

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

Studies

[Cannabis use disorder, alcohol use disorder, and suicidal ideation within a social determinants of mental health framework: Insights from a network analysis](#)

Mental health outcomes are shaped by both individual and structural factors. Targeting key bridging nodes (e.g., cannabis use disorder and psychological distress) may improve prevention and intervention, alongside policies addressing adverse social conditions.

[Recent Non-Suicidal Self-Injury in Autistic Adolescents and Adults: Characteristics, Clinical Correlates and Suicidal Thoughts and Behaviors](#)

This study provides the most comprehensive characterization of NSSI in autistic adolescents and adults to date, revealing a clinically vulnerable population marked by socioeconomic hardship, poorer health, reduced self-compassion, and markedly elevated STBs. The concentration of all recent suicide attempts within the recent-NSSI group underscores the necessity of routine NSSI assessment and thorough suicide risk evaluation among those with recent NSSI. The predominance of affect regulation and self-punishment functions highlight emotion regulation and self-compassion-focused interventions targets. With NSSI typically beginning in childhood and a long interval observed between onset and current age, the findings point to potential missed opportunities for early detection. Single-item screeners- that emphasize cutting may miss common autistic NSSI methods (e.g., banging, hitting, wound interference, biting, hair pulling); comprehensive method checklists are recommended. Associations with autism-specific factors, including camouflage exhaustion and elevated repetitive traits, further support the need for autism-informed approaches that reduce masking demands and support identity development. Future research should prioritize longitudinal designs, intervention development, and more diverse samples. Given the elevated suicide risk observed, sustained clinical attention to NSSI is essential.

[Comparing lithium and valproate in reducing suicide risk: A territory-wide retrospective cohort study with pairwise and network meta-analysis](#)

In conclusion, our cohort study and meta-analysis found no significant difference between lithium and valproate in preventing suicide, while demonstrating that both agents are associated with a significantly lower risk of suicide relative to no treatment. These findings suggest that the choice between lithium and valproate for suicide prevention in the management of bipolar disorder should be guided by individual patient characteristics and safety considerations.

[Lifetime substance use disorder and suicidal behaviour: a population-based familial co-aggregation register study](#)

Our results suggest that SUD of all substances and suicidality share familial factors, with the clinical implication that family history of SUD constitutes a risk factor for suicidal behaviour.

[Suicide-related outcomes in the Early Psychosis Intervention Network \(EPINET\) in the USA](#)

At admission, 34% reported suicidal ideation and 7% reported a suicide attempt in the previous 6 months. By 24 months, the odds of ideation and attempts had declined substantially. Younger age, female sex, White race, non-Hispanic ethnicity and longer duration of untreated psychosis (DUP) were associated with higher odds of ideation, with younger age, longer DUP and prior psychiatric hospitalisation being associated with higher odds of attempt. Six participants (0.2%) died by suicide. The findings support early detection and ongoing suicide risk monitoring during CSC.

[Psychotic depression linked to relapse, hospital stays and suicidality](#)

The authors concluded that people with psychotic depression tend to have worse prognoses than those with non-psychotic depression. Across studies, individuals with psychotic features are more likely to need inpatient care, relapse more often, are more at risk of suicide, and have poorer day-to-day functioning. The authors stress the importance of identifying psychotic symptoms early, monitoring suicide risk and functioning closely, and intensifying treatment when needed. They also suggest that there needs to be more and larger studies into psychotic depression given some of the mixed findings in this review.

[Suicidal ideation in adolescence: can ordinary life events be linked to stormy weather?](#)

Overall, the study supports taking a broad, contextual and longitudinal view of adolescent suicidal ideation; asking not only about major traumas, but also about ordinary life events. This broader lens may help clinicians, researchers and families better understand the circumstances in which suicidal ideation can emerge, while recognising that no single factor can explain suicidal ideation in every young person experiencing it.

News

[Air pollution linked to higher suicide risk, international research suggests](#)

Air pollution is associated with an increased risk of suicide and suicidal thoughts, according to [research](#). The meta analysis of 29 studies found that exposure to airborne small particulate matter and nitrogen dioxide were linked to a heightened risk of death by suicide, suicide attempts and suicidal ideation.

[Bereaved families and survivor write to PM Andy Burnham to demand public inquiry into suicide grooming forum](#)

A group of bereaved families and a survivor have written to the Prime Minister to demand a public inquiry into the repeated failures of the State to stop a suicide grooming forum linked to at least 164 UK deaths, but potentially many more.