

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

Studies

[Suicide in People With Co-occurring Substance Use and Mental Health Conditions: An Integrative Literature Review to Inform Risk Formulation in Mental Health Nursing](#)

This ILR is, to our knowledge, the first to synthesise evidence on suicidality in people with co-occurring substance use and mental health conditions and to explicitly map findings onto a risk formulation framework used in mental health services. Co-occurring conditions substantially increase suicide risk and are characterised by multiple, interacting risk factors across the life course, few identified protective factors, and significant barriers to effective care. For mental health nurses, recognising co-occurring substance use as a cross-cutting factor across all formulation domains and explicitly incorporating patient experience and psychological processes are crucial to improving suicide risk assessment and safety planning. An extended 5Ps model, informed by the IMV framework, offers a practical way to enhance risk formulation and support both non-stigmatising practice and integrated, effective care.

[Intermittent theta-burst stimulation versus sham stimulation for suicidal ideation and psychiatric symptoms in depressive disorders: A systematic review and meta-analysis of randomized controlled trials](#)

Overall, the available evidence suggests that iTBS may reduce suicidal ideation when used as an adjunct to standard treatment for depressive disorders. This conclusion remains provisional because only six small trials were available, protocols and outcome constructs varied, and follow-up was generally short. The findings do not establish effects on suicide attempts, suicide mortality, or long-term recurrence. Larger multicenter randomized controlled trials should use standardized suicidality measures, prespecified safety reporting, and longer follow-up to determine the magnitude, durability, and clinical relevance of any antisuicidal effect.

[A network analysis of protective and risk factors for suicide attempt among adolescents in twelve low- and lower-middle-income countries](#)

This network analysis provides novel insights into the complex interplay of factors associated with suicide attempts in LLMICs. The identification of distinct risk factor clusters, the significant role of suicide attempts in the network and the protective effect of having close friends inform future interventions for suicide attempts in these countries. We also highlight the need to consider the complex pathways among socioeconomic, behavioral, and physical experiences and suicide in these contexts when making interventions.

[Trajectories of suicidal ideation and attempts across the academic year: longitudinal study of UK university students](#)

Most students experiencing suicidal ideation during university have risk factors before university entry. Suicidal ideation alone showed limited specificity for identifying those most at risk of future attempts, highlighting the importance of targeted support for high-risk groups and ongoing monitoring of symptoms throughout the academic year.

[Suicide in South Wales: comprehensive review of suicides reported to the South Wales Central Coroner's Service, 2016–2023](#)

Several patterns emerged relating to age, gender, method of death, trigger factors, local authority area, and engagement with mental health services. Hanging was the predominant method, particularly among men. Depression was the most common trigger factor, followed by relationship problems, alcohol/drug misuse, health concerns, psychotic illness and bereavement.

[Enhanced observation for management of agitated, confused or distressed behaviours in acute general hospitals: systematic review of quality and safety considerations](#)

Fifty studies were included. Enhanced observation practice was influenced by individual staff members (e.g. attitudes), teams (e.g. teamwork fluency) and wider organisational factors (e.g. leadership, organisational culture). The quality and safety problems identified included self-harm, aggression and staff neglect of caring responsibilities during enhanced observation.

[Exploring the difference between self-harm and suicidal ideation among older people who present to emergency departments: national cohort study](#)

Our results outline the characteristics of older people presenting to Irish emergency departments with self-harm and suicidal ideation, which are associated with psychiatric admission. Further research is needed to understand the factors driving these presentations and to tailor our services to meet the needs of older people.

Resource

[New website launched to support mental health in St Helens](#)

A new mental health website to help St Helens residents find mental health support was launched last week. Developed with local people and services, the resource www.sometimes.info aims to help prevent suicide in the borough.

Statistics

[Suicides in England and Wales - 1981 to 2025](#)

Suicide death registrations by sex, age, area of usual residence of the deceased, and suicide method, and suicide occurrences, in England and Wales.

[Samaritans response](#)

News

[More than half of teenagers treated for chronic pain have thought about self-harm, Oxford study finds](#)

New research led by the University of Oxford and supported by Medical Research UK and Arthritis UK highlights the importance of regular mental health assessments and greater support for teenagers living with chronic pain.

[Samaritans encourages life-saving conversations in London](#)

Samaritans is interrupting Londoners daily routines with a series of striking graffiti messages designed to encourage them to "reach in" and support someone who may be experiencing suicidal thoughts.

[Family of student who took his own life say university 'will be held to account'](#)

Ethan Scott Brown died after being wrongly told he would not be eligible to graduate from the University of Glasgow.

[From global reach to local relevance](#)

ZSA are exploring opportunities to work with partners around the world to develop future versions of their training that are:

- Culturally relevant
- Language appropriate
- Informed by local expertise and lived experience
- Reflective of support pathways and resources
- Accessible to communities worldwide

[Learning from suicide-related compensation claims: new NHS Resolution report highlights opportunities to improve patient safety](#)

NHS Resolution has published a new thematic review examining suicide-related compensation claims made against mental health trusts in England. The report, [Learning from suicide-related compensation claims](#), analyses 960 suicide-related claims received by the Clinical Negligence Scheme for Trusts (CNST) between 2018 and 2025, alongside a detailed qualitative review of a representative sample of cases. The review identifies recurring themes associated with claims, with communication challenges emerging as a cross-cutting issue affecting patient care, family involvement and organisational learning.