

THE INTERPLAY BETWEEN SELF-HARM AND SUICIDALITY

in young adults over time: a multi-method study

WHAT WAS FOUND?

The interplay between self-harm and suicidality is complex with important links between self-harm frequency and suicidal thinking.

Over time self-harm ceases to be an effective coping strategy and may progress in severity, resulting in suicidality.

Self-harm is thought to serve an immediate function for individuals whereas suicidality provides a longer-term safety net.

FUTURE

Findings from this research **MUST** be used to aid the **ADAPTATION** of **TREATMENT** and **SUICIDE PREVENTION STRATEGIES**

Focus should be placed on this function and interplay in therapeutic settings.

