Suicide Prevention

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Library & Information Service

Lancashire & South Cumbria NHS Foundation Trust

Covid-19

Reporting on suicidal behaviour and COVID-19—need for caution News reporting on suicidal behaviour can have a considerable influence on suicide and selfharm in the general population. This issue is particularly relevant during the COVID-19 pandemic. With a rising number of deaths from COVID-19 infection and negative effects of the pandemic on key factors that are associated with suicide, including social isolation, unemployment, and financial problems, there is understandable concern that suicide rates might increase.

National academic response to COVID-19-related suicide prevention We have extended our national suicide prevention support role to include responding to local area's concerns specific to the pandemic. We are working with experts in quality improvement at the National Collaborating Centre for Mental Health (NCCMH) to provide interactive webinars for sharing ideas and learning how to respond to local areas' concerns over the impact of COVID-19 on suicide and self-harm prevention.

Promoting Psychological Health and Suicide Prevention among Older Adults during COVID-19 This factsheet provides information on how the COVID-19 pandemic impacts the psychological health of older adults and strategies for coping, supporting older adults, and seeking professional help. It also covers warning signs and risk factors for suicide, as well as screening tools to use with this population.

Studies

Safe clinical practice for patients hospitalised in mental health wards during a suicidal crisis: qualitative study of patient experiences This study illuminates the experiences of safe clinical practice for patients in a suicidal crisis. The patient group was multifaceted, with variable experiences of how safe clinical practice affected their subjective experience of safety and suicidal behaviour. The finding highlights the importance of embracing personalised activities in all parts of safe clinical practice and to recognise rather than efface patients' variability in patient safety efforts.

Therapeutic alliance important to help people at risk of suicide Summary of a naturalistic outpatient study which explores the impact that therapeutic alliance and negative responses from clinicians can have on suicidal ideation in people in therapy.

Survey

Hidden too long: uncovering self-harm in Scotland A survey of over 1,000 adults in Scotland found that while the vast majority agreed that self-harm is a serious issue and want to see further action to address it, 2 in 5 (40%) said they would not know how to support someone close to them if they were self-harming. The same survey found that nearly 1 in 3 (31%) adults would not feel comfortable talking to their partner or close family about self-harm, while nearly 2 in 5 (39%) would not feel comfortable talking about it with friends. Nearly 1 in 4 (24%) would not feel comfortable talking about self-harm with their GP or another healthcare professional.

Learning Module

Care Transitions Virtual Learning Lab Help ensure a support system, appropriate hand-off communication, and safety plan are in place when individuals at risk of suicide transition from inpatient to outpatient care.

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