

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

Studies

[Midlife women: self-harm and suicide are not interchangeable](#)

Women aged 55-59 present far less often with self-harm than women aged 40-44, yet experience twice the suicide mortality. Different expressions of distress require different responses.

[Involuntary psychiatric patients face prolonged suicide risk post-discharge](#)

Suicide risk following involuntary psychiatric care remains elevated for years, with highest risk in the first month. Personality disorder patients face greatest long-term vulnerability.

[Experiences of receiving a bystander intervention during a suicide attempt on the railways](#)

Findings suggested that some people actively avoid receiving an intervention by concealing how they are feeling in that moment. Interventions that are gentle and do not draw attention may be preferable, such as making small talk and simple gestures such as smiling or being near the individual. Conversely, more intrusive or aggressive interventions may be triggering and exacerbate suicidality.

[A multidimensional examination of pain threshold and non-suicidal self-injury: psychological and physiological determinants in adolescents](#)

Adolescents with NSSI demonstrate elevated pain thresholds and altered autonomic reactivity. These findings highlight the importance of considering pain processing alongside psychological characteristics and NSSI functions in clinical assessment and intervention planning.

[Cost of acute hospital treatment and initial aftercare for hospital-presenting self-harm in Ireland: national registry study](#)

Significant costs associated with repeat attendances and hospital admission provide evidence for investment in emergency department services providing comprehensive care for those presenting with self-harm, as well as in community-based mental health services.

[Self-harm in children involved in private and public family justice court proceedings: longitudinal national data linkage study](#)

The elevated risk of self-harm in children involved in public law proceedings is well recognised. Our study highlights risk in children in private family justice proceedings. Elevated risk among those from less deprived areas and those with no history of self-harm may reflect circumstances associated with family justice involvement, resulting in rates comparable to children with other pre-existing vulnerabilities. Contact with family justice is an opportunity to offer preventative support.

Blog

[Suicide Prevention Strategy for England - Time to take stock](#)

As the Suicide Prevention Strategy for England reaches its halfway point, Samaritans reflects on progress so far and calls on Government to publish a clear update and action plan for the remainder of the strategy period.



News

[Eight stages of suicide in domestic abuse victims](#)

A new resource is available to support practitioners in stages of suicide in domestic abuse victims. The tool provides prompts and considerations to help identify risk earlier and guide timely intervention.

[Suicide rates for UK men are a 'national catastrophe', says Prince William](#)

Prince William has called the prevalence of male suicide in the UK a "national catastrophe" in a radio appearance in which he opened up about his approaches to dealing with difficult emotions.

[Mumsnet calls for under-16s social media ban with cigarette-style health warnings](#)

Mumsnet has launched a campaign to introduce a ban on social media for under-16s featuring health warnings in the style of those on cigarette packets. The deliberately provocative national advertising campaign calls for all social media to be banned for children under the age of 16. The images on billboards and social media make a number of stark statements related to health. They claim that "three hours or more social media a day makes teens more likely to self-harm", that teen phone addiction doubles the risk of anxiety, that social media use can increase the risk of eating disorders in young people and that addictive social media use in teens is linked to higher risk of suicidal behaviour.

[Instagram to alert parents if teens repeatedly search self-harm terms](#)

Instagram will start alerting parents if their kids repeatedly search for terms clearly associated with suicide or self-harm.

[Police suicide prevention training – Samaritans welcomes protected time](#)

Following the Government's Policing Reform Paper, Samaritans welcomes protected time for police suicide prevention training and calls for it to cover all staff.

[Molly vs The Machines highlights the dangers of social media and what needs to be done to keep us safe online](#)

Molly vs The Machines is a new documentary premiering on Channel 4. It tells the story of a young girl who died by suicide after being influenced by negative social media algorithms, and her dad, who is now fighting for online safety. This encourages an important national conversation on how we keep people safe online. Samaritans supports the pressure put on platforms to make their content safe for everyone.