

# Suicide Prevention

Oct 2020

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## **Study**

[Pubertal timing and self-harm: a prospective cohort analysis of males and females](#) This study found that earlier developing adolescents represent a group at increased risk of self harm. This increased risk attenuates as adolescents transition into adulthood, particularly in males.

## **Systematic Reviews**

[Risk factors for self-harm in prison](#) Summarises a systematic review of individual and environmental risk factors for self-harm in prison.

[Alexithymia and suicide: can we find the right words to help each other?](#) Summarises a systematic review and meta-analysis, which explores the relationship between alexithymia (a broad term to describe problems with feeling emotions) and suicide ideation and behaviour.

[Media reporting of suicide: do we need more than guidelines?](#) This post summarises a recent systemic review and meta- which explores the association between media reporting of suicide and actual suicidal behaviour in the community; a phenomenon known as the Werther effect.

## **Papers**

[Self-harm in prison: can we accurately predict risk?](#) This post from the Mental Elf looks into a recently devised screening tool, which tries to predict self-harm in male prisoners.

[What can be done to decrease suicidal behaviour in Australia?](#) This white paper discusses suicide prevention methods in Australia highlight the importance of integrated care models, the impact of social determinants, community interventions and examines the efficacy of suicide prevention campaigns.

## **Guidance**

[Suicide prevention: developing a local action plan](#) Updated 28 September

## **News**

[Alternatives to emergency departments: new approaches for suicide prevention](#) Drawing on the knowledge of people with lived experience of suicide, a team at [Black Dog Institute](#) mapped out a comprehensive set of needs that go beyond simply treating injury or keeping people physically safe to encompass needs such as:

- having dignity, respect, autonomy, agency, and choice
- being listened to and treated with empathy
- building trust and connection
- getting help with practical problems such as housing or financial stress
- and learning or remembering ways other than suicide to cope with intense feelings.