

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

Studies

[Treating ADHD, preventing harm: can medications help with non-core ADHD symptoms?](#)

ADHD medication associated with reduced rates of suicide, substance misuse, transport accidents and criminality in Swedish study of 148,581 people.

[Mental health admissions to medical wards: 65% increase in a decade for young people](#)

Mental health admissions to acute medical wards rose 65% for young people in England (2012-2022), with eating disorder admissions up 515% and anxiety admissions doubling in 10 years. Self-harm admissions accounted for more than half of the total. Adolescent girls by far the biggest group affected.

[Headbanging as self-injury in secure mental health settings: who is most affected?](#)

This descriptive study analysed five years of incident data from a private mental health provider, finding that headbanging incidents were most common among younger female patients with Emotionally Unstable Personality Disorder in low secure and CAMHS wards. However, the study only describes patterns without exploring why headbanging occurs or differentiating between self-harm, sensory regulation and communication.

[What lies beneath hair-pulling and skin-picking behaviours? The role of early maladaptive schemas](#)

Are hair-pulling and skin-picking disorders linked to deeper beliefs formed in childhood? This study found that early maladaptive schemas were common across trichotillomania, skin-picking and OCD, with stronger associations to focused (emotionally-driven) behaviours.

[Suicide attempts among Korean adolescents before, during and after the COVID-19 pandemic: a cross-sectional study](#)

Across three survey years, suicide attempts among Korean adolescents co-occurred with multiple emotional, behavioural and contextual characteristics. The magnitude of these associations varied before, during and after the pandemic, suggesting that broader social and educational conditions may shape patterns of distress linked with suicidal behaviour. Integrated approaches addressing overlapping emotional, behavioural and socioeconomic challenges may support youth suicide prevention efforts.

[Visual content and thematic analyses of images shared on social media before and after episodes of self-harm in a UK clinical youth sample](#)

Findings suggest that young people may temporarily withdraw from social media on the day of a self-harm event and rarely post graphic self-harm images around that time. This may reflect concerns about being stigmatised, but also improved platform moderation. Instead, platforms may serve as spaces for expressing self-care behaviours and connecting with others about both positive and challenging emotions, and across a range of topics including mental health.

[Suicidal ideation among people with different gambling behaviour profiles: analysis of a longitudinal survey of people who gamble regularly in the UK](#)

Although many profiles of gambling activity present suicide risk, some types present greater risk. National Institute for Health and Care Excellence guidelines recommend enquiry in primary care settings about gambling behaviours. Our findings suggest that clinicians should consider asking questions on mode (online or in-person) and product (especially electronic gambling machines) to identify those at heightened risk of suicidal ideation. Gambling should also be considered routinely in psychosocial assessments across clinical settings and incorporated into suicide prevention campaigns.

News

[Spotlight on social media bans: A parent's guide](#)

Many parents and campaigners are calling for a ban on social media for under 16s, and their concerns are entirely legitimate. Children have been exposed to worrying levels of harm online for far too long, made worse by design choices that push content through powerful recommendation systems. You can read more on why we are opposed to a ban and our suggested solutions in our [Spotlight on social media bans: A parent's guide](#).

[Men's Sheds Suicide Awareness Training](#)

[UK Men's Sheds Association](#) and the Zero Suicide Alliance have built a strong partnership over recent years, working together to promote wellbeing and support Shedders across the UK. In early 2025, the ZSA delivered a series of virtual suicide-awareness training sessions designed specifically for Shedders. The sessions focused on building practical skills, increasing confidence, and encouraging open conversations around suicide awareness and prevention.

[LGB+ people in England and Wales 'much' more likely to die by suicide than straight people](#)

LGB+ people are much more likely to die by taking their own lives, drug overdoses and alcohol-related disease than their straight counterparts, the first [official figures](#) of their kind show. It found that people who identified as gay, lesbian, bisexual or "other" sexual orientation had 1.3 times the risk of dying than those identifying as straight or heterosexual. The age-standardised rate of death from any cause was 982.8 for each 100,000 people for LGB+ people compared with 752.6 for each 100,000 people for straight or heterosexual people, the ONS said.

[Woman 'overwhelmed' by loneliness killed herself and disabled daughter, coroner says](#)

A translator who became a full-time carer for her severely disabled eight-year-old daughter killed herself and her child after becoming "overwhelmed" by loneliness, a coroner concluded.