

Suicide Prevention

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COVID-19

[How has COVID-19 changed suicide prevention?](#) A conversation between Prof. Louis Appleby, Caroline Harroe and Prof. Nav Kapur about the impact of COVID-19 on suicide and self-harm prevention.

[Round-the-clock support for key workers with Our Frontline](#) Our Frontline offers round-the-clock one-to-one support, by call or text, from trained volunteers, plus resources, tips and ideas to look after your mental health.

[3 Tips for Using Telehealth for Suicide Care](#) With social distancing recommendations in place, many mental health clinicians are turning to telehealth to meet with clients. But while connecting virtually is better than not connecting at all, delivering essential mental health care this way poses specific challenges and risks, especially regarding clients at risk for suicide.

Study

[Accidental poisoning, intentional self-harm and event of undetermined intent mortality over 20 years in Iceland: a population-based cohort study](#) Iceland's suicide rates have not changed during 1996 to 2015; however, the rates for the combined accidental poisoning, suicide and event of undetermined intent increased significantly for women.

Paper

[Children and young people who die by suicide: childhood-related antecedents, gender differences and service contact](#) Worldwide suicide is commonest in young people and in many countries, including the UK, suicide rates in young people are rising. This research identifies antecedents to suicide in young people, particularly girls, which are important in a multiagency approach to prevention.

App

[Samaritans launch new self-help app](#) Samaritans launches a new, free Self-Help app to encourage people to be kind to themselves and look after their emotional wellbeing.

Training

[Zero Suicide Alliance](#) The Zero Suicide Alliance, a collaboration of NHS trusts, charities, businesses and individuals, revealed that 503,000 people had completed its online course, which aims to spot the signs that a person needs help, during lockdown.