

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

Studies

[Emotion Regulation and Depressive Symptoms Mediate the Association between Chronotype and Suicidality](#)

Chronotype did not have a direct effect on suicidality. Instead, eveningness was indirectly linked to higher suicidality. Specifically, individuals with stronger eveningness tendencies reported poorer emotion regulation, which increased depressive symptoms; depression, in turn, predicted suicidal ideation, which emerged as a significant predictor of suicide attempts. Subgroup analyses revealed that the same sequential pathway was significant only among evening-types, but not among morning-types.

[Parental violent offending and offspring suicidal behavior: a nationwide register-based study](#)

Offspring of parents with violent convictions are a group at high risk of suicidal behavior in need of early identification, multiagency coordination, and measures to reduce the risk of self-harm and suicide.

[Among key social determinants, connection associated with lowest odds of non-suicidal self-injury and suicidal ideation among Australian youth](#)

Social connectedness was the only social determinant associated with lower odds of both suicidal ideation and non-suicidal self-injury in youth. Although further longitudinal studies are needed to confirm these benefits, our cross-sectional findings provide initial support for the National Suicide Prevention Strategy's emphasis on strengthening social inclusion and economic security as key prevention strategies. Our findings highlight the importance of implementing and evaluating connectedness interventions for youth as a priority next step in suicide and NSSI prevention efforts.

[Risk of Depression, Anxiety, and Suicidal Behavior in Older Adults With Severe Vision Loss](#)

Blindness in older adults is associated with significantly increased risks of depression, anxiety, and suicide, especially within the first year of diagnosis. These findings suggest the need for mental health screening and early psychosocial intervention in newly blind patients to mitigate long-term psychiatric morbidity.

[Elevated C-reactive protein is associated with suicide attempts in youth with bipolar disorder](#)

Suicide attempts among youth with BD are associated with elevated CRP. Given accessibility of CRP testing, the present findings have potential clinical implications. Larger, longitudinal studies with repeated measures are needed to examine time-varying associations between CRP and suicide risk among youth with BD.

[Asking preadolescents about suicide does not increase suicidal thoughts](#)

Clinicians have long feared that asking younger children about suicide could cause harm. New evidence from a 12-month study suggests that fear is not supported by the evidence.

[Can You 'Catch' Suicide? What This Meta-Analysis Really Tells Us](#)

If your friend is struggling with suicidal thoughts, are you at greater risk? A meta-analysis of over 1 million people explores the evidence.



perfect care
Suicide prevention
crisis research risk self-harm
assessment resources
statistics information
study



NHS

Mersey Care
NHS Foundation Trust

14 April 2026

Blogs

[How the 10 Year Health Plan could support suicide prevention](#)

The Government's 10 Year Health Plan sets out major changes to how the NHS will deliver care — but says relatively little about suicide prevention.

[Suicide Prevention Consortium: what we learned and what's next](#)

The Suicide Prevention Consortium (SPC) started with a clear goal: to make sure those most affected by suicide were central to national policy.

["Ever Trying". Mental health and suicide prevention services in Sweden](#)

Dr Chris Hanvey explores what the UK can learn from Sweden's national strategy for mental health and suicide prevention, from psychiatric ambulances to specialist helplines.

