

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

Systematic Reviews

[Effectiveness of distance-based suicide interventions: multi-level meta-analysis and systematic review](#)

Despite low effectiveness, DBIs might play a role in large-scale prevention efforts against suicidal ideation within a stepped care approach. Further, DBIs may be helpful in expanding mental health services in low- and middle-income countries with otherwise limited access to mental healthcare. Although the evidence for DBIs efficacy is well grounded, the technical and scientific evaluation of DBIs regarding their set up, functionality and components needs to be addressed in future studies.

[Short-stay crisis units for mental health patients on crisis care pathways: systematic review and meta-analysis](#)

Short-stay mental health crisis units are effective for reducing emergency department wait times and in-patient admissions. Further research should investigate the impact of units on patient experience, and clinical and social outcomes.

Studies

[Adversity, social support and risk of self-harm during the COVID-19 pandemic](#)

Using data derived from a UK cohort study, Paul & Fancourt found that loneliness was associated with an increase in the odds of self-harm thoughts and behaviours, whereas high-quality social support protected against self-harm thoughts and behaviours. The authors concluded that it is the quality of social support and interactions, rather than the act of engaging in social interaction per se, that protects against self-harm in the context of adversity.

[Exploring patients' experience of peer-supported open dialogue and standard care following a mental health crisis: qualitative 3-month follow-up study](#)

Understanding crisis care experiences across different care models can inform service development in crisis and continuing mental healthcare services.

[Overcoming the stigma: uncovering the experiences of suicide bereavement among ethnic minorities](#)

Summarises a qualitative study exploring ethnic minority groups' experiences of suicide bereavement.

[People discharged from inpatient mental healthcare are at increased risk of dying](#)

People discharged from inpatient mental healthcare have a much higher risk of dying than the general population, research found. Their risk was particularly high in the 3 months after being discharged. The researchers say this highlights the need for improved follow-up and support for people returning to the community.

[Suicide numbers during the first 9-15 months of the COVID-19 pandemic compared with pre-existing trends: An interrupted time series analysis in 33 countries](#)

Although there are some countries/areas-within-countries where overall suicide numbers and numbers for certain sex- and age-based groups are greater-than-expected, these countries/areas-within-countries are in the minority. Any upward movement in suicide numbers in any place or group is concerning, and we need to remain alert to and respond to changes as the pandemic and its mental health and economic consequences continue.

[ICU survivors at increased risk of suicide and self-harm after discharge](#)

Reviews a recent Canadian population-based cohort study, which examines rates of suicide and self-harm in adult survivors of critical illness.

[Suicidal ideation and attempt and associated factors among patients with substance use disorder: institution-based cross-sectional study](#)

The prevalence of suicidal ideation and attempt were both found to be high. In particular, patients who had a comorbid mental illness were at high risk of both suicidal ideation and attempt. Therefore, special attention should be given to those with a family history of suicide or comorbid mental illness.

Guidance

[Tackling Suicide Risk in People With Mental Disorders](#)

Clinical researchers from Oxford University's Department of Psychiatry and Oxford Health NHS Foundation Trust, together with colleagues from elsewhere, have developed guidance to help clinicians identify and treat patients at risk of suicide.

Conference

[Suicide Bereavement: Reflecting On Progress](#)

Suicide Bereavement UK's 11th International Conference One day conference: 22nd September 2022 – 9am to 4.30pm (registration from 8am), Mercure Manchester Piccadilly Hotel, Manchester. FACE2FACE – £150 + Booking Fee + VAT, LIVESTREAM – £95 + Booking Fee + VAT.