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

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[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://www.suizidprophylaxe.de/suizidalitaet/

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[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

[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/