

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

Studies

[Alcohol use and its association with suicide attempt, suicidal thoughts and non-suicidal self-harm in two successive, nationally representative English household samples](#)

Alcohol use is a risk factor for suicidal behaviour, yet the nature of the relationship is unclear. Most research on the topic is conducted in clinical populations, with few studies exploring this association across the general population.

We investigated the association between specific domains of alcohol use and suicide attempt, suicidal thoughts and non-suicidal self-harm in a general population sample.

[Adaptation of the Suicide Attempt Resilience Scale \(SRSA-18, Spanish version\) for adolescents](#)

The assessment of resilience as an outcome in adolescents remains a challenge, with few instruments available. Some studies have focused on risk factors, but few have focused on protective factors as a formula for measuring resilient outcomes.

[Associations of impulsivity, hyperactivity, and inattention with nonsuicidal self-injury and suicidal behavior: longitudinal cohort study following children at risk for neurodevelopmental disorders into mid-adolescence](#)

The knowledge of how the separate Attention-Deficit/Hyperactivity Disorder (ADHD) subdimensions (impulsivity, hyperactivity, and inattention) are associated with nonsuicidal self-injury (NSSI) and suicidal behavior (SB) is limited. The objective of this study was to investigate the associations of childhood ADHD subdimensions with NSSI and SB in children at risk of neurodevelopmental disorders (NDDs; including ADHD).

[A Longitudinal Network Analysis of the Interactions of Risk and Protective Factors for Suicidal Potential in Early Adolescents](#)

Few studies have applied the "ideation-to-action" theories and the buffering hypothesis of resilience to suicide in early adolescents, and existing research is primarily cross-sectional. This study examined the interactions between risk factors (i.e., thwarted belongingness, perceived burdensomeness, and hopelessness), protective factors (i.e., resilience, self-efficacy, and subjective happiness), and suicidal potential (i.e., family distress, anxious-impulsive depression, and suicidal ideation or acts) in early adolescents.

[Metabolomic disorders: confirmed presence of potentially treatable abnormalities in patients with treatment refractory depression and suicidal behavior](#)

Refractory depression is a devastating condition with significant morbidity, mortality, and societal cost. Approximately 15% of patients with major depressive disorder are refractory to currently available treatments. We hypothesized metabolic abnormalities contributing to treatment refractory depression are associated with distinct findings identifiable in the cerebrospinal fluid (CSF). Our hypothesis was confirmed by a previous small case-controlled study. Here we present a second, larger replication study.

[Metacognition vulnerabilities in time of crisis: Who to protect from suicidal risk?](#)

During stressful events, we are all trying to cope. We may not be equal depending on our emotional, psychological, and mental states. During the COVID-19 pandemic, we could try to avoid negative information processing and anxiogenics content to prevent unhealthy thinking processes. One of the processes we can observe regarding our way of thinking and its impact on

Report

[Samaritans report reveals dangers of social media's self-harm content](#)

More than three quarters of people surveyed saw self-harm content online for the first time aged 14 with some being as young as 10.

Systematic Reviews

[SARS-CoV-2 Infection and the Risk of Suicidal and Self-Harm Thoughts and Behaviour: A Systematic Review](#)

The COVID-19 pandemic has had a complex impact on risks of suicide and non-fatal self-harm worldwide with some evidence of increased risk in specific populations including women, young people, and people from ethnic minority backgrounds. This review aims to systematically address whether SARS-CoV-2 infection and/or COVID-19 disease confer elevated risk directly.

Case Studies

[An attempted "suicide pact" in Covid-19 era – psychiatric perspectives](#)

A "suicide pact" is a joint and actively induced death of two individuals with the essential and unavoidable characteristic of a mutual consent. One of the partners (dominant in the relationship, commonly male) usually induces the action and in most cases, it is the one who actively carries it out. Undiagnosed psychopathological dimension or pathological subthreshold traits are found in those who enter into suicide agreements, the presence of cluster B personality traits such as narcissistic or borderline is of particular relevance in the dominant partner, while in the submissive one dependent personality traits are more frequent. As in the case of other similar health emergencies, COVID-19 pandemic seems to lead to greater suicidality, including the "suicide pacts" of couples whose motivation varies including firstly financial problems, strictly followed by fear of infection and not being able to return home from abroad.

Study Reviews

[Prevalence of autism and autistic traits in those who died by suicide](#)

Autism is a neurodevelopmental condition, which is defined by social communication difficulties, increased sensory sensitivity, restricted interests and difficulties adapting to unexpected change (APA, 2013). The current prevalence in the general population in the UK is around 1.1%, although barriers to diagnosis remain, with a suggested large number of people being undiagnosed (Brugha et al., 2016).

Toolkits

[NCISH - 10 ways to improve safety](#)

The NCISH Safer Services toolkit for local self-assessment can be downloaded here <https://bit.ly/safer-services-toolkit>



Podcasts

[Self-harm: How can we help and support people? \(NICE Talks\)](#)

In September 2022, NICE published its guideline on the assessment, management and preventing recurrence of self-harm. We speak to Professor Nav Kapur who was the topic expert on the committee. He outlines what the recommendations say and how people who self-harm can best be supported.

Blog Posts

[When words start to fail, art can speak for us](#)

Art therapy uses creative mediums such as drawing, painting, colouring, and sculpture. For some mental illness – such as PTSD – art can help people to process traumatic events in a new way. Art provides an outlet when words fail. Ros, a mother of one suffering from PTSD and depression, found painting helped her to stay grounded and feel less isolated. She has now had her work featured in an exhibition and hopes that sharing her story will inspire others to use art as a way of recovering from trauma.

****Please note**, this article contains writing and imagery regarding suicidal ideation.**

News

[Samaritans launches ambitious fundraising campaign - #BreakTheSilence](#)

Samaritans is launching an ambitious fundraising campaign, to get people talking about the 'S' word.

['I still can't forgive them': family's anger at Exeter University after son's suicide](#)

Parents say Harry Armstrong Evans was let down by university where 11 students are believed to have killed themselves in six years

['I nearly took my life': Islington council training black barbers in mental health issues](#)

Black British barber shops have long been a sanctuary for black men and youth, not only to transform their hair.

[Three girls died after major failings in NHS mental health care, inquiry finds](#)

Three teenage girls died after major failings in the care they received from NHS mental health services in the north-east of England, an independent investigation has found.

"Multifaceted and systemic" failures by the Tees, Esk and Wear Valleys (TEWV) NHS trust contributed to the young women's self-inflicted deaths within eight months of each other, it concluded.

[Mind responds to allegations of the mistreatment of more than 20 teenagers across five hospitals run by The Huntercombe Group](#)

Last week (Thursday 27 October), Sky News and the Independent revealed that a joint investigation by them into five hospitals run by The Huntercombe Group highlighted repeated allegations of over-restraint and inadequate staffing, which left young people at increased risk of self-harm. Mind and other mental health charities have urged the Government to launch a public inquiry into systemic failings of inpatient mental health services and urgent reform of the Mental Health Act, especially in reforms for under 18s in hospitals.