

Suicide Prevention

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News

[Additional support for men at risk of suicide](#) Men in Norfolk who feel suicidal are now being offered additional support before they are seen by specialists from Norfolk and Suffolk NHS Foundation Trust (NSFT), as part of a pioneering initiative designed to reduce the number of men who take their own lives. The project gives men the chance to talk about how they are feeling, as well as opportunities take part in groups or social activities.

Studies

[Association between high adolescent smartphone use and academic impairment, conflicts with family members or friends, and suicide attempts](#) This study aimed to evaluate the association between smartphone use and suicide attempts, independent of possible confounders, including conflicts with family/friends and poor academic performance due to smartphone use. Using data from the 2017 Korea Youth Risk Behavior Web-based Survey. The authors concluded they found a specific relationship between time spent on a smartphone and the prevalence of attempted suicide, independent of other problems associated with smartphone use, in a nationally representative sample of adolescents in Korea, even when controlling for conflicts with family, conflicts with friends, and poor academic performance.

[“These Things Don’t Work.” Young People’s Views on Harm Minimization Strategies as a Proxy for Self-Harm: A Mixed Methods Approach](#) This mixed methods study explored young people’s views of harm minimization strategies (e.g., snapping elastic bands on skin, drawing on skin with red ink), as a proxy for self-harm and suggested that many young people found them ineffective.

Research

[Suicide prevention research recognised in the ‘Nation’s Lifesavers List’](#) Research commissioned by the Samaritans is asking the public to take part in an [online survey](#) to help her research team investigate how bystanders react when they come into contact with people on the railways and other public locations who are in distress and/or suicidal.

Annual Report

[HM Chief Inspector of Prisons for England and Wales Annual Report 2018 –19](#) The annual report from the HM Chief Inspector of Prisons found that there have been 83 self-inflicted deaths in male prisons in England and Wales in 2018–19, an increase of 15% from 72 the previous year. Levels of self-harm across all prisons continued to rise. There were 45,310 reported incidents in 2018, an increase of 25% from 36,347 incidents in 2017. Self-harm had increased in two-thirds of the adult male prisons we inspected this year, and the inspectors made main recommendations about serious deficiencies in suicide and self harm prevention measures at 14 of them.

Webinar

[Webinar for Nurses - How to Use the ASQ to Detect Patients at Risk for Suicide](#) The US National Institute of Mental Health (NIMH) has released a webinar recording and transcript that explain how nurses can use the Ask Suicide-Screening Questions ([ASQ](#)) Toolkit to identify patients at risk for suicide.

Toolkit

[Engaging People with Lived Experience: A Toolkit for Organizations](#) This online toolkit is designed to assist organizations and agencies that lead suicide prevention programs with recruiting and engaging individuals who have lived experience.