

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

Studies

[‘If one doesn't happen, the other will’: forensic mental health service patients' experiences of co-occurring self-harm and aggression](#)

Findings provide recommendations that can help address dual harm within forensic settings, including (a) transdiagnostic, individualised approaches that consider the duality of self-harm and aggression; and (b) cultural and organisational focus on recovery-centred practice.

[Characteristics of suicide prevention apps: a content analysis of apps available in Canada and the UK](#)

The findings of this research present implications for the development of future suicide prevention apps. Development of a co-produced suicide prevention app which is accessible, allows for personalisation and can be integrated into clinical care may present an opportunity to enhance suicide prevention support for individuals experiencing suicidal thoughts and behaviours.

[Self-harm in children and young people who die by suicide: UK-wide consecutive case series](#) Presentation to services in young people who self-harm is an important opportunity to intervene through comprehensive psychosocial assessment and treatment of underlying conditions.

[Self-harm in women in midlife: rates, precipitating problems and outcomes following hospital presentations in the multicentre study of self-harm in England](#)

Addressing issues relating to finances, mental health and alcohol misuse, alongside known social and biological transitions, may help reduce self-harm in women in midlife. Alcohol use was important across midlife while physical health problems and bereavement increased with age. Despite receiving more intensive follow-up care, suicide risk in the oldest women was elevated. Awareness of these vulnerabilities may help inform clinicians' risk formulation and safety planning.

Conference recordings

[The Multicentre Study of Self-harm in England Conference](#)

You can now view presentations, workshops and Q&A's from the conference which took place on 27 November.



News

[Adults diagnosed with ADHD have shorter life expectancy, UK study shows](#)

Men with a diagnosis of ADHD die seven years sooner, on average, than similar people without, while for women the life expectancy gap is almost nine years, the first study of its kind has revealed. Prof Joshua Stott, a senior author of the research from University College London, said "We know that people with ADHD have higher suicide rates unfortunately. They are also more likely to engage in risky behaviours like smoking, drinking and actually binge eating probably as well." The study is [published in the British Journal of Psychiatry](#).

[Child mental health admissions to acute wards in England rise 65% in a decade](#)

[A new study](#) published in The Lancet Child & Adolescent Health journal shows the number of children admitted to acute hospital wards in England due to serious concerns over their mental health has increased by 65% in a decade, with a particularly alarming surge in girls who have self-harmed, research reveals.

[Deaths at young offender institution in Scotland 'could have been avoided'](#)

The deaths of two young people in custody could have been avoided, according to the long-awaited report of a joint inquiry into their suicides within months of one another.

[Coroner issues warning about antidepressants after suicide of royal's husband](#)

A coroner has issued a warning about the effects of antidepressants prescribed by a Buckingham Palace doctor to the son-in-law of Prince and Princess Michael of Kent before his suicide. A [prevention of future deaths report](#) questioned whether there was adequate communication of the risks of suicide associated with such medication.

[Ian Russell writes to PM Keir Starmer calling for urgent action over online safety](#)

MRF Chair Ian Russell has written to Prime Minister Sir Keir Starmer calling on him to act urgently in order to protect young people online. In the letter Ian argues for stronger online safety legislation.

[Snapchat 'asleep at the wheel' when it comes to suicide and self-harm content, says children's charity](#)

Just 2% of reported suicide and self-harm content on Snapchat was removed between January and July last year, according to Snapchat's latest [transparency report](#). The social media site Snapchat is "fundamentally failing to act on suicide and self-harm content", according to the Molly Rose Foundation.