

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

Systematic Reviews

[Experiences of crisis care among service users with complex emotional needs or a diagnosis of 'personality disorder', and other stakeholders: systematic review and meta-synthesis of the qualitative literature](#)

The findings suggest that emergency departments have major limitations as settings to provide crisis care for people with complex emotional needs, but there is a lack of research exploring alternatives. The quality of the therapeutic relationship was central to how care was experienced, with collaborative and optimistic staff highly valued. Staff reported feeling poorly supported in responding to the needs of this population. Research looking at experiences of a range of care options and how to improve these is needed.

[National suicide management guidelines recommending family-based prevention, intervention and postvention and their association with suicide mortality rates: systematic review](#)

Countries should work towards a comprehensive national suicide guideline that includes all categories of family-based recommendations. Countries with previously established guidelines should work towards the inclusion of evidence-based recommendations that have clear implementation plans to potentially help lower suicide rates.

[The relationship between the therapeutic alliance in psychotherapy and suicidal experiences: A systematic review](#)

The results highlight that it remains unclear how much impact suicidal experiences prior to and during psychotherapy may have upon the formation and maintenance of the therapeutic alliance. However, there is stronger evidence to suggest the therapeutic alliance during psychotherapy may be related to a reduction in future suicidal experiences. The present review highlighted several gaps and inconsistencies in the literature and made several recommendations for clinical practice and future research.

[Ketamine "shows promise" as an anti-suicidal ideation agent, but will this promise ever be realised?](#)

Summary of a recent systematic review which focuses on the rapid anti-suicidal ideation effect of ketamine.

Guidance

[Samaritans response to draft guidance published by NICE on self-harm](#)

Samaritans has responded to [draft guidance](#), published by the National Institute for Health and Care Excellence (NICE). This is the first time that the guidance has been updated for 18 years.

Virtual Workshop

[Workshop on Advancing Training in Suicide Prevention Clinical Care](#)

The National Institute of Mental Health (NIMH) has released [recordings and transcripts](#) of its recent virtual workshop to assess the state of the science on suicide prevention training in clinical care.