

\*\*\*Please visit <https://www.evidentlybetter.org/bulletins/suicide-prevention/> to view our webpage featuring key links and emerging reports about suicide prevention.\*\*\*

## Randomised Controlled Trial

[Ketamine for the acute treatment of severe suicidal ideation: double blind, randomised placebo controlled trial](#)

The findings indicate that ketamine is rapid, safe in the short term, and has persistent benefits for acute care in suicidal patients. Comorbid mental disorders appear to be important moderators. An analgesic effect on mental pain might explain the anti-suicidal effects of ketamine.

## Studies

[Role of thwarted belongingness, perceived burdensomeness and psychological distress in the association between adverse childhood experiences and suicidal ideation in college students](#)

Findings suggest that adverse childhood experiences have a detrimental impact on college students' mental health.

[Changes in mental health problems and suicidal behaviour in students and their associations with COVID-19-related restrictions in Norway: a national repeated cross-sectional analysis](#)

This study demonstrates a sharp increase and disturbing levels of mental health problems and suicide risk among students during the COVID-19 pandemic. Although causal conclusions cannot be drawn, the associations between closure of campuses and mental problems emphasise the importance of having access to campuses for student well-being.

## Legislation

[Online safety law to be strengthened to stamp out illegal content](#)

Online Safety Bill strengthened with new list of criminal content for tech firms to remove as a priority. List includes online drug and weapons dealing, people smuggling, revenge porn, fraud, promoting suicide and inciting or controlling prostitution for gain.

[UK Government will miss a 'once-in-a-lifetime opportunity' to protect people who are at greater risk of suicide unless it urgently closes a loophole in its forthcoming Online Safety Bill, says Samaritans](#)

Samaritans urges UK Government to go further over harmful suicide and self-harm content. Adults warn extreme content will be pushed around the web, in new Samaritans' survey.

## Report

[Record levels of self-harm found at Derbyshire women's prison](#)

Inmates held in a women's prison are making 1,000 calls a month to Samaritans amid record levels of self-harm, increased violence and low safety levels usually only seen in men's facilities, a [report](#) has found.

## News

[Warnings over NHS mental health care issued in 14 young deaths in five years](#)

Coroners have issued reports to prevent future deaths in at least 14 cases involving CAMHS in England.