Studies

[Moderating effect of avoidance on the relationship between depression and suicidal ideation across different types of trauma exposure](#)
These findings underscore the relevance of targeting avoidance symptoms to mitigate suicidal ideation, particularly in individuals with late-onset, single-incident or non-interpersonal trauma exposure. Exposure-based therapeutic interventions may offer particular benefit for reducing suicidal ideation among trauma-exposed individuals with depressive symptoms.

[Stigma and risk of self-injury and suicidality in adults with Tourette syndrome: findings from a cross-sectional impact survey](#)
This sample of ATS, on average, endures medium–high levels of stigma, which significantly contributes to their risk of self-injury, suicidal ideation and suicidal behaviours. Given this heightened risk, it is crucial to integrate stigma reduction interventions into health and mental health services for this vulnerable population.

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 3 (July to Sept) 2025. These are official statistics in development. [Dataset](#)

Blog

[Ripple Suicide Prevention launches ethical AI as major advancement in digital safeguarding](#)
Ripple Suicide Prevention has unveiled a groundbreaking AI-powered content classification system to proactively protect vulnerable users from harmful online content related to self-harm and suicide. The charity's new AI capability scans and classifies self-harm and suicide-related content across websites worldwide, including forums and social media. Ripple BrowserShield is available free of charge to individuals, parents, schools, colleges, universities, and charitable organisations globally. Through Ripple For Business, the technology is also available to businesses and public sector organisations seeking to protect employees and users across managed devices and Wi-Fi networks.

News

[The Lighthouse Charity and Ripple Suicide Prevention Launch Partnership](#)
The Lighthouse Charity, the UK's leading construction charity supporting the wellbeing of the construction community and their families, and Ripple Suicide Prevention, the charity pioneering online safety through crisis intervention technology, are launching their new partnership via a live webinar to drive positive change across the construction sector. The webinar will take place on 4 March 2026, 11am – 12pm.

[Regulate Big Tech like the banks to protect children from addictive design and harmful algorithms](#)
Big Tech should be regulated like the banks with a conduct-based regime that holds senior managers accountable for product safety risks, in a sweeping new approach to online safety proposed by Molly Rose Foundation.

[Lack of mental health beds contributed to UK teenager's death, inquest finds](#)
A shortage of mental health beds and poor communication between agencies contributed to the death of a teenage girl on hospital grounds, an inquest has found. Ellame Ford-Dunn, 16, who had a history of self-harm, died in March 2022 after absconding from an acute children's ward where she had been put because of a dearth of appropriate mental health beds.

[Katie's story: her abusive ex-partner said 'kill yourself'. When she did, police dropped domestic violence inquiry](#)
The circumstances surrounding Madden's death are no doubt tragic, but they are also an example of an increasingly controversial area of UK justice, one which has been described as a blind spot in the law's ability to see the growing numbers of suicides among domestic abuse victims as something more: evidence of potential crimes.

[More exam stress at 15 linked to higher risk of depression as young adult – study](#)
Exam stress at age 15 can increase the risk of depression and self-harm into early adulthood, [research](#) suggests. Researchers at University College London examined data from nearly 5,000 young people born in 1991 and 1992 taking part in a wider ongoing study of children.

[Trusted Voices: Higher death rates among young LGBTQ+ people highlight the risks of misinformation at vulnerable moments](#)
Wider health issues have a role to play - how can information creators help?

[Using AI for emotional support](#)
Although AI can enable self-help, many are using it as a form of therapy or a substitute for other sources of emotional support. This can lead to growing reliance on it for their mental wellbeing. More worryingly, we know that chatbots can sometimes give harmful advice and encourage self-harm or suicide. Tragically, there have been cases where people have taken their own lives following advice provided by a chatbot.

[Samaritans welcomes action on AI chatbots](#)
Samaritans has welcomed the [government's announcement](#) that AI chatbots will be brought into scope of the Online Safety Act, describing it as a positive first step towards reducing emerging online harm.