

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

Studies

[Not all people who make a suicide attempt have a psychiatric diagnosis](#)

Explores a recent US cross-sectional study, which suggests an exclusive focus on the mental health antecedents of suicide will exclude around 20% of people who attempt to take their own lives.

[School connectedness may protect against suicidal ideation in adolescents](#)

Summarises a recent narrative systematic review, which suggests that school connectedness can help protect against suicidality, but the research points to it being more protective of suicidal ideation than suicide attempts.

[Cross-sectional study of cybervictimisation and non-suicidal self-injury among college students in China: a chain mediation effect of emotion dysregulation and social exclusion](#)

This study confirms previous research by highlighting the positive relationship between cybervictimisation and NSSI behaviours, and advances the field by identifying a chain mediation effect involving emotion dysregulation and social exclusion among this relationship. These findings highlight the critical need to incorporate strategies for managing both emotion dysregulation and social exclusion in the prevention and intervention of NSSI behaviours among adolescents exposed to cybervictimisation.

[Casual associations between frailty and nine mental disorders: bidirectional Mendelian randomisation study](#)

Our findings show bidirectional causal associations between frailty and MDD, insomnia and neuroticism. Additionally, higher frailty levels are associated with anxiety and PTSD, and suicide attempts are correlated with increased frailty. Understanding these associations is crucial for the effective management of frailty and improvement of mental disorders.

[Associations between physical activities and self-harm behaviour in depression across the genotype: findings from the UK biobank](#)

A genotype-specific dose of light-intensity physical activity reduces the risk of self-harm by around a fourth in depressive patients.

[Antidepressants versus placebo for generalised anxiety disorder \(GAD\)](#)

This review added to the growing literature on antidepressants in the treatment of GAD. We have high confidence that antidepressants are more effective than placebo at improving treatment response and that antidepressants have similar acceptability to placebo.



Conference

[Suicide Bereavement UK's 14th International Conference](#)

This event takes place on 25th September 2025, 9am – 4.30pm. This event will be a hybrid conference, available as both FACE2FACE (Manchester) and LIVESTREAM.

Blog

[Understanding the crisis in young people's mental health](#)

Professor Peter Fonagy, Head of the Division of Psychology and Language Sciences at UCL, argues that the mental health crisis among young people cannot be addressed without fundamentally rethinking how we support their development.

News

[Meta's policy changes risk young lives without decisive action from Ofcom](#)

Meta's new rules on content moderation risk pushing social media back to the place it was when Molly Russell died, with Ofcom's current approach to regulation nowhere near strong enough to stop it, Molly Rose Foundation (MRF) warns. Mark Zuckerberg announced plans to scale back moderation worldwide earlier this month, including in the UK and Europe. While the platform confirmed it would still proactively scan for posts that promote or glorify suicide and self-harm, they have offered no assurances it will act on other forms of harmful material. Crucially, this includes content that references extreme depression and that normalises suicide and self-harm behaviours. As Molly's case shows, these types of content can have a devastating effect on teens when viewed or algorithmically recommended in large amounts.

['Worse than the actual death...reliving it over and over again' – bereaved families describe 'tick box' investigations into mental health services deaths](#)

The Health Services Safety Investigations Body (HSSIB) has published its [final report](#) in a series of publications focused on mental health hospitals. The investigation looked at learnings from deaths in acute mental health inpatient settings, as well as deaths within 30 days of discharge.

[Labour MP to push for better maternal mental health care after friend's suicide](#)

A new Labour MP will speak in parliament of her anguish over her friend's suicide just 10 weeks after giving birth – despite the friend having repeatedly sought help for her anxiety. Laura Kyrke-Smith, the MP for Aylesbury, will call for more specific mental health support to be embedded in maternity services.