

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

## Studies

### [Brief interventions after suicide attempts: does connection save lives?](#)

Fifty years after Jerome Motto's caring letters, this meta-analysis suggests brief interventions can help people through the high-risk period after a suicide attempt. However, we still don't know how they work.

### [Loneliness in adolescence and suicidal thoughts: is depression the link?](#)

About 1 in 10 teenagers experience severe loneliness. A new 13-year study examines what this means for their future mental health and suicide risk.

### [Predictive analytics to direct clinical attention to complex patients with elevated suicide risk: enhancement of the Veterans Health Administration REACH VET model](#)

RV 2.0 improves suicide risk stratification among Veterans, demonstrating better performance and consistent prediction across subgroups and highlighting the need for regular model updates and evaluation.

## Training

### [LGBTQ+ Suicide Awareness Training Launched](#)

The Zero Suicide Alliance (ZSA), in partnership with Liverpool City Council, has launched a new LGBTQ+ Suicide Awareness Training course designed to help people feel more confident supporting LGBTQ+ individuals who may be struggling with their mental health. The free online training brings together lived experience, community voices and clinical insight to highlight the unique factors that can affect suicide risk within LGBTQ+ communities, and offers practical guidance on how to have supportive, compassionate conversations.

## Podcast

### [The Suicide Prevention Project That's Sent 3.5 Million Letters](#)

Ben West is a mental health campaigner, who became an activist after losing his 15-year-old brother, Sam, to suicide in 2018. Earlier this year, Ben launched the incredible Reasons to Stay project, a suicide prevention website where anyone in the world can write a letter to someone thinking about suicide. In part one, Ben joins Dr Alex George to discuss the extraordinary impact of Reasons to Stay, and how the project grew from a £16 web domain into a lifeline which has sent over 3.5 million letters to people struggling around the world. [Part 2](#) [Part 3](#)

Available on Apple and Spotify.

## Conference

### [Suicide Bereavement UK's 15th International Conference](#)

Book tickets now for Suicide Bereavement UK's annual conference, titled 'Silence isn't always golden' on [eventbrite](#). Taking place on 16 September at the Titanic Hotel Liverpool, the event aims to improve understanding and support for those bereaved by suicide.



## News

### [Suffering is not inevitable: a thematic analysis of a roundtable on ADHD and mental health](#)

This briefing highlights the key themes and insights from our roundtable on ADHD and mental health with James' Place.

### ['My dad took his own life as struggle with psychosis' - BBC News](#)

The daughter of a man who took his own life during a mental health crisis believes her father would still be alive if he had received the right care for psychosis.

### [Social media to be banned for under-16s in landmark government move to give kids their childhood back](#)

Social media platforms to be blocked from offering services to under-16s, marking a line in the sand and setting a new normal for future generations.

### [Latest Research shows little change since Online Safety Act](#)

Half (47%) of girls and a third of all teens aged 13 to 17 saw high risk suicide, self-harm and eating disorder content in a week, our [major new research shows](#).

### [ICO watchdog opens inquiry into cameras in mental health patients' bedrooms | Mental health | The Guardian](#)

The information commissioner has launched an investigation into a controversial camera-based system for monitoring patients in their bedrooms, used by 40% of [NHS](#) mental health trusts, over data protection concerns.

### ['It was too easy': families ask how Kenneth Law enabled so many suicides](#)

Bereaved relatives say they were ignored by authorities as they searched for answers over suicide forums and kits.

### ['Car parks must be safer after my son's fatal fall' - BBC News](#)

The mother of a man who died falling from a multi-storey car park after taking ketamine says she feels her son "means nothing" to ministers. Natasha Perry, from Liverpool, whose son Joshua, 21, died in March 2025, said she was disappointed there had been "no progress" in a campaign to raise the legal minimum height of car park barriers from 1.1m (3ft7) to 2.7m (8ft10).