

Suicide Prevention

Aug 2021

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Systematic Review

[#Instagram: Is it dangerous in terms of suicide and self-harm content?](#) Appraisal of a recent systematic review which explores whether suicide and self-harm content on Instagram is dangerous or not.

Studies

[Self-harm and COVID-19: the first year of the pandemic and beyond](#) This study looked at what changed for people who harmed themselves and sought help from health services during the pandemic.

[Are homeless people more likely to die by suicide?](#) Exploration of a study that analysed data from the National Confidential Inquiry into Suicide and Safety in Mental Health, which finds that homeless people were more likely to die by suicide after discharge from hospital than non-homeless people.

[Healthcare contact prior to suicide: key opportunities for suicide prevention](#) Exploration of a Welsh population-based data linkage study, which finds that almost 3 in 4 people (73%) who died by suicide in Wales had contact with services in the month before their death.

[Hospital presentations for self-poisoning during COVID-19 in Sri Lanka: an interrupted time-series analysis](#) Between Jan 1, 2019, and Aug 31, 2020, 1401 individuals presented to the hospital with self-poisoning and had date of admission data. A 32% reduction in hospital presentations for self-poisoning in the pandemic period compared with pre-pandemic trends was observed.

Cochrane Clinical Answer

[For adults who self-harm, what are the effects of individual cognitive and dialectal behavioral therapy \(CBT and DBT, respectively\)?](#) This review found that compared with treatment as usual for adults who self-harm, low-certainty evidence suggests that individual CBT-based psychotherapy may reduce repetition of self-harm immediately post intervention. CBT may also slightly improve depression, hopelessness, and suicide ideation scores. The number of suicide deaths was < 1.5% in both groups. Adherence to therapy was not well reported. Evidence also suggests benefits of DBT, although numbers of participants were lower than for CBT and results for this therapy were less consistent.

Webinar

[Self-harm and the central role of psychosocial assessment for improving patient safety in emergency departments – webinar, 6 September](#) This event will look at the important role of psychosocial assessments for improving patient safety in emergency departments.

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Campaign

[Support the ZSA #ZeroHero campaign!](#) Some of the activities planned by ZSA for World Suicide Prevention Day (10 September) and World Mental Health Day (10 October):

- Take part in the [Zero Hero Doughnut Challenge](#)
- Join the online [Zero Hero Celebrity Big Quiz](#) on 10 September at 7.30pm ([register your place here](#))
- Support the campaign with a sponsored community dog walk with [Zero Hero Big Walkies](#)

The Zero Hero campaign and activities aim to help reach new audiences and share how they too can be a Zero Hero and support suicide prevention. You can find out more about what it means to be a Zero Hero on the [ZSA website](#).