

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

Report

[NCISH Annual report 2025: UK patient and general population data, 2012-2022](#)

The National Confidential Inquiry into Suicide and Safety in Mental Health (NCISH) has published its annual report 2025, which is based on UK patient and general population data from 2012-2022.

Studies

[Quality improvement for suicide prevention and self-harm intervention: addressing the implementation gap and saving lives](#)

A recently published paper in the Lancet describes three national programmes, the possible impact on rates of suicide and self-harm, and (most striking of all) the effect on staff engagement, local activity and innovation. The NCISH Director and lead author is our very own, Prof Nav Kapur, Honorary Consultant Psychiatrist, Nav talks about the [paper](#) here in this [video](#).

[SUICIDE AND PSYCHOSIS: Comparing the Characteristics of Patients Who Died by Suicide Following Recent Onset and Longer Duration of Schizophrenia and Other Primary Psychotic Disorders, 2008-2021](#)

Though all patients had contact with mental health services in the 12 months prior to death, patients with a recent onset of schizophrenia and other primary psychotic disorders were more commonly in recent contact with services at the time of death. They had fewer social and behavioral factors known to be common to suicide, suggesting lives recently disrupted by illness. Services should provide intensive support for patients who have been recently diagnosed, encouraging engagement and monitoring for deteriorating social factors.

[Beneficial and harmful effects of duloxetine versus placebo, 'active placebo' or no intervention for adults with major depressive disorder: a systematic review with meta-analysis and trial sequential analysis of randomised clinical trials](#)

Duloxetine appears to reduce depressive symptom scores and improve quality of life scores in the short term, but the effect sizes are minimal and of questionable patient importance. The short- and long-term effects of duloxetine on risks of SAEs and suicidality are uncertain. Duloxetine increases the risks of several short-term adverse events. Systematic assessments of benefits and harms over longer periods are required.

[Objective and subjective suicidal intent are differentially associated with attempt lethality based on age of onset of suicidal behavior](#)

From a clinical standpoint, our results emphasize the need to thoroughly assess suicide plans and subjective intent during suicidal crises and contextualize them within the individual suicidal trajectory by also exploring age of onset of suicidal behavior and characteristics of past attempts. Once the relationships between common mental health conditions and subjective and objective suicidal intent is better understood, assessing intent dimensions together with age of onset of suicidal behavior may substantially improve clinical appraisal of suicide risk and offer new avenues for targeted interventions.



["I'd Rather Be Alone." Examining the Interactive Effects of Social Proximity and Social Preference on Suicidal Thinking](#)

Preferring to be alone (while alone or with others) was associated with intraindividual near-term increases in SI severity, whereas preferring to be with others (while alone or with others) was associated with near-term decreases in SI severity.

[Development and validation of a digital self-harm measurement: a population-based study of adolescents in China](#)

The digital self-harm scale developed in this study has good validity and reliability, and can be used as a measurement tool to assess the digital self-harm of Chinese adolescents.

[Association of GLP-1 Receptor Agonists With Risk of Suicidal Ideation and Behaviour: A Systematic Review and Meta-Analysis](#)

This review found no significant link between GLP-1RA use and increased suicidal ideation or behaviour. However, the high heterogeneity and reliance on pharmacovigilance data suggest caution. Clinicians should monitor patients, particularly those with psychiatric conditions, and further research is needed to assess long-term neuropsychiatric safety.

Blog

["The alarming rate of suicide among healthcare workers should be a wake-up call in the urgent need to support them"](#)

Frontline19 was established at the start of the Covid pandemic as an urgent response to support frontline workers who were under extreme pressure and experiencing significant mental health challenges. Psychotherapist Claire Goodwin-Fee is the founder and CEO of Frontline19. In this blog, Claire explains how systemic pressures and stigma around mental health are continuing to leave healthcare staff extremely vulnerable.

[A legislative solution to student suicide prevention: advocating for opt-out consent in response to student welfare concerns](#)

The loss of a student to suicide is a profound and heartbreaking tragedy, leaving families and loved ones devastated, while exposing critical gaps in the support systems within higher education. Each death is not only a personal tragedy but also a systemic failure, underscoring the urgent need for higher education institutions to strengthen their safeguarding frameworks.

News

[Samaritans reports third consecutive year of rising calls from those facing financial hardship](#)

Samaritans is calling on the Government to increase investment in vital suicide prevention and mental health support, as new analysis reveals the number of people accessing the charity's support services over financial concerns has risen for a third year in a row. In 2024, nearly 160,000 callers for emotional support were concerned about finance or unemployment, averaging around 430 calls per day.