

Suicide Prevention

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Covid-19

[Suicide in England since the COVID-19 pandemic - early figures from realtime surveillance](#) This paper discusses suicide figures from established "real-time surveillance" (RTS) systems in several parts of England, total population 9 million, comparing the months pre-lockdown (January-March 2020) to postlockdown (April-August 2020). The average number of suicides per month varied but there was no evidence of a rise post-lockdown. The postlockdown figures were higher than in the equivalent period in 2019 but this should be understood in the context of rising suicide rates and improving RTS systems. Several important caveats apply, and these findings do not rule out higher figures in some areas or as a result of a future economic downturn.

News

[Zero Suicide Alliance launch new charity](#) A new suicide awareness charity has been launched as part of the national response to the 'unprecedented demand on mental health services' that is expected to follow the COVID-19 pandemic. The charity will act as an arm of Mersey Care NHS Foundation Trust, one of ZSA's founder members, and has four main ambitions:

- To educate all members of the public in a foundation level of suicide awareness, providing the skills to identify the causes, effects and prevention of suicide
- To support and micro-fund ZSA trusted partner organisations, which work to prevent or raise awareness of suicide
- To help support psychological wellbeing in the workplace through education, events and consultancy
- To encourage all our members to name us as their charity of the year for 2021.

Studies

[Suicide risk assessment tools: what's the current state of the evidence?](#) Review of a new national mixed methods study from the UK on suicide risk assessment tools used in mental health services.

[Increased suicide risk where race/ethnicity and sexual orientation intersect](#) Summary of a study finding a relationship between minority sexual orientation, ethnicity and suicide risk in adolescents.

[Harm reduction for young people who self-harm: "a double-edged sword"](#) A recent qualitative study about young peoples' perspectives on the role of harm reduction techniques in the management of their self-harm.

Report

[NEW report published on the impact of suicide bereavement in the UK](#) 'From Grief to Hope' offers valuable insight into the lived experience of people bereavement or affected by suicide, which can contribute to the development of a new postvention service model. The findings show suicide impacts people wider than the family circle, for example friends, colleagues in the workplace and frontline staff. A third considered taking their own life, a third reported they engaged in high risk behaviours relating to as alcohol and drug misuse, reckless financial behaviour, suicide and self-harm, sexual promiscuity, and road safety and two thirds felt the provision of services in their local area to be inadequate. This report provides a compelling case, not only for crisis care, but also for the long-term support for those bereaved or affected by suicide.