

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

Studies

[The relationship between caregiver burden, depression, suicidal thoughts, and quality of life in patients' caregivers in the adult palliative service](#)

High caregiver strain was reported by 52% of participants. According to HAM-D scores, 24% had mild depressive symptoms, while none had moderate or severe depression. All participants were classified as having low suicidal ideation risk. Significant correlations were observed among physical and mental health, caregiver burden, depression, suicidal ideation, and quality of life.

[The effectiveness of meaning-based interventions in reducing suicide-related vulnerability: A systematic review](#)

Suicide-related outcomes, including hopelessness, demoralization, and suicidal ideation, generally showed reductions, although effects varied across studies. Mechanistically, most studies showed patterns of indirect pathways, whereby improvements in existential variables co-occurred with reductions in emotional and suicide-related outcomes.

[Neural correlates of self-directed violence: A large-sample resting-state fMRI study from UK Biobank](#)

This large-sample rs-fMRI study highlights distinct FC alterations associated with different dimensions of self-harm. Results implicated that the limbic and reward circuits appear particularly relevant in differentiating SA from NSSDV and in capturing variations tied to SDV frequency and recency. These insights advance our understanding of suicidal behaviors' neurobiological underpinnings and may inform targeted risk stratification.

[Seasonal and environmental patterns in suicidality and self-harm presentations to an Irish emergency department: an eight-year time series analysis](#)

These data support international literature of associations between suicidal behaviour and increased temperature, precipitation and rate of change of photoperiod, with greater presentations occurring in the weeks after the Spring Equinox. Along with findings of excess presentations during the early weekdays, resource planning should consider these seasonal variations in service demand.

[Systematic review and meta-analysis of cognitive behavioral therapy for insomnia as a suicide prevention strategy](#)

Compared with control conditions, CBT-I was associated with a 23% reduction in suicidal ideation severity post-intervention. Fewer trials included follow-up assessments, and no significant differences between CBT-I and control groups were found. Suicidal behaviors were very rare: across nine trials, two participants reported a suicide attempt in the CBT-I group. No suicide deaths were recorded.

Statistics

[Quarterly suicide death registrations in England](#)

Provisional rate and number of suicide deaths registered in England per quarter. Includes 2001 to 2025 registrations and provisional data for Quarter 1 (Jan to Mar) to Quarter 2 (Apr to June) 2026. These are official statistics in development.

Report

[Report on content harmful to children](#)

This report includes our advice as to whether in Ofcom's opinion it is appropriate to make changes to the kinds of content harmful to children set out in the Act and specifies the changes we recommend. Our advice is informed by a review of recent evidence concerning the incidence of content harmful to children on regulated online services, and the severity of harm that children in the UK suffer, or may suffer, as a result of those kinds of content.

News

[Burnham backs mandatory suicide prevention training for social workers after parent-carer Matilda Davis's death](#)

Andy Burnham has backed mandatory suicide prevention training for social workers after the "devastating" death of Matilda Davis, a parent-carer who killed herself minutes after meeting professionals.

[Ban 'intrusive' cameras in England's mental health wards, say bereaved families](#)

Families bereaved by the misuse of an "intrusive" camera monitoring system for vulnerable patients used in half of England's mental health wards have called for it to be banned to help prevent more avoidable deaths.

[UK watchdogs urged to tackle suicide social media content after death of girl, 14](#)

A 14-year-old schoolgirl's death after TikTok served her suicide content has prompted renewed calls for UK watchdogs to crack down on "toxic" social media feeds.