

A Successful Policy Dialogue Meeting on Suicide Prevention Took Place on 23rd July 2024, in Debrecen



Health Services Management Training Centre
Semmelweis University



UNIVERSITY OF DEBRECEN



JA ImpleMENTAL (Joint Action on Implementation of Best Practices in the area of Mental Health) involves 39 participating organisations from competent authorities in 21 EU/EEA countries.

From Hungary the National Directorate General for Hospitals (OKFŐ) is the Hungarian beneficiary and consortium project partner, whereas the Health Services Management Training Centre of Semmelweis University (SE EMK) and the Faculty of Medicine of the University of Debrecen (DE) participate in the project as Affiliated Entities.

JA ImpleMENTAL supports its project partners to establish local networks for mental health and to strengthen community-based provision of preventive care services across sectors in order to improve access to a sustainable quality of care.

In align with the above, JA ImpleMENTAL is focusing on the transfer and implementation of two best practices. One of them is **Suicide Prevention Austria “SUPRA”**, a multi-level suicide prevention strategy that integrates universal, selective and indicated prevention interventions, based on the local implementation context and building upon existing resources and initiatives.

In order to adapt elements of “SUPRA” in Hungary, the Faculty of Medicine of the University of Debrecen undertook the tasks of situation assessment that would influence the possible direction and extent of the transfer, the development of the transfer model, the design and preparation of the national pilot, including elaboration a local Suicide Prevention Strategy for Hajdú-Bihar County for 2025-2030. Adolescence is the key target group of the strategy that serves to develop and strengthen their staying alive abilities and surviving skills.

Main themes of the strategy are:

- improving the safety of the surrounding environment by limiting access to devices/tools likely to be relevant for committing suicide
- promoting responsible media communication by raising awareness and educate journalists on the sensitivity issues of reporting on suicide victims
- providing equitable assistance to those in crisis situations and at risk of committing suicide
- design and provide training for professionals involved in mental health services
- integrate preventive care options for self-harm and suicide
- raising awareness of the general public and the wider society about the risks of adolescent suicide and educate them on potential suicide prevention methods
- develop a self-harm monitoring system that includes collecting data both on lethal attempts and self-harm injury cases for national suicide registry, so as to ensure credible, accurate, systematic data collection and elaborate reporting protocols to facilitate and enhance the coordination of suicide prevention efforts.

On 23rd July 2024, the University of Debrecen in cooperation with the Health Services Management Training Centre of Semmelweis University organised a “Policy Dialogue on Suicide Prevention” meeting in Debrecen at the headquarter of DAEFI. Experts, policy makers, mental health professionals and stakeholders from the health and social sectors were invited to the event to discuss the draft strategy and share their knowledge, experience and insights on suicide prevention services and future mental health policy options. More than 30 participant attended the event, whose expertise, knowledge and useful observations would significantly contribute to the finalisation of the countywide strategy for mental health suicide prevention policies.

About JA Implemental:

The Joint Action involves 39 participating organisations from competent authorities in 21 EU/EEA countries and supports them to establish local networks for mental health and to strengthen community-based provision of preventive care services across sectors in order to improve access to a sustainable quality of care. JA ImpleMENTAL is focusing on the transfer and implementation of two best practices:

(1) mental health reform in Belgium based on the principle of deinstitutionalization, the transition from primarily institutional care to community-based care in order to improve mental health outcomes and quality of life and avoid unnecessary hospitalizations, and

(2) Suicide Prevention Austria (SUPRA), a multi-level suicide prevention strategy that integrates universal, selective and indicated prevention interventions, based on the local implementation context and building upon existing resources and initiatives. The activities of the JA ImpleMENTAL strongly support the new Communication on a comprehensive approach to mental health, which aims to put mental health on par with physical health and to ensure a cross-sectorial approach to mental health issues.

JA ImpleMENTAL is committed to improve the quality of life of people living with mental problems and illnesses with the involvement of all parties concerned.

For further information on JA ImpleMENTAL project: <https://ja-imental.eu/>.