

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

Systematic Reviews

[The rapid anti-suicidal ideation effect of ketamine: A systematic review](#)

This review found that ketamine shows promise as an antidepressant and specific anti-SI agent, however further and larger-scale research is needed. There is currently no adequately powered study of ketamine's effect on suicidal behavior, which is crucial to demonstrate that the rapid amelioration of SI translates into prevention of suicidal behavior.

[Systematic review of risk and protective factors for suicidal and self-harm behaviors among children and adolescents involved with cyberbullying](#)

This review found that it was not possible to compare studies and use meta-analytic statistical analyses because of the heterogeneity of factors studied, different definitions of cyberbullying and the variety of instruments used. The authors were able to identify a number of risk and protective factors that appear to mitigate the association between cyberbullying and self-injurious ideation and behaviours. However, it was only possible to identify them for victims. The risk and protective factors identified are mostly variables that are associated with suicidal risk in general and are not specific to cyberbullying.

[The global prevalence of depression, suicide ideation, and attempts in the military forces: a systematic review and Meta-analysis of cross sectional studies](#)

The results of meta-analysis showed that the prevalence of depression in active military forces and veterans was 23% (%95 CI: 20–26%) and 20% (%95 CI: 18–22%), respectively. In addition, the prevalence of suicidal ideation and attempts in the military was 11% (%95 CI: 10–13%) and 11% (%95 CI: 9–13%), respectively. The prevalence of suicide ideation and attempts in drug-using military was 18% (%95 CI: 7–33%) and 30% (%95 CI: 23–36%), respectively. The prevalence of suicidal ideation and attempts in military consuming alcohol were 9% (%95 CI: 4–13%) and 8% (%95 CI: 7–10%), respectively. In militaries with AIDS / HIV, the prevalence of suicide attempts was 5% (%95 CI: 4–8%).

Study

[Young people who self-harm: perspectives on primary care](#)

Summary of a qualitative study investigating young adult's experiences and perspectives of general practice care for self-harm.

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



NHS

Mersey Care
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Community and Mental Health Services

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Reports

[Prevention and Treatment of Anxiety, Depression, and Suicide among College Students](#)

The Substance Abuse and Mental Health Services Administration ([SAMHSA](#)) has released an evidence-based [resource guide](#) on preventing and treating anxiety, depression, and suicide among college students.

[Suicide in Children and Young People - National Child Mortality Database Programme Thematic Report](#)

This report found that from data April 2019-March 2020 there were 108 deaths assessed as highly/moderately likely to be due to suicide (SU; ~2 deaths in age=17 years/week, England). Overall rate of SU in this period was 1.8/100,000 in 9-17 year-olds. There was no consistent evidence SU deaths increased during COVID-19 pandemic.

Infographic

[Creating a Shared Approach to Suicide and Overdose Prevention](#)

In the United States, suicide and overdose are among the top 10 leading causes of death. At the intersection of suicide and overdose are shared factors that can be assessed to support a comprehensive approach to prevention. This infographic is a tool that can assist states and territories in fostering cross-sector partnerships by demonstrating the intersection of suicide and overdose and how a multi-sector approach can lead to comprehensive prevention.

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