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

Systematic Reviews

Investigating the Role of Ethnicity and Religion or Spirituality on the Risk of Self-Harm in Children and Adolescents: A Systematic Literature Review

This narrative synthesis provides evidence that minority ethnic groups have unique factors, which can increase the rate of self-harm. Religion or spirituality favours a protective role in self-harm or suicide but not for suicidal ideation, although there were only a limited number of articles exploring this. Future studies should focus on defining the ethnic groups further and exploring this and religious factors on a wider scale using standardised parameters.

Suicide rates in ethnic minorities and indigenous people

This blog examines a systematic review which finds high variation in risk and rate of suicide in indigenous and ethnic minority populations.

Studies

The Psychological Impact of COVID-19 Pandemic on Suicidal Thoughts in the United Kingdom

There is mixed evidence on whether rates of suicidal thoughts increased during the pandemic. The results of this study will add to the evidence base and influence future pandemic planning and efforts to developing resilience and good mental health in society.

A Qualitative Study Exploring the Experiences of Carers of Service Users With Complex Mental Health Needs

Important areas for service improvements are highlighted. Recommendations included: the need for support; information about suicidal behaviour and advice on managing further incidents at home; more support in coping with regular and escalating self-harming and suicidal behaviours, particularly, severe consequences of staff safeguarding errors and inappropriate discharge, and the importance of supportive and adept staff. These findings identify the need for tailored support for carers regarding the management of self-harm and suicidal behaviours in the community.

Does the relationship between loneliness and suicidal ideation vary between men and women of different ages?

This blog considers a study exploring gender-specific associations of loneliness and suicidal ideation in a representative population sample suggesting that young, lonely men are particularly at risk.

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[Reducing the Pressure on Mental Health Team by Improving Post-Discharge Follow-Up of Self-Harm or Suicidal Patients in Primary Care](#)
Over a period of three months, following two PDSA cycles, the frequency of these contacts increased from 0 to 80% (median) with an average 3.8 (83%) patients reviewed per week. The patient experience and satisfaction also improved significantly.

[The Provision of Mental Health Care for Service Users With Complex Needs Who Are at Risk of Suicide](#)
Self-harm, suicide planning, and suicide attempts were prevalent for people treated across both inpatient and community settings. Self-harm and suicide planning was indicative of a later suicide attempt within both settings. In those experiencing suicidal thoughts, few had sought help, suggesting the importance in staff training to enable then to recognise and identify patterns of self-harming and suicidal behaviours in individuals with complex mental health needs. Social support needs for inpatients should be increased, particularly when they sought help for suicidal thoughts. This may help to reduce length of stays in hospital or future readmissions to hospital; thus, reducing the cost implications for the NHS mental health services.

[Paediatric Psychosocial Emergencies in Two Inner-City London Hospitals: Review of the Current Management and Critical Evaluation Using NICE Self-Harm Quality Standards (QS34)](#)
Self-harm and suicidal ideation in children are rising, especially among girls aged 13 to 16 years (increased by 68% between 2011 and 2014). The gender inequality in our referrals further supports these findings. Higher rates of self-harm have been shown in more deprived areas and could be associated with gang involvement, bullying, abuse, gender identity and family issues. We have developed an assessment protocol and safety plan, are liaising with hospitals daily to arrange assessments and follow-up. Paediatric nurses have been trained in the time to talk programme and a full-time crisis liaison nurse has been employed. This will be re-audited to measure effectiveness of interventions.

[An Explorative Study to Assess the Suicidal Risk Amongst Infertile Patients](#)
The results of the MINI scale indicate that up to 25% of the infertile cohort suffer from suicidal risk/ suicidal ideation which is statistically significant in comparison to the control group.

[Intimate partner violence, suicidality, and self-harm: a probability sample survey of the general population in England](#)
IPV is common in England, especially among women, and is strongly associated with self-harm and suicidality. People presenting to services in suicidal distress or after self-harm should be asked about IPV. Interventions designed to reduce the prevalence and duration of IPV might protect and improve the lives of people at risk of self-harm and suicide.

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Case Study

[Meaningful Engagement with Real People: A case study on how lived experience can be included in research reports](#)

In this case study we look at how lived experience of the issues under study can be brought into research reports. Drawing on the views of those involved in the production of our thematic report on suicide among children and young people, the case study draws out four key principles for successful integration of lived experience and research: collaboration, flexibility, respect and closing the loop. Including the perspectives of the researching organisation (NCMD), the parents and young people affected by suicide, and the charity that brought the parties together (PAPYRUS), this case study will be of interest not just to researchers and charities aiming to highlight key issues but also to those who may be considering sharing their own stories.

Webinars

[Preventing suicide and self-harm: a global challenge too far?](#)

Suicide and self-harm are intensely individual experiences but ones which occur in a global context. Is prevention at scale even possible? Free webinar, 4 July 2022.

[Transformation Seminar: Professor Louis Appleby - Is there a Suicide Crisis among Young People](#)

This free webinar (28 June 2022) will explore the figures on suicide and self-harm, the stresses that suicidal young people are facing, and the impact of social media and Covid.

News

[Online Safety Bill: Protecting people online](#)

As part of Samaritans' campaign for a kinder, safer internet we want to protect anyone who's being encouraged to harm themselves online. But what does this look like in reality?