



I A S P

International Association for Suicide Prevention

○ September 10, 2016

World Suicide Prevention Day

○ Connect. Communicate. Care.

Connect. Communicate. Care.

- Encouraging all people to reach out to those who are suffering in silence, express when they are in need of help, and lift up those around them



My friend Barack in his presidential note
World Suicide Prevention Day,
September 10, 2016

Sundhedsstyrelsen

*Forslag til handlingsplan
til forebyggelse af
selvmordsforsøg og
selvmord i Danmark*

Udvalget til udarbejdelse af forslag
til handlingsplan til forebyggelse
af selvmordsforsøg og selvmord
i Danmark

August 1998



WHO Action plan

- **Global target 2:** *Service coverage for severe mental disorders will have increased by 20% {by the year 2020}.*
- **Global target 3.2:** *The rate of suicide in countries will be reduced by 10% {by the year 2020}.*
- **74 Suicide prevention:** **Develop and implement comprehensive national strategies for the prevention of suicide.**

Health care approaches

Treatment of depression
(Medication and Psychotherapy)
Chain of care

Education of primary
care physician
Screening
in primary
care

Restriction
of access to
lethal means
School based
universal prevention

Gatekeeper training
Media training
Internet based interventions
Helplines

Public health approaches

Strong evidence

More research is needed

Myths about suicide

Myth:

~~*Most suicides happen suddenly
without warning.*~~

Fact:

The majority of suicides have been preceded by warning signs, whether verbal or behavioural. Of course there are some suicides that occur without warning. But it is important to understand what the warning signs are and look out for them.

Myths about suicide

Myth:

~~*Someone who is suicidal
is determined to die.*~~

Fact:

Fact: On the contrary, suicidal people are often ambivalent about living or dying. Someone may act impulsively by drinking pesticides, for instance, and die a few days later, even though they would have liked to live on. Access to emotional support at the right time can prevent suicide.

Myths about suicide

Myth:

~~Once someone is suicidal,
he or she will always
remain suicidal~~

Fact:

*Heightened suicide risk is often
short-term and situation-specific.
While suicidal thoughts may return,
they are not permanent and an
individual with previously suicidal
thoughts and attempts can go on to
live a long life.*

Myths about suicide

Myth:

~~Only people with
mental disorders are suicidal~~

Fact:

Suicidal behaviour indicates deep unhappiness but not necessarily mental disorder. Many people living with mental disorders are not affected by suicidal behaviour, and not all people who take their own lives have a mental disorder.

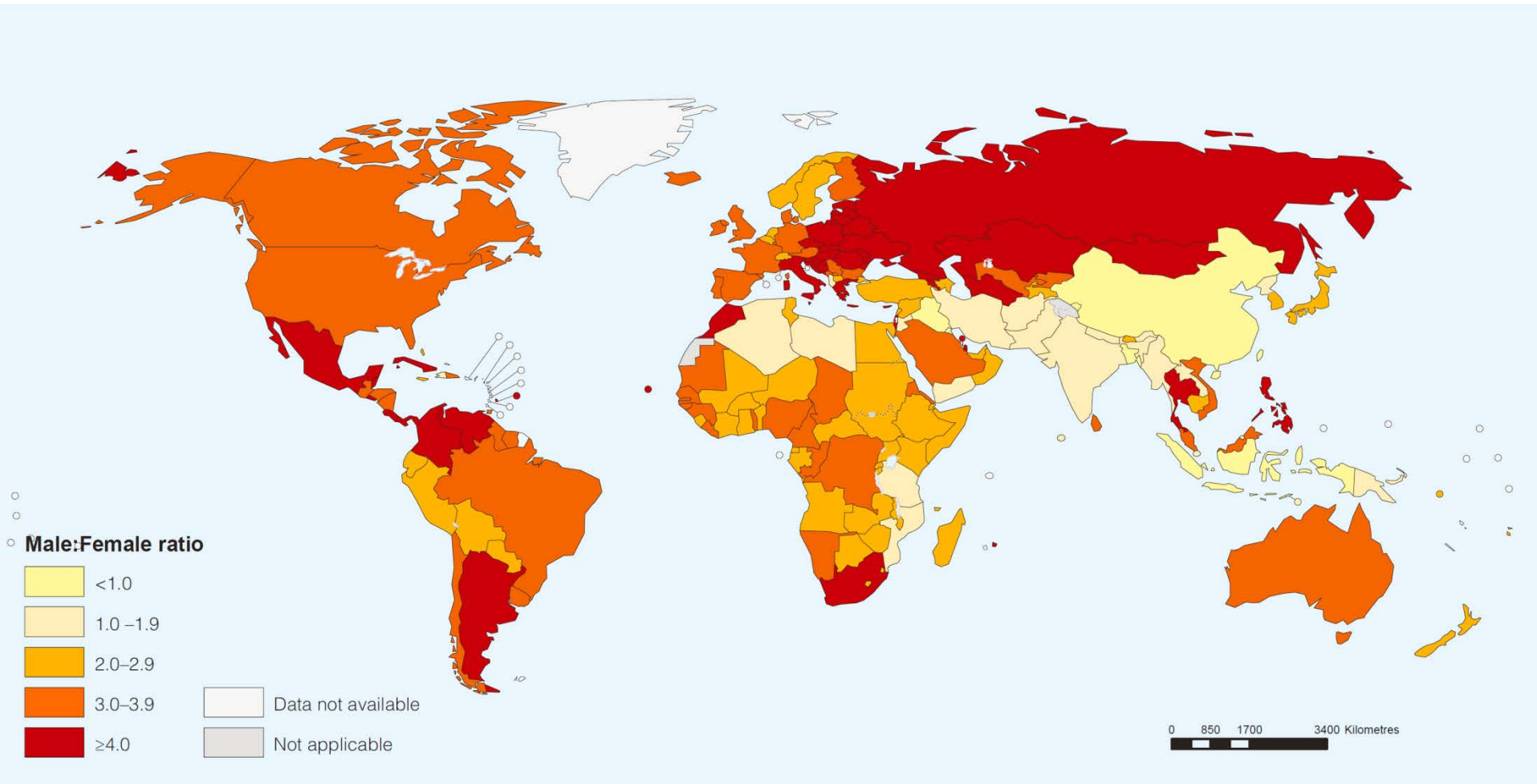
Myths about suicide

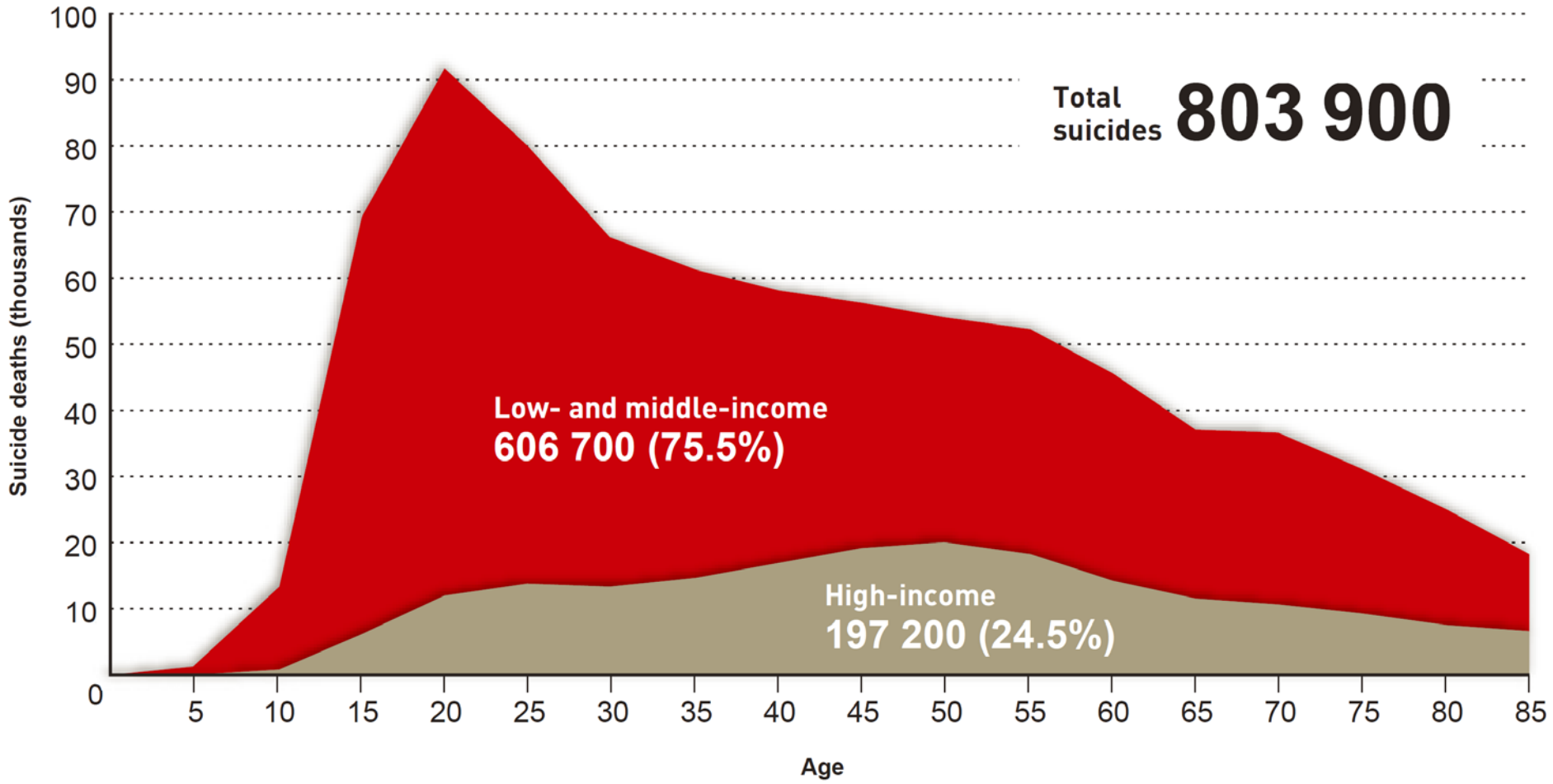
Myth:

~~Talking about suicide is a bad idea
and can be interpreted
as encouragement.~~

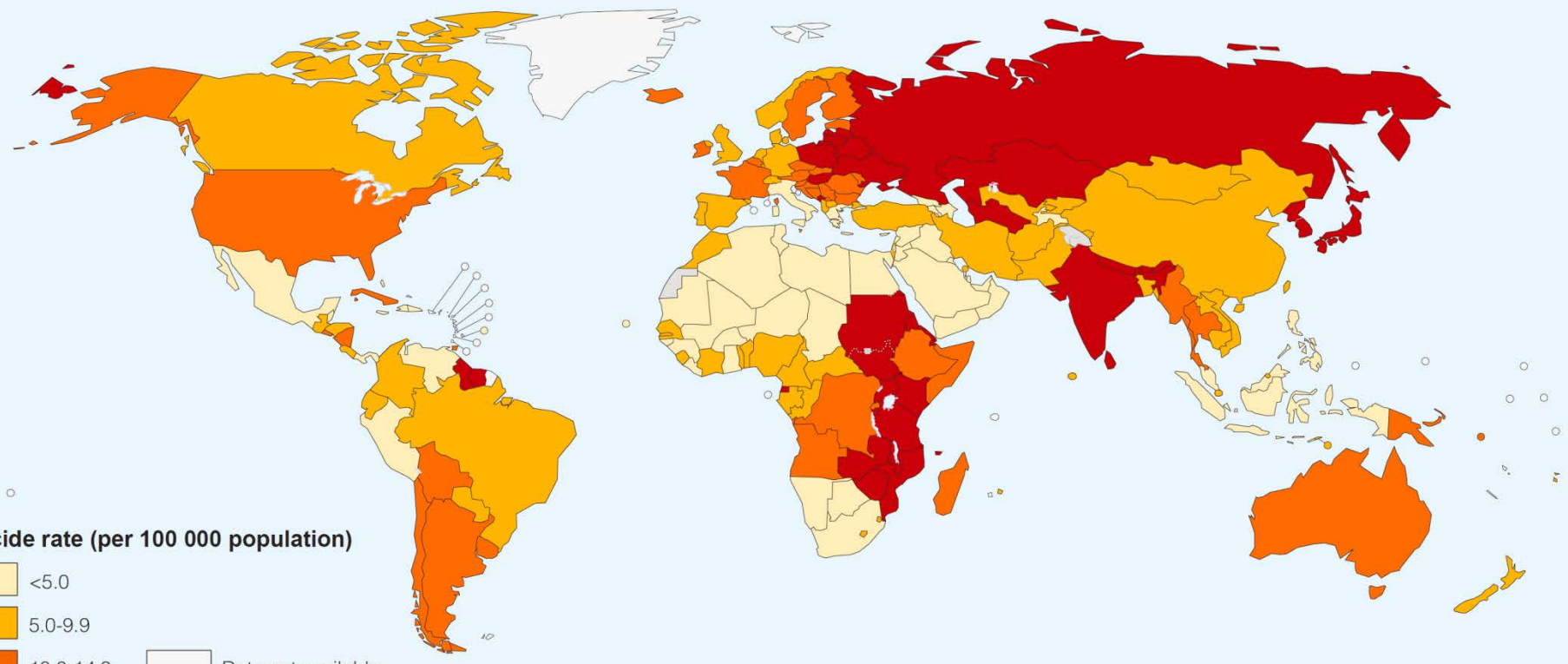
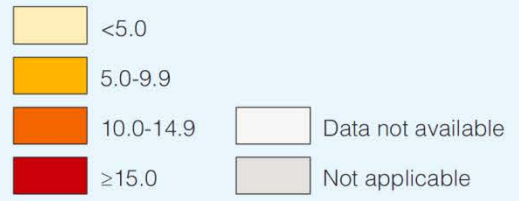
Fact:

Given the widespread stigma around suicide, most people who are contemplating suicide do not know who to speak to. Rather than encouraging suicidal behaviour, talking openly can give an individual other options or the time to rethink his/her decision, thereby preventing suicide.



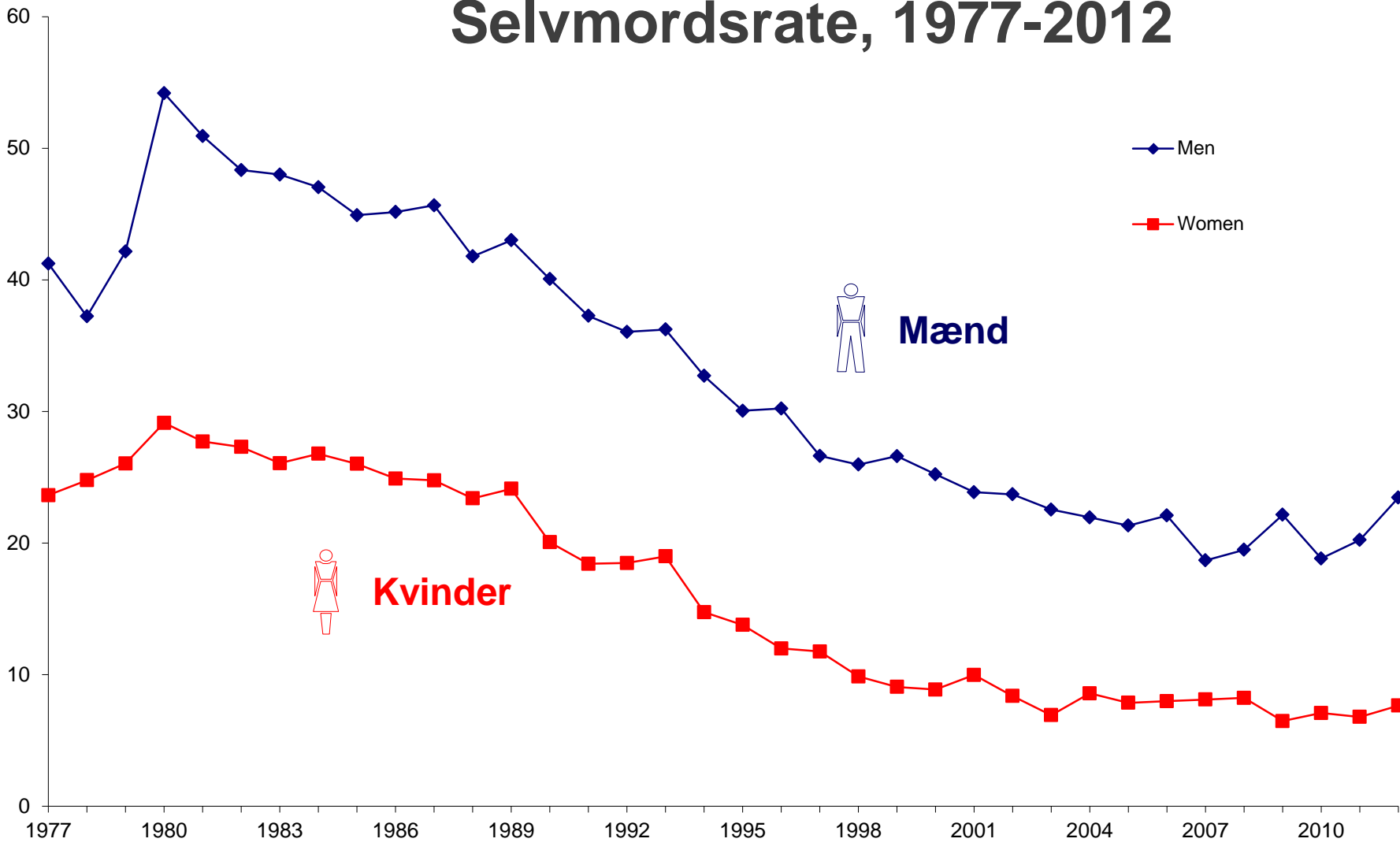


Suicide rate (per 100 000 population)



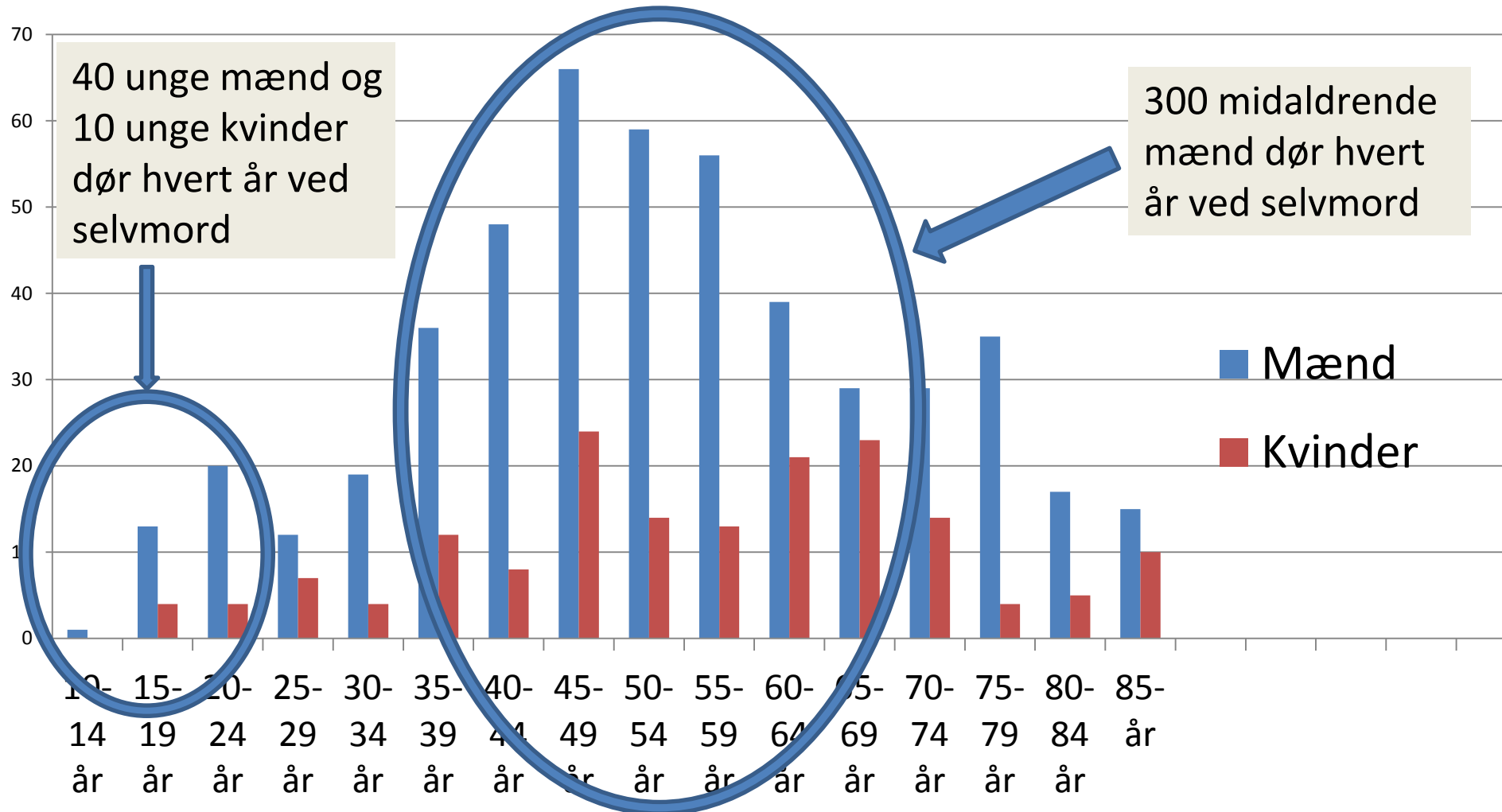
Rate per 100.000

Selvmondsrate, 1977-2012



Kilde: Sundhedsstyrelsen (Dødsårsagsregisteret) og Danmarks Statistik (Befolkningsdata). Beregning: Annette Erlangsen PhD, Psykiatrisk Center København.

Suicide among men and women in Denmark, 2012. Absolute numbers



WHO

Indicators that measure the strategy's progress 2013-2020 can include:

- a 10 percent reduction in the suicide rate;
- the number of suicide prevention interventions implemented;
- a decrease in the number of hospitalized suicide attempts.

Selv mord uden forudgående selvmordsforsøg

- US – høje tal
- Men også DK
- YAM
- Facebook
- Apps? Er der nogen du er bekymret for?



A global imperative!

We will need to prevent suicide among

- The young
- The elderly
- The middle aged

Interventions should be coordinated and sustainable