

Randomised Controlled Trial

[Community supported discharge service for teenagers leaving psychiatric hospital](#) This post from the mental elf describes an RCT that compared the effectiveness and cost-effectiveness of an intensive community supported discharge service versus treatment as usual for adolescents with psychiatric emergencies.

Systematic Review

[Self-harm in older adults: a forgotten group?](#) This post discusses the results of a recent systematic review in the British Journal of Psychiatry on self-harm in older adults. The review found that factors associated with repeating self harm in older adults included previous history, alcohol and drug use and living alone/loneliness, but also highlighted the lack of community research in this area.

Study

[Predictors of future suicide attempt among adolescents with suicidal thoughts or non-suicidal self-harm: a population-based birth cohort study](#) This population-based study used data from participants from the Avon Longitudinal Study of Parents and Children. The study found that most adolescents who think about suicide or engage in non-suicidal self-harm will not make an attempt on their life, but among participants with suicidal thoughts some of the strongest predictors of transition to attempts were non suicidal self ham, dug use and sleep problems.

Reports

[UK armed forces suicides: 2018](#) This report provides a summary and trends over time of suicides occurred in the Armed Forces up to December 2018. Overall there has been a declining trend in male suicide rates since the 1990s.

[Impact of social media on young people's mental health and wellbeing](#) The Royal Society for Public Health has published a report on the impact of social media on the mental health and wellbeing of young people and looks at areas for development including education, the development of public guidelines and establishing a duty of care for social media providers.

Survey

[Samaritans launch awareness campaign to encourage men to seek help](#) A new survey commissioned by Samaritans has highlighted that there is still a stigma around men seeking help when they are struggling to cope. Two in five (41%) men in England, Scotland and Wales aged 20-59 do not seek support when they need to, because they prefer to solve their own problems.