

# Suicide Prevention

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Library &  
Information  
Service



## **COVID-19**

[Guidance for online therapy during COVID-19](#) Practical guidance for online cognitive therapy is timely and needed. The tips from the OxCADAT team can help practitioners as they migrate their current practice for panic, social anxiety and trauma symptoms, into an online setting.

## **Study**

[Psychological resilience to suicidal thoughts and behaviours in people with schizophrenia](#) Review of a recent qualitative study that examines factors that contribute to psychological resilience to suicidal thoughts and behaviours in people with schizophrenia or psychosis.

## **Paper**

[#chatsafe: helping young people communicate safely online about suicide](#)

Summary of a recent qualitative paper about the Australian #chatsafe project, which outlines how young people were involved in the development of an online campaign to support conversations about suicide.

## **Leaflet**

[It's Okay To Talk About Self-Harm Leaflet](#) Worried about someone who is self-harming? The Self Harm Research Group have created this information leaflet for the public.