

# Suizid verstehen | Quarks Studio Q – Upload: 27.03.2026

## **Hilfe in Krisensituationen:**

### **Unter-25-jährige**

U25 Krisenchat <https://www.krisenchat.de>

Freunde fürs Leben <https://www.frnd.de>

### **Alle Altersklassen**

Telefonseelsorge <https://www.telefonseelsorge.de>

Sozialpsychiatrischer Dienst <https://gesund.bund.de/sozialpsychiatrischer-dienst#aufgaben>

### **Für Angehörige:**

Agus-Selbsthilfegruppen <https://www.agus-selbsthilfe.de>

## **Infos generell:**

Deutsche Gesellschaft für Suizidprävention <https://www.suizidprophylaxe.de>

Nationales Suizidpräventionsprogramm <https://www.naspro.de/dl/Suizidzahlen2023.pdf>

**In diesem Dokument haben wir die wichtigsten Quellen zu unserem YouTube-Video aufgelistet:**

- [1] <https://www.suizidpraevention.de/daten-und-fakten/suizidstatistiken>  
Daten des statistischen Bundesamtes und des Bundeskriminalamtes
- [2] Castillejos, M. C. et al (2021). Prevalence of Suicidality in the European General Population: A Systematic Review and Meta-Analysis. *Archives of Suicide Research*, 25(4), 810–828. <https://doi.org/10.1080/13811118.2020.1765928>
- [3] Niederkrotenthaler, Thomas et al. (2020). “Association between suicide reporting in the media and suicide: systematic review and meta-analysis.” *BMJ (Clinical research ed.)* vol. 368 m575. <https://pubmed.ncbi.nlm.nih.gov/32188637/>
- [4] Cooper, Michael Townsend Jr et al. (2018) “Suicide Attempt Admissions From a Single Children's Hospital Before and After the Introduction of Netflix Series 13 Reasons Why.” *The Journal of adolescent health : official publication of the Society for Adolescent Medicine* vol. 63,6 <https://pubmed.ncbi.nlm.nih.gov/30454731/>  
Bridge, Jeffrey A et al. (2020) “Association Between the Release of Netflix's 13 Reasons Why and Suicide Rates in the United States: An Interrupted Time Series Analysis.” *Journal of the American Academy of Child and Adolescent Psychiatry* vol. 59,2 <https://pmc.ncbi.nlm.nih.gov/articles/PMC6817407/>  
Niederkrotenthaler T, et al (2019).. Association of Increased Youth Suicides in the United States With the Release of 13 Reasons Why. *JAMA Psychiatry*. 2019 Sep 1;76(9):933-940. doi: 10.1001/jamapsychiatry.2019.0922.

- [5] Pöldinger, W. (1982). Erkennung und Beurteilung der Suizidalität. In: Reimer, C. (eds) Suizid. Springer, Berlin, Heidelberg. [https://doi.org/10.1007/978-3-642-68093-9\\_2](https://doi.org/10.1007/978-3-642-68093-9_2), <https://www.suizidprophylaxe.de/suizidalitaet/>
- [6] Bernal, M. et al (2007). Risk factors for suicidality in Europe: Results from the ESEMED study, *Journal of Affective Disorders*, Volume 101, Issues 1–3, 2007, Pages 27-34, [https://www.researchgate.net/publication/6722756\\_Risk\\_factors\\_for\\_suicidality\\_in\\_Europe\\_Results\\_from\\_the\\_ESEMED\\_study](https://www.researchgate.net/publication/6722756_Risk_factors_for_suicidality_in_Europe_Results_from_the_ESEMED_study)
- [7] Brieger P. et al (2020). Wer nimmt sich das Leben? Ergebnisse einer psychologischen Autopsiestudie im Allgäu basierend auf Polizeiakten (2020) *Psychiat Prax* 2020; 47: 198–206, <https://www.thieme-connect.com/products/ejournals/pdf/10.1055/a-1067-0151.pdf>
- [8] Michel K. et al (1997). Suicide as a goal-directed action, *Arch. Suicide Res* 3, 213-221, [https://www.researchgate.net/publication/36387402\\_Suicide\\_as\\_Goal-Directed\\_Action](https://www.researchgate.net/publication/36387402_Suicide_as_Goal-Directed_Action)
- [9] Joiner, T.(2005). *Why People Die by Suicide*. Harvard University Press, 2005. JSTOR, <https://doi.org/10.2307/j.ctvjghv2f>. oder hier: <https://www.rosenfluh.ch/psychiatrie-neurologie-2020-03/verzweiflung-und-suizidalitaet>
- [10] Paashaus, L., Teismann, T. et al (2021). From decision to action: Suicidal history and time between decision to die and actual suicide attempt. *Clinical Psychology & Psychotherapy*, 10.1002/cpp.2580. <https://doi.org/10.1002/cpp.2580>,
- [11] Caroll R, et al (2014). Hospital presenting self-harm and risk of fatal and non-fatal repetition. *PLOS One* 9:e89944. <https://doi.org/10.1371/journal.pone.0089944>  
Owens D, Horrocks J, House A. Fatal and non-fatal repetition of self-harm: Systematic review. *British Journal of Psychiatry*. 2002;181(3):193-199. <https://www.cambridge.org/core/journals/the-british-journal-of-psychiatry/article/fatal-and-nonfatal-repetition-of-selfharm/721FD68B3030C46E2070CC08CA869523>  
Jenkins GR et al (2002). Suicide rate 22 years after parasuicide: cohort study. *BMJ*. 2002 Nov 16;325(7373):1155. doi: 10.1136/bmj.325.7373.1155.  
Christiansen E, Jensen BF (2007). Risk of repetition of suicide attempt, suicide or all deaths after an episode of attempted suicide: a register-based survival analysis. *Aust N Z J Psychiatry*. 2007 Mar;41(3):257-65 .<https://pubmed.ncbi.nlm.nih.gov/17464707/>;  
<https://hsph.harvard.edu/research/means-matter/means-matter-basics/attempters-longterm-survival/>;  
Hultén A, et al (2001). Repetition of attempted suicide among teenagers in Europe: frequency, timing and risk factors. *Eur Child Adolesc Psychiatry*. 2001 Sep;10(3):161-9.<https://pubmed.ncbi.nlm.nih.gov/11596816/>