

Monitoring COVID-19 related changes in mental health in Europe

Possible Responses – The JA ImpleMENTAL

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Monitor changes and react

- ▷ Austria involved in **PHIRI** and the EU **Joint Action ImpleMENTAL**
- ▷ Aim: roll out of best practice models in mental health (Belgian mental health care reform and **suicide prevention programme from Austria**) in member states
- ▷ 17 States: Austria, Bulgaria, Croatia, Cyprus, Czechia, Estonia, Finland, Greece, Hungary, Iceland, Lithuania, Malta, Norway, Serbia, Slovenia, Spain and Sweden
- ▷ 2021-2024
- ▷ <https://ja-imental.eu/>
- ▷ Austria responsible for the work package on suicide prevention based on our programme **SUPRA**

SUPRA 
Suizidprävention Austria

6 columns



Framework conditions

6 Columns/Strategic goals

18 operative objectives

70 measures

target sizes, indicators & responsibilities

<https://ja-plemental.eu/austrian-best-practice-on-suicide-prevention-supra/>

SUPRA 2018: Säulen - Ziele - Maßnahmen									
Strategisches Ziel 1: Die Selbstverletzung im Gefährdungsfall ist besser erkannt, eingestuft und wird beantwortet									
Strategisches Ziel 2: Selbstverletzungen, Suizidgedanken, Suizidversuche und Suizid werden weniger häufig beobachtet und besser beantwortet									
Strategisches Ziel 3: Selbstverletzungen sind weniger häufig und werden besser beantwortet									
Strategisches Ziel 4: Bewusstsein und Wissen über Selbstverletzungen und über die Bewältigung von psychischen Krisen sind in der Bevölkerung verankert									
Strategisches Ziel 5: Das Thema Selbstverletzungen ist in der Bevölkerung besser bekannt und wird besser beantwortet									
Strategisches Ziel 6: Die Selbstverletzung wird als Gesundheitsproblem und als einmündiges Problem erkannt									

Main objectives

- ▷ Main objective: to develop and/or (if already in place) further develop, scale-up suicide prevention strategies of participating countries comparable to SUPRA.
- ▷ no 1:1 roll-out of SUPRA but: taking into account the respective national/regional context, select specific elements of SUPRA and bring them to implementation

Tasks → Outputs

- ▷ record and assess the **current situation** in the field of suicide prevention in each country/region (**SA**) → country profiles
- ▷ assess **resources** (staff, budget, other) needed to address and implement prioritized activities (**NA**) → country profiles
- ▷ obtain **stakeholder commitment** for the establishment (or further development) of a national/regional strategy including steps to promote increased awareness for SP → working groups / advisory boards
- ▷ **promote learning and cross-country exchange** on methods, tools, practices and experiences → SP strategies
- ▷ **support capacity and competence building** of stakeholders → **trainings**
- ▷ **support the sustainable establishment, improvement and expansion of suicide prevention services** → by adaption and pilot implementation of SUPRA

Take home message

- ▶ If you are interested in the **trainings** provided during the Joint Action ImpleMENTAL in your country contact your competent authority:
- ▶ <https://ja-implemental.eu/participants-2/>

Thank you for your attention!

Any questions?

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