almost eight years on from the death of Molly Russell, our new research found algorithmically driven depression, suicide and self-harm content being recommended at a vast scale to accounts opened as a 15-year-old-girl.