

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

Studies

[Trends in non-suicidal self-injury among adolescents: A global cross-temporal meta-analysis, 2007–2023](#)

This cross-temporal meta-analysis examined trends in adolescent NSSI and its influencing factors. The results indicated: (1) No significant change occurred in the severity of adolescent NSSI from 2007 to 2023. (2) No significant differences were found in NSSI trends across Asia, Europe, and the Americas. (3) NSSI severity changes were more pronounced in clinical samples than in non-clinical samples. (4) Social indicators showed a close relationship with adolescent NSSI. Specifically, social development (GDP per capita, HDI, and Internet penetration) and social well-being (happiness index) were significantly positively correlated with adolescent NSSI, whereas lower social equity (higher Gini coefficient) was associated with reduced adolescent NSSI.

[Reciprocal longitudinal associations between symptoms of body dissatisfaction and disordered eating, self-harm and suicidal ideation](#)

The effects of self-harm and suicidal ideation on disordered eating in early adulthood are stronger than the influence of disordered eating on suicidality.

[A clinician's guide to probabilistic suicide risk prediction tools: cautions and pitfalls](#)

We conclude that tools such as OxSATS should be treated with significant caution and require careful scrutiny before being considered for clinical use. At present, psychosocial assessments and understanding patients' narratives remain at the heart of good care for suicidal patients.

[Systematic review and meta-analysis of the effectiveness of ECT in reducing suicidal ideation, self-harm, suicide, and mortality](#)

This study found that when prescribed for appropriate indications, ECT is a safe treatment associated with a reduced incidence of mortality, particularly for patients with more severe depression and for older adults. Meta-analysis for suicide did not show a difference in a consistent direction. It is possible that ECT has no effect on suicide mortality. Our included studies that investigated patients with depression of at least moderate severity showed either decreased risk or no increased risk. These findings should be interpreted in the context that the literature on associations between suicidality and ECT is complicated by high heterogeneity in study design, clinical populations studied, follow-up duration, and outcome measures reported.

[Mental health and suicidal ideation from 2010 to 2023 among university students: national repeated cross-sectional analysis](#)

Student mental health has worsened over the past decade. Although there was some post-pandemic improvement, rates of anxiety, depression and suicidality remain high. These findings underscore the continued importance of tiered mental health support and structural interventions within higher education to address student mental health.

[Comparison of suicide rates in the USA and Australia between 1921 and 2020: major shifts in youth and elderly suicide rates over a century](#)

While overall national suicide rates were relatively stable over 100 years apart from during war and economic depression, male suicide rates in the USA and Australia experienced significant age-related changes over the century. These include major declines in males aged over 65 years but also an increase in suicides for those aged between 15 and 44. Suicide rates across age groups have therefore converged, regressing towards the mean for all age groups combined.

[When love breaks down: relationship breakdowns and suicide risk in men](#)

Men are around 3 times more likely to die by suicide than women, and new evidence suggests relationship breakdowns could be a key risk factor. A major 2025 meta-analysis explores the complex links between separation, divorce, and suicidality in men.

BSI Standard

[Suicide and the workplace. Intervention, prevention and support for people affected by suicide](#)

The UK's first standard (BS 30480:2025) dedicated to suicide in workplace contexts, providing comprehensive, principles-based guidance to help organisations support people affected by suicide has been developed by stakeholders from government, charities and industry sectors including Mersey Care's Clare Iveson (Clinical Psychologist).

Statistics

[Quarterly suicide death registrations in England](#)

Provisional rate and number of suicide deaths registered in England per quarter. Includes 2001 to 2024 registrations and provisional data for Quarter 1 (Jan to Mar) to Quarter 2 (Apr to June) 2025. [Dataset](#)

Editorial

[Relational psychiatry and suicidal states: reclaiming hope in everyday clinical practice](#)

This editorial is a call to renew hope, to reaffirm that psychiatrists, using their everyday medical and psychiatric expertise in personalising the biopsychosocial care they provide to their patients, can make a critical difference when dealing with suicidal states. Effective relational psychiatry offers hope to both clinicians and patients. We must not lose it.

News

[Ofcom update on investigation into online suicide forum](#)

Ofcom has today provided an update on our [investigation into the provider of an online suicide forum](#) under the UK's Online Safety Act. We now have reason to believe, from evidence provided to us by Samaritans on 4 November 2025, that the service is available to UK users. We are therefore now progressing our investigation as a priority, and we aim to reach a conclusion as swiftly as we can.

[NHS trust fined £565,000 after woman killed herself on 'death trap' ward](#)

A woman whose daughter killed herself on a "death trap" mental health ward in London has called for urgent change after an NHS trust was fined more than half a million pounds. Alice Figueiredo, 22, took her own life at Goodmayes hospital, Redbridge, after 18 similar attempts.

[Has OpenAI really made ChatGPT better for users with mental health problems?](#)

An OpenAI statement [released this week](#) claimed the company had made its popular service ChatGPT better at supporting users experiencing mental health problems like suicidal ideation or delusions, but experts tell the Guardian they need to do more to truly ensure users are protected. The Guardian tested several prompts indicating suicidal ideation with the ChatGPT GPT-5 updated model, which is now the default, and got alarming responses from the large language model (LLM) chatbot.

[Character.AI bans users under 18 after being sued over child's suicide](#)

The chatbot company Character.AI will ban users 18 and under from conversing with its virtual companions beginning in late November after months of legal scrutiny. The announced change comes after the company, which enables its users to create characters with which they can have open-ended conversations, faced tough questions over how these [AI](#) companions can affect teen and general [mental health](#), including a lawsuit over a [child's](#) suicide and a proposed bill that would ban minors from conversing with AI companions.

[The final days of a girl in care - the story authorities did not want you to know about](#)

On 28 December 2023, just weeks after her 18th birthday, Nonita was hit by a train. The coroner ruled she took her own life. An inquest discovered a catalogue of failures, missed opportunities, critical mistakes and poor judgements. Between 2024 and 2025, 91 care leavers aged 18-24 died.

