



# SUPRA – Suicide Prevention Austria

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# SUPRA (Suizidprävention Austria)

Long tradition of suicide prevention in Austria:

- ▷ 1910: Wiener Rettungsgesellschaft (postvention)
- ▷ 1948: „Lebensmüdenfürsorge“ (Ringel/Caritas)
- ▷ 1960: Foundation of IASP in Vienna
- ▷ 1975: Foundation of Crisis Intervention Centre Vienna
- ▷ 2000: Austrian Suicide Prevention Plan (Sonneck)

**→ 2012: SUPRA + Coordinating Centre at GÖG (Austrian Public Health Institute)**



# SUPRA - How everything started...



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# SUPRA

70 pages expert paper containing:

- ▷ International papers (WHO, OECD, ...)
- ▷ Metanalysis of national suicide prevention plans
- ▷ Sociology and epidemiology of suicide in Austria
- ▷ Cost benefit calculation
- ▷ 10 working areas of suicide prevention
- ▷ Development of a national strategy

**→ Not a strategy but a broad description of what should or could be done in Austria**



# The challenge

the paper does not go into details on:

- ▷ prioritisation of actions,
- ▷ responsibility for implementation,
- ▷ recommended goals or
- ▷ outcome indicators.

→ In order to convince decision makers to foster suicide prevention in a federally structured country like Austria all this information is crucial – especially in times of limited resources

→ **Double strategy: Implementation of “quick wins” and development of structured concept in parallel**



# Implementation: double strategy

- ▶ In 2012 SUPRA was published and the „coordination centre“ was established at the GÖG (Austrian Public Health institute) by the Austrian federal ministry of health → main purpose: Implementation of SUPRA
- ▶ Do what can be done: goals and actions that were easy to achieve (**“Quick Wins”**) were conducted immediately (national suicide report, conferences, support for applications for funding , webpage, concept for gatekeeper trainings, ...)
- ▶ Development of a structured concept for implementation, inspired by the ongoing health care system reform



# SUPRA - Development of a structured concept for implementation

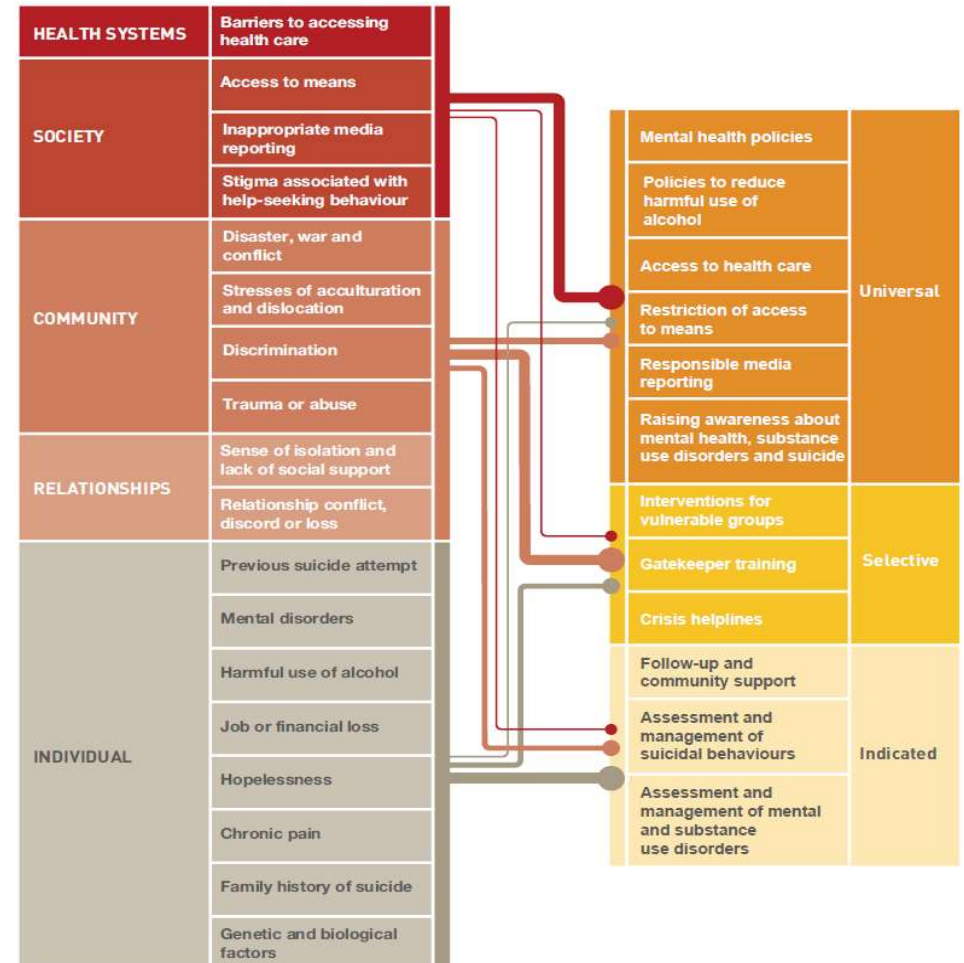
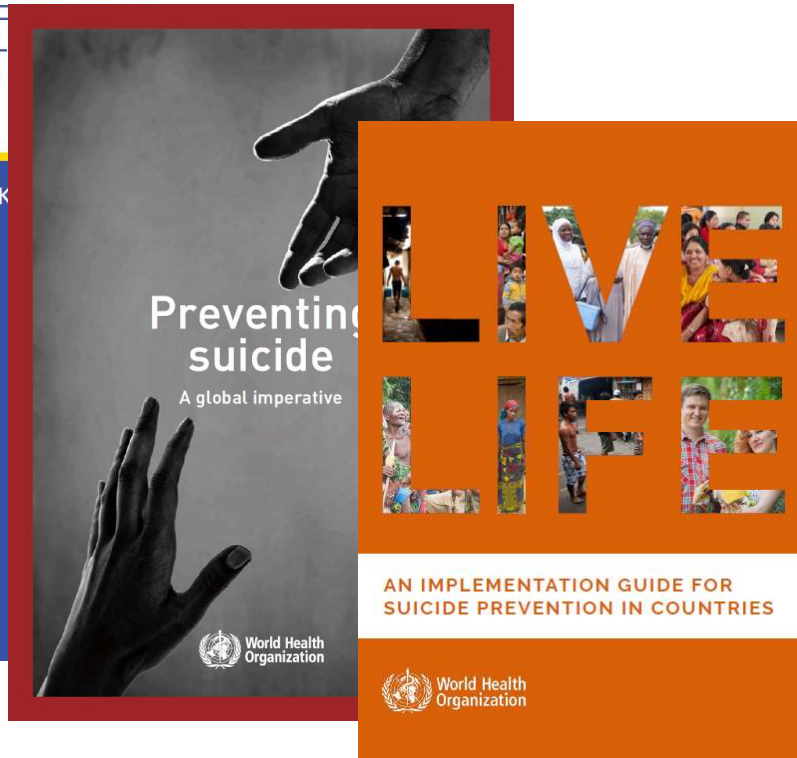


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# WHO 2012/2014/2021

PUBLIC HEALTH  
ACTION PLAN  
TO PREVENT  
SUICIDE

A FRAMEWORK



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# Evidence-Based Prevention



About Suicide Effective Prevention Online Library Training News & Highlights Organizations BPR

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## Keys to Success

- Centering Lived Experience
- Partnership and Collaborations
- Safe and Effective Messaging and Reporting
- Culturally Competent Approaches
- Evidence-Based Prevention

## Evidence-Based Prevention



Practicing evidence-based prevention means using the best available research and data throughout the process of planning and implementing your suicide prevention efforts.

Evidence-based prevention includes:

- » Engaging in evidence-based practice (sometimes called evidence-based public health)
- » Selecting or developing evidence-based programs

### Engaging in Evidence-Based Practice

Evidence-based practice has been defined as "the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of communities and populations in the domain of health protection, disease prevention, health maintenance and improvement (health promotion)."<sup>1</sup>

<https://www.sprc.org/keys-success/evidence-based-prevention>



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# Development of a structured concept for implementation

panel of leading national experts (now 30 PAX including experts by own experience)

- 6 columns = 6 strategic goals
  - 18 operative goals
  - 70 actions
  - target sizes, indicators and responsibilities
- 
- inspired by the ongoing health care system reform



# 6 columns





# Starting package suicide prevention

column	Regional level	Federal level	Implementation within
1	Organizational embedding of suicide prevention into an existing organisational/coordination structure of the federal states (e. g. psychiatry coordination,...)	Expansion of the SUPRA coordination office at federal level	1 year
2	Building on existing offers: One non-confessional 24/7 crisis telephone number per state	National hotline that automatically redirects to the countries' crisis telephone numbers	1 year
	Financing/Implementation of SUPRA/ÖGS-Gatekeeper-Programme	Financing of SUPRA/ÖGS train-the-trainer programme	2 years
3	Identification and safeguarding of hot spots	Start the discussion process on legal measures/guidelines: Weapons, medicines, construction and transport standards	2 years
4	Information events/seminars for regional media in order to disseminate the media guidelines/ assignment of a person responsible for the media in each federal state	Papageno-Media-Award (incl. distribution of media guidelines)	1 year
5	Implementation of suicide prevention in schools: YAM/Vorarlberg model (integration in Eigenständig Werden, Plus, Klartext)	Support by BMBWF and BMSGPK	2 years
6	Contribution to the establishment of expertise/database by the federal states (e. g. with regard to hot spots) in cooperation with SUPRA/ÖGS-WG quality assurance.	Implementation of SUPRA/ÖGS-WG-quality assurance	1 year

# Outcomes, achievements

- ▷ annual suicide report
- ▷ national conferences
- ▷ prevention web-portal
- ▷ gatekeeper train-the-trainer programme
- ▷ Papageno-media-award
- ▷ special programmes for risk groups (older, young, men)
- ▷ safeguarding hot-spots
- ▷ school programmes
- ▷ boost for regional programmes
- ▷ Website: [www.suizid-praevention.gv.at](http://www.suizid-praevention.gv.at)





**Was sind Gatekeeper?**

Gatekeeper der Suizidprävention sind Berufsgruppen bzw. Personen, die eine Schlüsselposition als AnsprechpartnerInnen für betroffene Risikopersonen einnehmen. Diese Personen kommen aufgrund ihrer...

[Weiterlesen](#)

**Hilfestellung bei Suizidgefährdung**

Entscheidend für eine erste Hilfestellung für eine suizidgefährdete Person ist die Bereitschaft zuzuhören und Verständnis für die persönliche Not zu signalisieren. Ein offenes Gespräch – auch über...

[Weiterlesen](#)

- Suizidprävention**
- Sie haben Suizidgedanken?
- Sie kennen jemanden mit Suizidgedanken?
- Sie haben jemanden durch Suizid verloren?
- Sie möchten mehr zum Thema Suizid erfahren?
- Sie suchen Anlaufstellen?

## Suizidprävention

Sie denken an Suizid, machen sich um jemanden Sorgen oder haben einen Menschen aufgrund eines Suizidtodesfalls verloren? Hier finden Sie Erste-Hilfe-Tipps, Notfallkontakte und Hilfsangebote in Ihrem Bundesland sowie weiterführende Informationen zur Bewältigung dieser Notsituation.



### Top Inhalte



**GOOD PRACTICES**  
in Mental Health & Well-being

**MENTAL HEALTH AT WORK, IN SCHOOLS,  
PREVENTION OF DEPRESSION AND SUICIDE**



# JA on Implementation of Best Practices in the area of Mental Health

For greater adoption and implementation within Member States  
of mental health promotion and prevention interventions and  
strategies, as well as care services at community level

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# The secret of success?

- ▷ Situation analysis and broad inclusion of stakeholders
- ▷ Usage of synergies
- ▷ Join forces
- ▷ Structure a complex topic and present it in digestible pieces
- ▷ Motivation by „quick wins“
  
- ▷ See also: [https://implemental.files.wordpress.com/2022/12/supra-handbook\\_incl.-new-eu-logo.pdf](https://implemental.files.wordpress.com/2022/12/supra-handbook_incl.-new-eu-logo.pdf)



# Lessons learned / recommendations 1

- ▷ Initiative of the Federal Ministry of Health
- ▷ National coordination (e.g. Public health institute – synergies!!!) and regional coordination
- ▷ Carry out situation analysis
- ▷ Build on existing initiatives / do not re-invent the wheel
- ▷ Broad involvement of relevant stakeholders
- ▷ Clear goals (+target sizes, indicators and responsibilities)
- ▷ Create “easy to eat” pieces for decision makers



# Lessons learned / recommendations 2

- ▷ Use formats decision makers are familiar with
- ▷ Don't fight windmills – go where the energy is
- ▷ Don't be a flagship project
- ▷ Think long-term and enduring
- ▷ do not expect any praises
- ▷ Diplomacy and snowball effect
- ▷ Monitoring of implementation



# Thanks!

## Any questions?

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