

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



NHS
Mersey Care
NHS Foundation Trust
Community and Mental Health Services
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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.

Studies

[Network-based prediction of the disclosure of ideation about self-harm and suicide in online counseling sessions](#)

In online counseling, the help-provider can often be engaging with several service users simultaneously. Therefore, new tools that could help to alert and assist the help-provider and increase their preparedness for getting further help for service users could be useful. In this study, we developed and tested a new tool that is designed to alert help-providers to the disclosure of self-harm and suicidal thoughts, based on the words that the service user has been typing. The tool is developed on the basis that word usage may have a specific pattern when suicidal thoughts are more likely to occur. We tested our tool using two years' worth of online counseling conversations and we show that our approach can help to predict the confession of suicidal thoughts.

[Non-suicidal self-injury and emotional burden among university students during the COVID-19 pandemic: cross-sectional online survey](#)

The cNSSI group showed a significantly higher depression score and reported a significantly greater urge to self-injure, whereas there was no difference in perceived change of emotional burden between the two groups. Furthermore, there was a significant increase within both groups in perceived urge to self-injure and emotional burden during the pandemic compared with the previous year. The cNSSI group also reported a significant increase in NSSI frequency.

[Suicidal ideation among people with disabilities during the COVID-19 pandemic in Bangladesh: prevalence and associated factors](#)

This study highlighted that PWDs had an increased risk of suicide; that is, one-fourth of them had past-year suicidal ideation. This may have been because of COVID-19-related restrictions and stressors. Thus, the government and policy makers need to pay more attention to developing effective suicide assessment, treatment and management strategies, especially for at-risk groups, to minimise the impact of the COVID-19 outbreak.

Statistics

[Quarterly suicide death registrations in England](#)

Provisional rate and number of suicide deaths registered in England per quarter. Includes 2001 to 2021 registrations and provisional data for Quarter 1 (Jan to Mar) to Quarter 3 (July to Sept) 2022.

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E-Learning

[Help for Heroes and ZSA launch veteran suicide awareness training](#)

The Zero Suicide Alliance (ZSA) is proud to have worked with [Help for Heroes](#) to develop a new suicide awareness training aimed at supporting veterans. The training takes approximately 30 minutes and shares how to recognise signs that a veteran may be struggling with suicidal thoughts, coaches you in how to have a conversation with someone you're worried about and where to direct them to for support.

[Internet Safety, Suicide and Self-Harm - elearning for healthcare](#)

The internet plays a big part in people's lives, however online activity is often overlooked when exploring people's experiences around suicide and self-harm. For many people the internet is an important source of support, but some online content can be harmful: acting to maintain or exacerbate self-harm or suicide thoughts and behaviours. Talking about online activity around suicide and self-harm with the people you work with can help you better understand their needs. Through these conversations you can support them to stay safe and have positive experiences online. (NB you will need to register to access this programme).

News

[Suicide rates double in Liverpool and Wirral since 2019](#)

The number of suicides in the Liverpool and Wirral area has skyrocketed in the past three years, and NHS experts say Covid-19 could be partially to blame.

The latest annual report from the Liverpool and Wirral Coroner Area showed the number of recorded suicides has more than doubled since 2019, when 36 suicide conclusions were handed down between January and December (4.1% of all inquests).

[Martin Lewis charity highlights mental toll of cost of living crisis](#)

The shocking impact that soaring bills are having on mental health has been laid bare by a report that highlights how money worries are driving many people to thoughts of suicide.

The [Money and Mental Health policy institute](#), a charity founded and chaired by the consumer champion Martin Lewis, reported that 17% of respondents to a survey said they had experienced suicidal ideation over the past nine months owing to the rising cost of living.

[NHS expands mental health crisis services this winter](#)

The NHS is set to boost mental health support for people in crisis to ease demand and pressure on emergency services, as part of extensive winter plans already underway. Dozens of mental health professionals will work within ambulance control centres and accompany paramedics on emergency call outs to treat people of all ages who are having a mental health crisis at the scene.