

## Covid-19

# Effects of the COVID-19 pandemic on primary care-recorded mental illness and self-harm episodes in the UK: a population-based cohort study

Consequences of the considerable reductions in primary care-recorded mental illness and self-harm could include more patients subsequently presenting with greater severity of mental illness and increasing incidence of non-fatal self-harm and suicide. Addressing the effects of future lockdowns and longer-term impacts of economic instability on mental health should be prioritised.

Mental health and well-being during the COVID-19 pandemic: longitudinal analyses of adults in the UK COVID-19 Mental Health & Wellbeing study

The mental health and well-being of the UK adult population appears to have been affected in the initial phase of the COVID-19 pandemic. The increasing rates of suicidal thoughts across waves, especially among young adults, are concerning.

#### The ZSA Step Up module

Not a suicide awareness course specifically, it focusses on social isolation and the impact of lock down experienced through the Covid-19 pandemic. However information is given about how to engage a person and to check that they are no experiencing signs which may indicate suicide risk. The course also offers links to suicide awareness resources including the other ZSA training options

# <u>Reports</u>

#### Samaritans Cymru calls for urgent action to improve support for people who selfharm

Samaritans Cymru has published a new report, The Right Support At The Right Time?, which brings together insights from people with lived experience of self-harm, stakeholders, service-providers and the general public to understand the support needs of people who have self-harmed and identify opportunities to improve the quality of support available. The charity is calling for mental health support and therapies to be more easily accessible for people who have self-harmed, so that this support is available as an early intervention.

#### Men's mental health under pressure as suicidal thoughts double in ten years

'Get It Off Your Chest: Men's mental health 10 years on' was commissioned by Mind as part of its charity partnership with the English Football League (EFL). The report compares new polling data from YouGov with the same survey from 2009 to understand how the challenges facing men's mental health have changed over the past decade.

#### <u>Meta-analysis</u>

#### Non-suicidal self injury in bisexual populations

Explores a recent narrative synthesis of associated variables and meta-analysis of risk of nonsuicidal self injury in bisexual people.

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## Cochrane Review

#### Pharmacological interventions for self-harm in adults

There is only uncertain evidence regarding pharmacological interventions in patients who engage in self harm. More and larger trials of pharmacotherapy are required, preferably using newer agents. These might include evaluation of newer atypical antipsychotics.

# Online Conference

#### From Harm to Hope: Online Self Harm & Suicide Prevention Conference Online, March 2021

Looking back and looking forward: what self harm evidence and presentations tell us about needs and practice. Launching on World Self Harm Awareness Day, 1st March 2021, Harmless will host 9 live online webinar sessions throughout March.

# <u>Studies</u>

Magnitude and associated factors of suicidal ideation and attempt among people with epilepsy attending outpatient treatment at primary public hospitals in northwest Ethiopia: a multicentre cross-sectional study

This study showed that the magnitude of suicidal ideation and attempt was high among people with epilepsy. Being a woman, living alone, having depression and anxiety, single, divorced/widowed in marital status, family history of suicidal attempt and poor social support were statistically associated with suicidal ideation. Having depression, living alone, family history of suicide attempt, hazardous alcohol use and drug taking for mental illness were statistically associated with suicidal attempt. Based on the findings of this study early screening, detection and management of suicide were recommended in people with epilepsy.

<u>Content-Based Recommender Support System for Counsellors in a Suicide</u> <u>Prevention Chat Helpline: Design and Evaluation Study</u>

Support given to counsellors influenced how they responded in difficult conversations. However, the higher utility scores given for the advice from senior counsellors seem to indicate that specific actionable instructions are preferred. These findings may be beneficial for developing a system that can use similar chat situations to generate advice in a descriptive style, hence helping counsellors through writer's block.

Do prisons have more room for emotions than we think? Staff views on the link between suicide, violence and emotions

Review of a recent qualitative study, which asks prison staff for their views about the role of emotions in prisoner suicide and violence.

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