

## **IMPLEMENTATION OF THE EUROPEAN PROJECT AGAINST DEPRESSION AND PREVENTION OF SUICIDE IN “DRETA EIXAMPLE” DISTRICT OF BARCELONA**

### **Objectives:**

To reduce the suicide death rate by:

- Improving the early detection of suicide-related thoughts, reducing the number of first attempts at suicide and repeated attempts and increasing the survival time following an attempted suicide.
- Modifying social attitudes concerning self-inflicted injury behaviours: providing information on risk factors and destigmatising these behaviours.
- Optimize the existing care resources, creating specific care circuits for patients at risk of suicide

**Target population:** Patients for whom care has been provided through the district healthcare mechanisms due to suicidal behaviour

**Scope:** Basic health areas, hospital services, medical emergency service, 061, pharmacists, mental health network, social services, geriatric living facilities, social-healthcare centres.

Social agents and groups: civic associations, patient family member associations, civic centres, parishes, the media and others.

**Description:** Based on the design of the European program to combat depression and prevent suicide (European Alliance Against Depression – EAAD), by carrying out an intervention in settings ranging from primary prevention to tertiary prevention. This is a project spearheaded by the University of Munich, jointly funded by the European Commission, DG Sanco with the support of the WHO. Eighteen European countries are participating.

The program includes:

- Implementation of information campaigns addressing the media and the public at large. These have the goal of reaching those persons having no contact with the mental health network who are at risk of suicide (40% of completed suicides have no connection with the network) and contributing to destigmatising suicidal behaviour by facilitating the request for help and the grieving process of relatives.
- Development of information and continuing training programmes for Primary Care professionals.
- Psycho-educational interventions for the prevention and early detection of risk of suicide in healthcare, teaching and social media.

Given sufficient psychiatric and psychotherapy resources (individual and group) throughout a limited time, another mission is that of case management: The proposed program follows along the lines of the experiences of Götting and Nuremberg, adding the innovation of creating a “suicidal behaviour management team”.

**Evaluation:** Evaluation is being carried out by means of determining the evolution of completed and attempted suicide rates, degree of detection of major depression and other mental disorders in the Primary Care network and of variations in the prescription of psychotropic drugs among the target population. The effectiveness of the specific circuit for providing care for patients at risk of suicide is also studied. The initial results note an increase in early detection of the risk of suicide, manifested by the increase in the number of consultations due to suicidal ideation and a remission of the risk of suicide.

**Institutions and centres responsible for the intervention or program and Contact:** Autonomous Government of Catalonia. Mental Health Department. Mental Health and Addictions Plan Director. Hospital de la Santa Creu i Sant Pau. Psychiatric Unit.

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