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Suicide prevention
crisis research risk self-harm
assessment resources

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

Studies

Creating a Safety Net—Nursing Staffs' Perceptions of Conducting Suicide Risk Assessments via Telephone Within Specialised Psychiatric Care

Technological advances now allow for multisensory assessments. As telephone communication lacks visual cues, nurses rely on mental imagery and intuition and listen to the patient's tone of voice. Suicide risk assessment demands collaboration and experience for collective validation. Together, these elements contribute to the creation of a safety net around the individual by the nursing staff. The study highlights a troubling shift towards standardised procedures at the expense of psychiatric competence, underscoring the need to preserve clinical expertise.

Testing the Impact of the #Chatsafe Intervention on Young People's Ability to Communicate Safely About Suicide on Social Media: A Randomized Controlled Trial

This first RCT of #chatsafe demonstrates that social media can be used safely and acceptably to improve young people's confidence and willingness to intervene against suicide online, pointing to a potential scalable, under-utilized lever in suicide prevention.

Modeling change in suicidal ideation among transgender adults: a within-person intensive longitudinal test of gender minority stress and resilience theory

We observed that interpersonal and intrapersonal minority stressors predicted proximal within-person changes in SI over several hours; however, between-person estimates of resilience did not moderate the minority stress–SI relationship, as argued by extant theory.

How cyberbullying victimization relates to suicide risk: Evidence of feature-based heterogeneity from double machine learning

By integrating DML, this study provides preliminary evidence regarding exploratory heterogeneity patterns in the DML-adjusted association between cyberbullying victimization and CSD-derived suicide-related language score and offers a theoretical basis for identifying high-risk victims and designing targeted interventions.

Polygenic dissection of suicidal thoughts and behaviours in high-risk mood-disorder cohorts

These findings support ideation-to-action models at the genetic level, demonstrating partially distinct polygenic liabilities for ideation and attempt. Although absolute predictive utility remains modest, these results indicate that PGS sharpen the stratification of ideators at risk of attempt, providing incremental value for future integrative risk models that combine genetics with mood disorders and environmental predictors.

Thematic analysis of suicide-bereaved peoples' experiences of coroners' inquests in Ireland

The findings suggest that changes to certain aspects of the inquest, such as privacy and stronger support systems, could make the inquest process easier for people who have experienced a loss through suicide. Further research could look at how specific types of support or targeted interventions could help those affected by suicide bereavement within the legal framework of inquests.

Non-suicidal self-injury in adolescents and young adults: an expert review
Overall, findings support conceptualizing NSSI as a transdiagnostic risk marker and behavioural phenotype linked to emotion dysregulation rather than as a distinct diagnostic entity. Adolescent NSSI reflects a dynamic biopsychosocial process involving emotional, neurobiological, and interpersonal mechanisms. Early detection and accessible intervention are essential to reduce chronicity, relapse, and the escalation of suicidal behaviour. Future research should prioritize mechanism-informed and personalized treatment approaches, improved identification of at-risk adolescents, and integration of developmental, neurobiological, and digital methodologies to advance prevention and intervention.

Exploring resident doctors' experience, attitudes, perceptions and beliefs about the serious incident investigatory process within mental health settings
Findings confirm prior studies investigating the negative impact of serious incidents on resident doctors' well-being and career confidence, highlighting the need for robust support. The study adds to the literature through emphasising the inadequacy of current support and highlights rectifiable issues such as the need for structured peer support and improved supervisor/resident training for emotional and professional complexities. Future research should compare these findings with experiences under the new Patient Safety Incident Framework (PSIRF) system to assess improvements.

Seen and not seen: hidden distress in skin picking disorder
Isibor (2026) concluded that: "Skin picking disorder is experienced not only as a compulsive behaviour or emotional regulation difficulty, but as a socially exposed condition shaped by cultural expectations about appearance, control, and legitimacy. Visibility transforms the body into a site of judgement, while the self-inflicted framing of damage undermines recognition and support."

A cross-sectional psychometric and demographic dataset of adolescents at high-risk for suicide
This data descriptor presents a dataset containing demographic and psychometric information from 207 adolescents aged 12 to 17. The data were collected as part of a three-group, cross-sectional study design. The sample includes a High-Risk Group (HR-G) (N=43) of adolescents recently admitted for an acute suicidal crisis; a Psychiatric Control Group (PC-G) (N=55) receiving care for non-suicidal conditions; and a General Control Group (GC-G) (N=109) with no known psychiatric history. Data collection includes sociodemographic variables (age, sex, school grade) and item-level responses alongside aggregated scores from seven validated self-report instruments. The assessment includes suicidal ideation, general mental health difficulties, depressive symptoms, bullying, cyberbullying, and problematic internet use. This dataset provides a valuable resource for researchers in psychiatry, psychology, statistics and machine learning to investigate the psychological factors associated with adolescent suicidality and develop predictive models for risk assessment.

Report

Stonewall publishes first major report for almost a decade – 'LGBTQ+ Life in the UK: 2026'
Half (54%) of all LGBTQ+ people had ever considered suicide, and 22% had attempted suicide. This rises to 71% and 32% of trans+ people.



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News

Samaritans Scotland's response to the suicide statistics for 2025

The latest data shows a continued decrease in probable suicides compared to the five-year average. Following an 11% reduction in Scotland between 2023 and 2024, this positive downward trend is continued in the figures released today. However, suicide continues to be an issue of inequality. In 2025, the rate of probable suicide mortality in the most deprived areas in Scotland was 2.7 times higher than in the least deprived areas, representing an increase from 2024, when the rate was 2.5 times higher.

ChatGPT promised a suicidal man that human help was coming – it wasn't

The exchange is quoted in a series of lawsuits against OpenAI, and is one of the cases I examine in my new podcast series Spiral, investigating how chatbots are warping our minds, and what AI companies are doing about it.