

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

Studies

[Examination of oxidative stress and glutamate as potential mechanisms of N-acetylcysteine in the treatment of non-suicidal self-injury in young people assigned female at birth: randomised trial](#)

The study did not support the proposed biological signatures of NAC in young adults with NSSI, although exploratory findings suggested potential biological correlates of clinical improvement. Further research is necessary to explore neurobiologically based treatments for young adults with NSSI.

[Examining harsh parenting as a moderator in the association between childhood irritability and adolescent suicidal behaviors](#)

Parental behaviors may play an important role in the pathway to suicide attempt of children with irritability, especially for females, who may have a heightened sensitivity to interpersonal stressors. Parenting interventions may be helpful in suicide prevention among females with irritability.

[Subtypes of Eating Disorder Symptoms, Thwarted Belongingness, Perceived Burdensomeness, Capability for Suicide, and Their Associations With Suicide Ideation and Suicide Attempts](#)

Findings suggest that the measurement of thwarted belongingness, perceived burdensomeness, and capability for suicide is particularly important for individuals with binge/purge type eating disorder symptoms. Overall, IPTS factors should be incorporated into assessments of clients presenting with ED symptoms and suicidality.

[Teachers' Response to a Student Presenting With Suicidality: A Call to Action](#)

This instrumental case study sought to explore how 21 teachers in an accelerated licensure program responded to a case vignette involving a student presenting with suicide risk factors. Findings showed that most teachers recognized risk factors and referred students appropriately, but confidence, appropriateness, and scope of practice varied. Implications underscored the need for experiential gatekeeper training to build confidence and effective intervention skills, and a call to action for educators is presented.

[Rethinking self-harm: from stigma and punishment to compassionate care](#)

The authors conclude that self-harm is a neglected public health issue that is multifactorial in its nature and drivers. Systemic changes are necessary on a large scale in order to achieve widespread and effective prevention efforts. The report calls for a redesign of the approach towards mental health care using compassionate and non-punitive responses alongside government-level efforts to address the social drivers of health.

[Determining the indirect costs of suicide in Sweden: a national population-based cross-sectional study, 2010–2019](#)

This study provides valuable insights into the economic burden of suicide on Swedish society. It underlines the potential economic benefits of effective suicide prevention, aligning with previous research highlighting the substantial returns—both monetary and in terms of human well-being—that successful prevention strategies can yield.

News

[Samaritans unveils plan to future proof the life-saving charity and answer more calls from those in crisis](#)

Samaritans have announced three areas of change that will shape the suicide prevention charity's future and ensure it is here for more people - the adoption of 'pathfinder' areas to change the footprint of branches in the UK, the expansion of their online chat service and pilot remote volunteering.

[Samaritans demands more support for emergency workers amidst shocking rise in suicide and self-harm call outs](#)

Samaritans is calling for the Government to set a standard of suicide prevention training and wellbeing support for all emergency workers.

[Instagram still poses risk to children despite new safety tools, says Meta whistleblower](#)

Meta rejects review findings, which claim two-thirds of new features designed to protect young people are 'woefully ineffective'. Algorithms showed inappropriate sexual or violent content, with the "not interested" feature failing to work effectively, and autocomplete suggestions actively recommending search terms and accounts related to suicide, self-harm, eating disorders and illegal substances, the researchers established.

[Instagram Teen Accounts fail to protect children, first-of-its-kind testing of safety tools reveals](#)

Instagram's Teen Accounts are abjectly failing to keep young people safe despite Meta's PR claims, a major new [report](#) has revealed.

