

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

Studies

[Are 'night owls' more at risk of suicidal thoughts and behaviours? New review on social and circadian rhythm dysregulation](#)

Explores a recent systematic review, which finds a small association between identifying as a night owl and experiences of suicide.

[Working on the edge: the therapeutic alliance in suicide prevention](#)

Considers a qualitative review of client and therapist perspectives on the therapeutic alliance in the context of psychotherapy for suicidal feelings.

[Randomised controlled trial of a brief theory-based online intervention to reduce self-harm](#)

This web-based intervention has limited utility for reducing self-reported self-harm or suicidal ideation in adults with a history of self-harm. Further work is needed to improve the effectiveness of brief interventions for self-harm aimed at adults living in the community and to understand the conditions under which the intervention may or may not be effective.

[Understanding the lived experience and support needs of parents of suicidal adolescents to inform an online parenting programme: qualitative study](#)

Findings highlight key themes of parenting a suicidal adolescent and parental support needs. An online parenting programme could offer parents flexible access to evidence-based parenting strategies. Yet, a purely digital approach may not address the complexities of the parent-adolescent dynamic and provide adequate tailoring. As such, a hybrid approach incorporating therapist support can provide parents with both the compassionate support and practical guidance they seek.

[Clinical characteristics and prevalence of adolescent self-harm before, during and after the COVID-19 pandemic: retrospective cross-sectional database study](#)

The significant increase in prevalence observed after the end of the pandemic suggests a long-term impact on mental health of adolescents. This underscores the need for monitoring this population during post-pandemic years to provide timely interventions.

[Can decoding the complex web of non-suicidal self-injury in adolescents pave the way for tailored interventions?](#)

The study by Yang et al provides a solid foundation for future research and clinical practice, paving the way for more personalized and culturally sensitive approaches to managing NSSI. By continuing to build on these insights, the field can make significant strides in mitigating the impact of NSSI and enhancing the well-being of adolescents worldwide. Future research should focus on integrating multidisciplinary perspectives and longitudinal methodologies to further elucidate the developmental pathways and contextual factors that influence NSSI, ensuring comprehensive and effective intervention strategies.



perfect care
Suicide prevention
crisis research risk self-harm
assessment resources
statistics information
study



NHS

Mersey Care
NHS Foundation Trust

20 March 2025

[How rumination affect suicidal ideation: a moderated mediation model](#)

These findings highlight entrapment as the mediator linking rumination to suicidal ideation and emphasize the potential advantages of enhancing mindfulness to alleviate suicidal ideation among Chinese college students, bearing significant implications for the prevention and intervention of suicidal ideation in this demographic.

Webinar

[Samaritans: the internet, suicide and self-harm training](#)

Samaritans are hosting their free training webinar for practitioners on the internet, suicide and self-harm on 24 March from 12.30pm to 2pm and 29 April from 12.30pm to 2pm. Find out more in the [attached poster](#).

News

[Enforcing the Online Safety Act: Platforms must start tackling illegal material](#)

Online platforms must start putting in place measures to protect people in the UK from criminal activity, while Ofcom has launched its latest enforcement programme to assess industry compliance. The Online Safety Act lists over 130 'priority offences', and tech firms must assess and mitigate the risk of these occurring on their platforms. The priority offences can be split into 17 categories, one of which is 'Assisting or encouraging suicide'.

[High suicide rates show music industry 'profoundly dangerous', researchers say](#)

Calls for more support as study finds musicians in England and US have among highest rates of suicide.

