

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

## Studies

### [Stimulant medication and suicide mortality in attention-deficit hyperactivity disorder](#)

Our results suggest that prescribing stimulant medications for patients diagnosed with ADHD is associated with decreased risk of suicide mortality.

### [The Psychological Emptiness Scale: a psychometric evaluation](#)

This study demonstrated strong psychometric properties of the Psychological Emptiness Scale (PES). The PES has potential to support research into the role of emptiness in psychological distress and treatment in clinical practice.

### [‘Am I really the priority here?’: help-seeking experiences of university students who self-harmed](#)

The analysis identified four themes: ‘The initial university phase poses the greatest challenge’, ‘Perceived criteria for “valid” mental health problems’, ‘Evading external judgements, concerns and consequences’ and ‘The pivotal role of treatment options and flexibility in recovery’.

### [Risk and recovery factors in male suicide: is society failing men?](#)

Considers a recent review, which suggests that understanding masculine norms is a key area for suicide prevention.

## Statistics

### [Statistical report: near to real-time suspected suicide surveillance \(nRTSSS\) for England for the 15 months to October 2023](#)

The purpose of the work is to provide an early warning system for indications of changes in trends in suicides through analysis of data on suspected suicides. This data can inform and enable a more timely and targeted prevention response to changing patterns in suspected suicides. The data outputs from the nRTSSS work programme are primarily for national and local organisations working on suicide prevention.

## News

### [Developing our new strategic plan for lived experience, led by lived experience](#)

We are taking the next step to embed lived experience within Samaritans, starting with creating our first strategic plan for lived experience. We are using a co-design approach which brings people with lived experience, staff and volunteers together to share ideas and make decisions. If you have lived experience, you can get involved too - we are hosting workshops and surveys so you can share your thoughts and help us throughout the project. If you have experience of suicidal thoughts, self-harm or you've lost someone to suicide, we'd like your help to shape the work we do. Complete our survey or sign up to an online focus group.



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**NHS**

**Mersey Care**  
NHS Foundation Trust

Community and Mental Health Services

6 February 2024

### [Mental health patients are being failed as they leave care, warns Ombudsman](#)

The safety of mental health patients is being put at risk when they leave inpatient services, leading to a continuous revolving door of care and discharge, England's Health Ombudsman has warned. In a [new report](#) that examines issues in transferring people with poor mental health out of inpatient and emergency care, the Ombudsman has called on the Government to take urgent action, including strengthening and bringing forward reforms to the Mental Health Act.

### [Update on review into mental health inpatient services](#)

The Healthcare Services Safety Investigations Body (HSSIB) has published its terms of reference in a bid to help improve patient, staff and community safety. The aims of the investigation include:

- learning from inpatient mental health deaths
- improving patient safety
- helping to provide safe care during transition from children and young people to adults in mental health services
- creating conditions for staff to deliver safe and therapeutic care

### [We've updated our suicide data map](#)

Our interactive map (developed in partnership with [NHS Benchmarking Network](#)) is an intelligence tool sharing data relating to suicide, suicide risk factors, and mental health and wellbeing. The map brings together data from multiple sources and is updated twice a year. It can be used to support planning, benchmarking and monitoring of suicide prevention initiatives.

