

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

Systematic Review

[Lithium in the prevention of suicide in adults: systematic review and meta-analysis of clinical trials](#)

Our meta-analysis showed that lithium was associated with a 70% lower odds of suicide. Although the finding is promising, the results were not significant.

Studies

[Talking to young people about online safety: the who, what, when and how](#)

Mental health practitioners who work with young people need to be aware of the benefits and harms associated with online activities. Clinicians should ask young people about the content viewed online, online experiences, patterns of use and specific topics such as pro-ana or self-harm / suicide online activity.

[Adolescent mental health problems in early stages of the COVID-19 pandemic were masked by lockdown measures and restrictions](#)

In this paper, many important questions about self-harm, help-seeking behaviour and effects of lockdown measures on children and adolescents were addressed. The stringency of measures had a strong influence on the reduction in psychiatric and self-harm presentations, and the stricter the area, the higher the proportion of self-harm presentations. This impressively demonstrates that fewer presentations at psychiatric emergency units are not necessarily representative of actual reductions in self-harm behaviour and psychological distress in general and raises the question of whether admissions to psychiatric emergency units are valid markers for public mental health.

Report

[Confidential Enquiries into Maternal Deaths and Morbidity 2018-20](#)

Women were three times more likely to die by suicide during or up to six weeks after the end of pregnancy in 2020 compared to 2017 – 2019, 1.5 women per 100,000 giving birth.

Videos

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

NEW short video outlines 10 ways to improve patient safety.

[PROSPECT – Prevention of suicide in prisons](#)

A short animation video the work of PROSPECT, preventing suicide in prisons.

perfect care
Suicide prevention
crisis research risk self-harm
assessment resources
statistics study information



NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services

29 November 2022

Blog

[Suicide prevention and the cost of living crisis](#)

The links between financial difficulty and suicide have been well evidenced in the past, and warning signs from the current cost of living crisis should be ringing alarm bells across government. People in problem debt are three times as likely to have thought about suicide in the past year. People in problem debt are still 1.8 times as likely to have thought about suicide in the last year, even after controlling for age, gender, employment and experience of traumatic events.

News

[People with recent dementia diagnosis found to have higher suicide risk](#)

People who have recently been diagnosed with dementia, or who are diagnosed with the condition at a younger age, are among those at increased risk of suicide, researchers have found. The findings have prompted calls for greater support for those experiencing such cognitive decline.