

Promoting Sustainable Suicide Prevention in Europe



Transferring the Austrian Best Practice on Suicide Prevention "SUPRA" to 17 EU-Countries (2021-2024)

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Contributions, Acknowledgements

The presentation is based on a collaboration with group-authorship

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- Bernadett Bulyovszky, National Directorate General for Hospitals **Hungary**.



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JA ImpleMENTAL: Aims and Scope

- **2 best practices selected** by the Steering Group on Promotion & Prevention (Member States):
 - Mental healthcare delivery system reform in Belgium
 - **Suicide Prevention Austria SUPRA (Czechia participating)**
- Oct 2021-Sept 2024
- Overall **budget**: 6,7 million Euro, 80% EU-co-funding
- **21 countries** and **39 organizations** involved
- **Aims:**
 - Sustainable change and system transformation
 - **Transfer and pilot implementation** of (selected components) of best practices

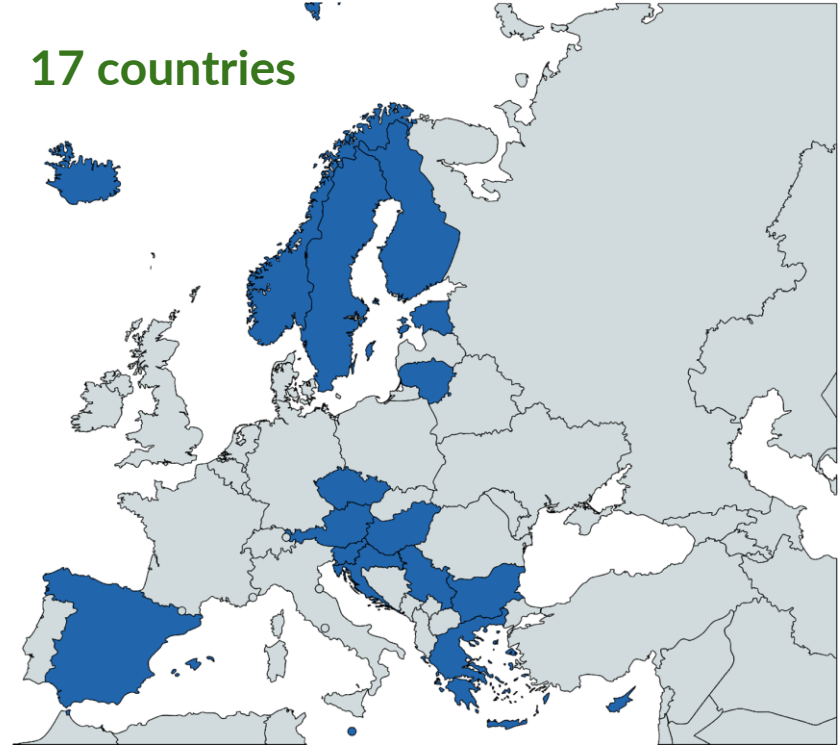


Transfer of SUPRA (Suicide Prevention Austria)

Lead: GÖG/Austria

Co-Lead: MoH, NIMH/Czechia

17 countries



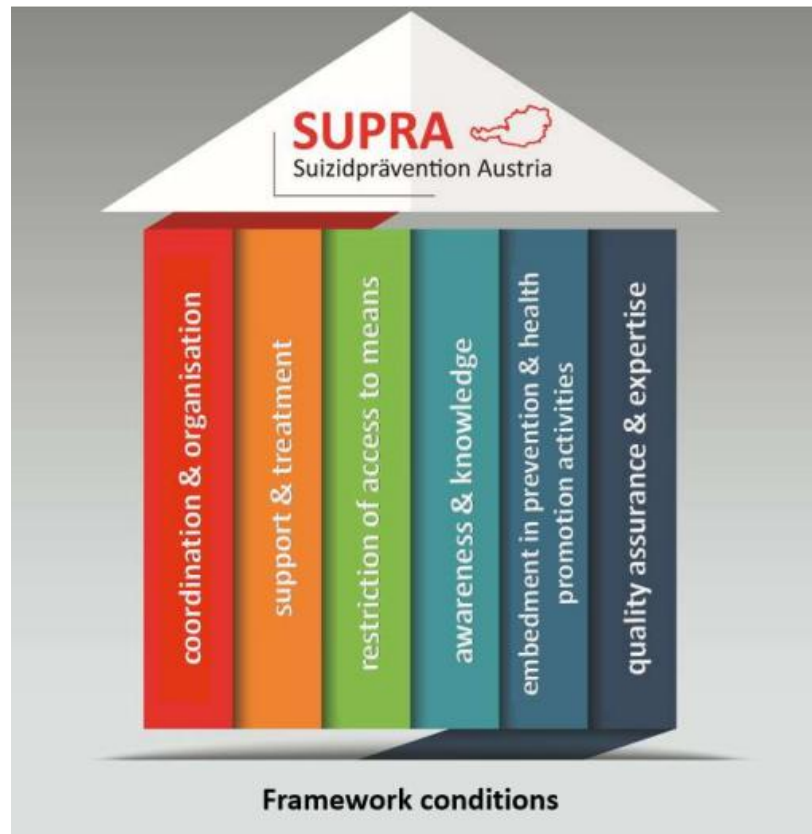
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Austrian SUPRA Model

- ▷ **Multilevel, national SP programme**
- ▷ 6 columns/strategic goals, 18 operational goals, and 70 concrete actions
- ▷ **universal, selective & indicated prevention + postvention**
- ▷ **Double strategy:** Implementation of “quick wins” and development of structured concept in parallel





- ▷ WHAT (it is about)?
- ▷ Targeting WHO?
- ▷ WHERE?



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Outputs

Guidelines on SUPRA



SUPRA Handbok



SUPRA: Original good practice from the PUBLIC HEALTH Best Practice Portal



SUPRA: Fact Sheet



Trainings & Workshops

- The Suicide Risk Code - Model of continuity of care in Spain
- Telephone hotlines
- Restriction of means on railways
- Suicide and self harm data and registries
- Suicide Prevention and Media
- Mental Health Promotion at schools
- Gatekeeper Training
- Suicide Postvention
- The Relevance of Socioeconomic Determinants of Health for Suicide Prevention



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Further outputs - country level



Country profiles

16 countries drafted/revised their national Suicide Prevention Strategy

189 suicide prevention measures/activities were implemented by countries



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Implementation in Czechia - outputs

- ▷ P.S. Žij (P.S. Live) website + related social media accounts launched
- ▷ Publication of a first regular Annual Report on Suicidality and Suicide Prevention
- ▷ Guidelines for schools
- ▷ Collaboration with Railway Administration (securing hotspots, awareness raising)
- ▷ First annual march for the bereaved “Candle for the life Lost”
- ▷ Revision of the National Action Plan on Suicide Prevention 2020-2030



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Key Learnings, Conclusions

- ▷ Austrian model SUPRA worked well for transfer.
- ▷ JA ImpleMENTAL was a **good boost for anything already in place and a starting point for further activities** (“Do something, do more, do better”^{*}).
- ▷ Clear structure/process, still providing considerable room for (national) flexibility and contextualization.
- ▷ **Engagement, co-creation wherever possible helps.** It is useful to **collaborate across policy, research, practice and lived experience** areas.
- ▷ **Evaluation** and regular monitoring is needed.
- ▷ Sustainability plans were developed, **many measures will be continued at national/regional level.**

^{*} Sir Michael Marmot



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Thank you for your attention!

The project website is no longer available online. In case you would like to find out more about the project/the different outputs, please contact me at:

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