

Foundation for PSA report

19th European Symposium on Suicide and Suicidal Behaviour, 24-27 August, 2022 - Copenhagen, Denmark

The conference is attended by researchers in the field of suicide and self-harm research and prevention. Key speakers of note include internationally renowned experts, Prof. Keith Hawton and Prof. Rory O'Connor.

Attending this excellent conference enabled me to share the findings from two research studies I conducted. The first being a systematic review exploring the impact of self-harm images on social media (e.g., Instagram), and the second being a novel research study which explored self-harm-related mental imagery in 55 young people access CAMHS services across Berkshire, Buckinghamshire, Oxfordshire, and Leicestershire. Sharing my findings with key researchers in the field helped me to gain useful feedback on my research, as well as inform ideas for future research we are doing in this area. I also learnt a lot about open science, preregistered reports, experience sampling methodology and self-harm and suicide interventions, which I am hoping to explore in future work. I have also made links with other researchers and subsequently joined the early career researcher network in this field. I would definitely recommend that others working with young people who self-harm or engage in suicidal behaviours to attend this conference – I learnt so much and it has inspired so many ideas!

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