

# Suicide Prevention

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## **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 not experiencing signs which may indicate suicide risk. The course also offers links to suicide awareness resources including the other ZSA training options

## **Reports**

[Samaritans Cymru calls for urgent action to improve support for people who self-harm](#)

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.

## **Meta-analysis**

[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.

