

## Covid-19

#### Exploring mental health research at the GM PSTRC and the impact of COVID-19 on mental health and patient safety, 9 March

This symposium is an opportunity to hear about the innovative work on patient safety in relation to mental health that is underway at the National Institute for Health Research (NIHR) Greater Manchester Patient Safety Translational Research Centre (NIHR GM PSTRC).

## ZSA Life Matters podcast series - episode 3 out now

This episode with Welsh soap actor Dyfan Rees, looks at; the impact of suicide on LGBTQI+ people, how gay men in particular have been affected during the COVID -19 pandemic, new research being carried out around lesbian and bisexual women in America, micro-aggression faced by trans people and bisexual journalist Nichi Hodgson tells her personal story.

## <u>Studies</u>

#### Talking about self-harm and suicide in primary care: the views of young people

This post summarises a qualitative paper which found that young people want GPs to initiate conversations about self-harm and suicide in primary care.

Suicide in children and young people can happen without warning

This post from reviews a records study which finds that around one third of children and young people who die by suicide have no explicit prior risk.

## About 7% of UK children have attempted suicide by age of 17

About 7% of children have attempted suicide by the age of 17 and almost one in four say they have self-harmed in the past year. The figures come from analysis of the <u>millennium cohort study</u>, which follows the lives of about 19,000 young people born at the start of the millennium in England, Scotland, Wales and Northern Ireland.

## **Resources**

#### Samaritans launch new online resources

Samaritans have published new online resources to support those who are writing online about self-harm or suicide. The brand new online tools cover practical guidance on how to support someone online, how to flag content that causes concern and offers guidance on finding supportive communities to share personal experiences safely.

# <u>News</u>

#### 'Concerning' rise in pre-teens self-injuring

Hospital admissions of nine to 12-year-olds because of self-injury across the UK are averaging 10 a week, according to data analysed by a BBC <u>File on 4</u> investigation. The rate has doubled in six years, the latest annual figures indicate.

## Presentations and recordings from NSPA Conference 2021

The recordings and presentation slides from the plenary sessions and workshops from the National Suicide Prevention Alliance's conference are now available and can be accessed by clicking on the links below each session title. If you wish to use any of the slides, please ensure that you acknowledge the author and organisation.

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