





Suicide prevention:

Insights into lived experiences of suicidality and development of guidelines and tools for autistic individuals

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Project on suicide prevention for autistic adults

Academisch Werkplaats Autisme



vernieuwen door verbinden

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Autistic adults' reading and advisory group






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Suicidality in autistic people: prevalence

34% suicidal ideation

compared to 9% in the general population




22% suicide plans

compared to 2-3% in the general population

24% suicide attempts and behaviors


compared to 2-3% in the general population



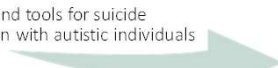
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Study aims

1) to get more insight into the suicidal experiences of autistic individuals



2) to develop guidelines and tools for suicide prevention in collaboration with autistic individuals






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Study overview

Lived experiences suicidal process




Interview study with autistic adults (n = 12)

Evaluation e-learning on autism & suicide prevention for professionals



Survey study with professionals (n = 53)

Feedback on existing tools for suicide prevention



Interview and survey study with autistic adults (n = 37)



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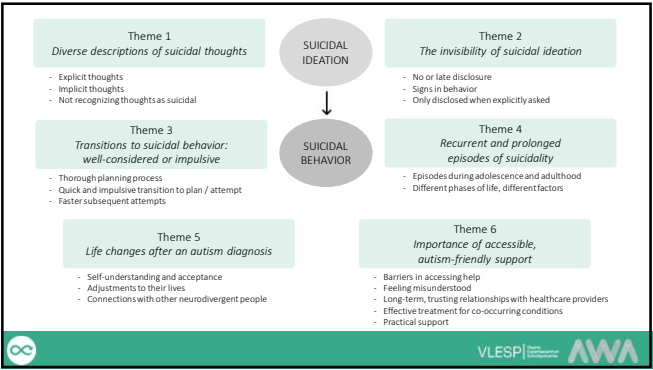
Feedback on existing tools for suicide prevention



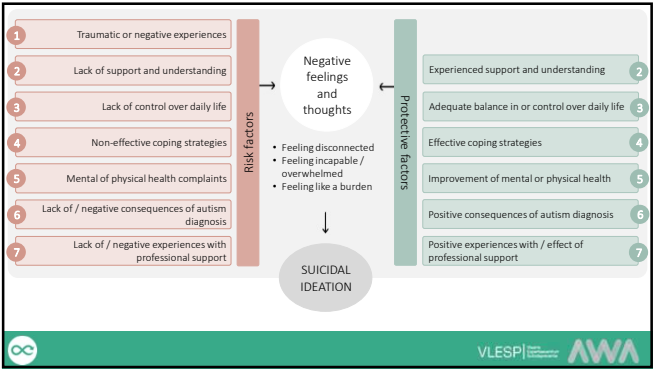
Interview and survey study with autistic adults (n = 37)



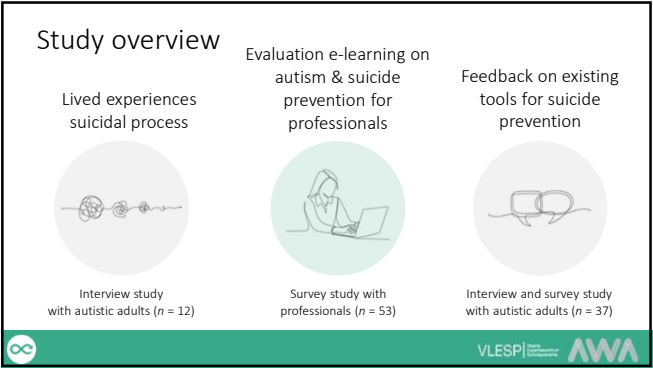
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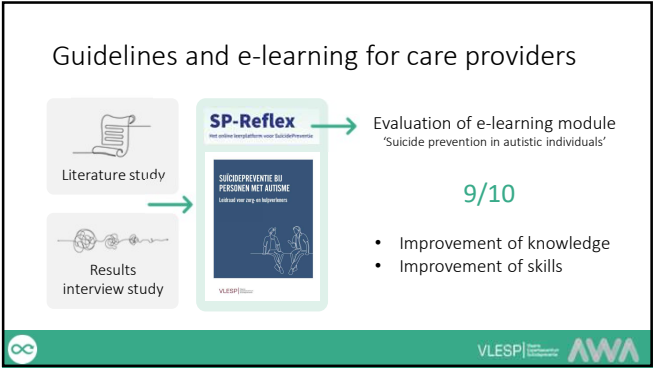
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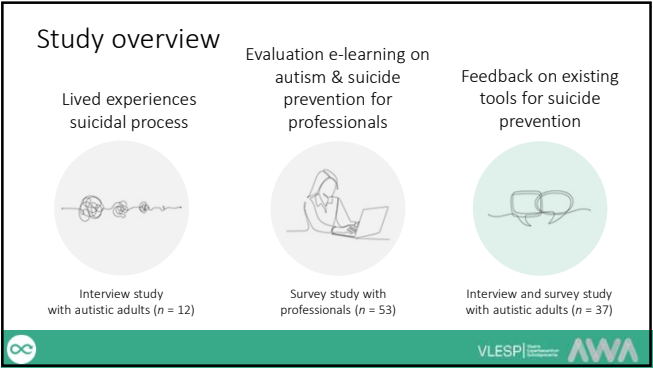
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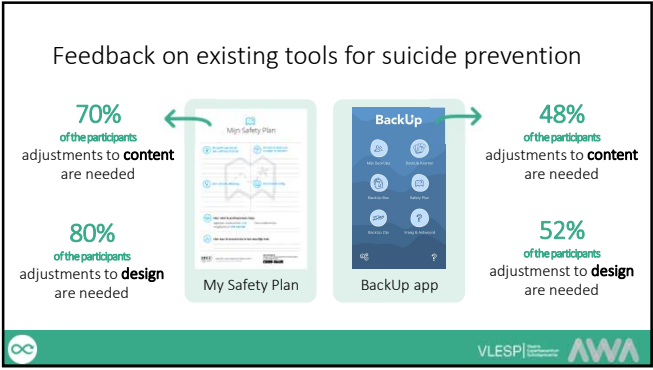
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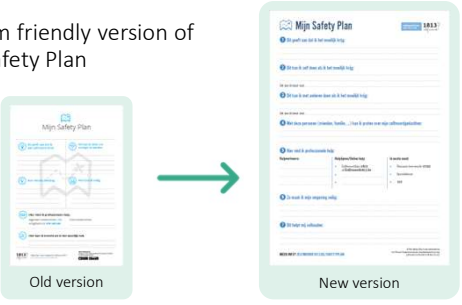


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Autism friendly version of My Safety Plan



Old version

New version

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Next step

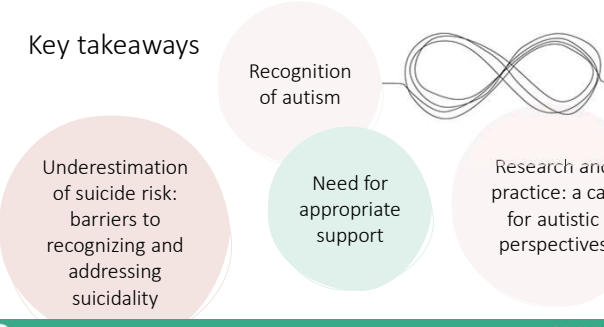


evaluate and adjust the online self-help course Think Life for autistic individuals

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Key takeaways




Underestimation of suicide risk: barriers to recognizing and addressing suicidality

Recognition of autism

Need for appropriate support

Research and practice: a call for autistic perspectives

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