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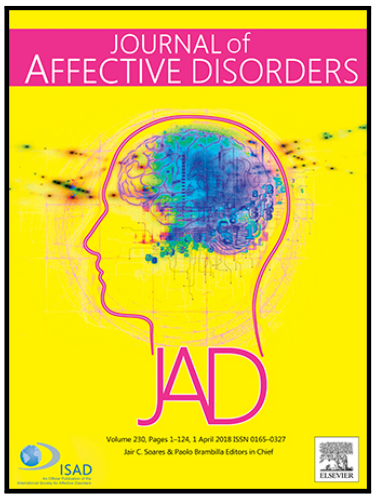


# Naturally absorbed polyunsaturated fatty acids, lithium, and suicide-related behaviors: a case-controlled study

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**Highlights**

- Higher plasma EPA levels and higher serum lithium levels may be associated with less suicide attempt.
- Higher plasma arachidonic acid levels may be associated with more deliberate self-harm.
- As naturally absorbed nutrients, low arachidonic acid levels may be effective for deliberate self-harm while high EPA and high lithium levels may be effective for suicide attempts.

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