

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

Studies

[The association between 24-hr movement patterns and self-harm incidence in adolescence](#)

Our findings reveal a pronounced inverse association between LIPA and self-harm, along with a non-linear association for MVPA. These results support 24-hr movement guidelines that emphasise activity transitions over isolated targets and highlight LIPA's role in early prevention strategies.

[The Impact of Emotional Arousal on Physical Pain and Numbness in Individuals Who Engage in Non-Suicidal Self-Injury](#)

Findings suggest that high- and low-arousal negative emotions may correspond to distinct somatic experiences during NSSI, highlighting the importance of assessing both emotional antecedents and physical sensations during self-injury.

[Investigating Predictors of Differential Trajectories of Suicidal Desire Across an Intensive Longitudinal Design](#)

Although our study design does not imply causality, a subset of participants may be emotionally reactive to repeated assessments. Future research should ethically investigate and address why some individuals may experience heightened suicide risk during repeated assessments and analytically accommodate class-specific trajectories of suicidality.

[Exploring Suicide Risk From an Intersectionality Framework](#)

Individuals with marginalized sexual orientations, genders, and ethnic and cultural backgrounds have unique experiences, stressors, and resilience which may interact with each other and influence suicide risk. Our findings underscore how suicide risk is higher for those who have multiple marginalized identities, establishing pathways for future research on multiple marginalization and its associations with suicide and other health disparities; it also establishes pathways to explore the role of resilience as it relates to suicide risk for marginalized communities. Suicide prevention efforts could focus on strengthening sources of social support and community resilience while addressing the roots of marginalization and continuing to explore suicide as a social issue rather than an individual one.

[Smoking Initiation, Age at Onset of Symptoms and Suicide Attempts Among Patients With Bipolar Disorder: Comparisons With Non-Psychiatric Adults](#)

Compared with controls, BD patients showed higher prevalences of current daily smoking (44% vs. 34%) and high ND (25% vs. 9%); and lower smoking cessation rates (23% vs. 38%). Among BD patients, recurrent suicide attempt showed a strong independent association with both daily smoking and high ND. AODS was later in BD patients than the control group. Among patients, illness onset was earlier in smokers and AODS was earlier than illness onset.

[Reducing Public Stigma Toward Suicide-Loss Survivors Through Brief Video Interventions: A Randomized Controlled Trial](#)

Brief survivor-narrative videos can shift public attitudes toward SLs and maintain part of that change over 1 month. As a low-cost, scalable complement to postvention, brief video contact offers a practical lever to improve the social climate surrounding SLs. Deployed widely and reinforced over time, it can move communities from blame to empathy, strengthen everyday support, and advance survivors' recovery.

[Abnormal Dynamic Functional Connectivity Within the Fronto-Limbic Network Mediates the Association Between Depressive Symptoms and Non-Suicidal Self-Injury in Adolescents](#)

Altered dFC within the fronto-limbic network may underlie NSSI in adolescents with MDD, identifying preliminary neural features for targeted interventions and highlighting neurobiological heterogeneity associated with NSSI in adolescents with MDD.

[Patterns in health service use during and up to 1 year after an acute episode of hospital-presenting self-harm: data linkage cohort study of over 1.3 million records](#)

A small subgroup engage intensively with specialist mental health services yet remain at high suicide risk, while one in ten remain disengaged altogether, suggesting that an acute presentation of self-harm often fails to alter patients' care trajectories long-term. Policy alignment with national recommendations for integrated, community-based care could improve sustained, evidence-based support beyond acute crises.

Blog

[Taking a closer look at Nursing](#)

As the next stage of our research commences, we turn our attention to exploring nurses' experiences of stress, distress and suicidality. Whilst all elements of our study are interested in women nurses' psychological wellbeing and health, we are taking a closer, in some senses 'deeper', look at the everyday experiences of individual nurses. We also want to understand how nurses make sense of the emotional and psychological demands of nursing and their own sense of their identity as a nurse, over time.

News

[Liverpool to host major programme of suicide prevention and mental health events](#)

Communities across Cheshire and Merseyside will come together this autumn for a series of events designed to encourage conversations about suicide, challenge stigma and ensure people know where to find mental health support.

[Ofcom update: Online suicide forum investigation and review of enforcement powers](#)

Changes made by a suicide forum located outside the UK to block access to people in the UK are the fullest extent of what can be achieved under the Online Safety Act, Ofcom has [announced](#).

[UK Treasury must change disciplinary process after worker's suicide, mother says](#)

The mother of a young woman who took her own life after facing disciplinary proceedings at the Treasury has called on the government department to change its practices.

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Mersey Care
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22 July 2026

[A third of adolescents have seen self-harm content online, despite most not looking for it](#)

One in three young people have seen self-harm content online in the course of the previous month, despite the majority not actively seeking it out, according to a major new study from the University of Oxford. The study, [published in the journal Nature Mental Health](#) and funded by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration Oxford and Thames Valley, analysed data from more than 32,000 students aged 11–18 years who took part in the 2025 OxWell Student Survey in England.

