

## Fact Sheet - Suicide and Non-suicidal Self-Injury in Children and Adolescents: Evidence-based Clinical Practice Guideline

A new Evidence-based Clinical Practice Guideline: Suicide and Non-suicidal Self-injury (NSSI) in Children and Adolescents, was released by the Melbourne Children's Suicide and Non-suicidal Self-Injury Guideline Development Group in 2026. The guideline provides best-practice guidance on the identification, assessment and management of suicide and NSSI in children and young people aged 0-19 years.

### Who the guideline is for

The guideline is intended to support a range of professional roles who work with children and young people. These roles encompass:

- Non-health professionals
- Healthcare professionals
- General practitioners
- Mental health professionals

### Key components of good practice

The guideline identifies several key components of good practice. Some of the components include:

- **Person-centred and culturally safe care**, ensuring that the cultural, social and individual needs of the young person are being met (*Recommendation 1.3*)
- **Holistic assessments and care**, recognising co-occurring conditions and understanding any precipitating factors (*Recommendation 2.7*)
- **Appropriate environments for biopsychosocial assessment**, including emergency departments and urgent care clinics having quiet, designated areas to support biopsychosocial assessments (*Recommendation 4.4*)
- **Timely assessments**, ensuring that biopsychosocial assessments are not delayed (*Recommendation 5.2*)

### Biopsychosocial frameworks

This guideline emphasises biopsychosocial frameworks as a key component of mental health care for children and young people. Biopsychosocial frameworks allow for the complex interactions between biological, psychological and social factors influencing a young person's distress and behaviours to be explored. Early and comprehensive biopsychosocial assessments enable:

- Greater understanding of underlying drivers
- Development of tailored, individualised supports
- More appropriate and effective care pathways

### Further information

MHCC encourages all professionals to review the guideline in full.

**Source:** Melbourne Children's Suicide and Non-suicidal Self-injury Guideline Development Group. (2026). Suicide and Nonsuicidal Self-injury in Children and Adolescents: Evidence-based Clinical Practice Guideline: Melbourne Children's.