

SUPRA – Suicide Prevention Austria

Fact Sheet

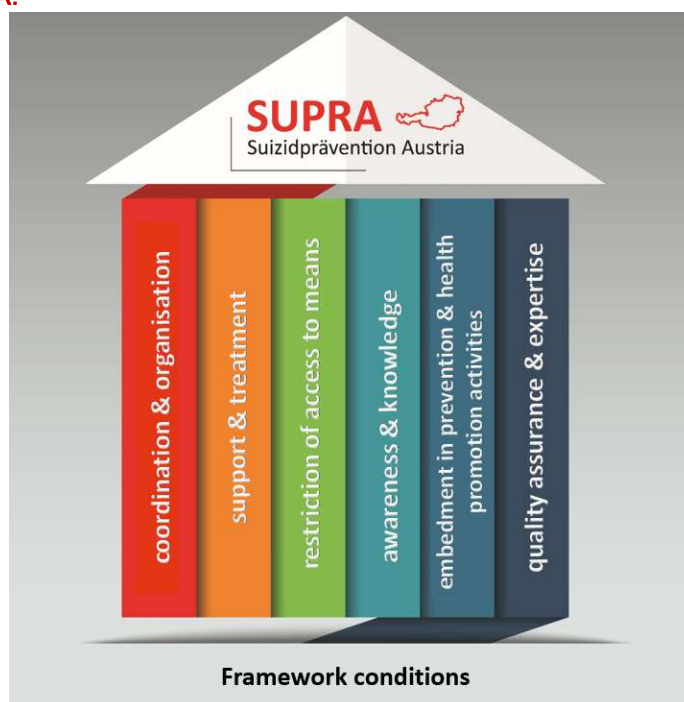
SUPRA is a **multilevel national suicide prevention programme** with the main objectives to ensure support for risk groups, to restrict access to means of suicide, to raise awareness and develop media support for suicide prevention, to integrate suicide prevention programmes into other health promotion activities, and to support research on suicide.

- In 2012, the Austrian suicide prevention program SUPRA was published and the Austrian Ministry of Health established a **coordination centre** at the GÖG (Austrian Public Health institute) to support the process of implementation.
- Goals and measures that were **already ongoing** (i.e. media guidelines) or easy to achieve were conducted immediately (i.e. annual national suicide reports and conferences, webpages, several regional initiatives and projects)
- Meanwhile, a structured concept for implementation, with **6 strategic, 18 operative goals and 70 measures** (including target sizes, indicators and responsibilities), was developed with a panel of leading national experts.
- Finally, a suicide prevention **starting package** was defined with prioritisation of measures on regional and national levels that will be implemented within the next two years.

The multilevel approach and the measures associated with SUPRA are based on scientific evidence. The annual reports on suicide rates will be supplemented by programme updates and monitoring.

Results/Effects: Awareness for mental health and suicide prevention have increased among policy makers in the last years. Several federal states have drawn on the SUPRA implementation concept for their own local suicide prevention programmes and a variety of national and regional suicide prevention projects are currently being funded. The major focuses correspond to the starting package.

6 columns of SUPRA:



SUPRA – SUicide PRevention Austria: Starting–Package

column	Regional level	Federal level	Implementa- tion 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 programs <i>Gemeinsam stark werden, Plus, Klartext</i>)	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

Fact box:

Geographical scope: national

Timeframe: continuous (starting in 2012)

Goals: 6 strategic, 18 operative goals, 70 measures (including target sizes, indicators and responsibilities)

Financing/ implementation: Federal Ministry of Labour, Social Affairs, Health and Consumer Protection+ Coordination centre + advisory board (+ occasional expert groups)

Target populations: universal, selective, indicated prevention

Evidence: evidence based (as far as possible)

Evaluation: on project/action basis + annual report

Stakeholders: broad stakeholder involvement

Annual budget: coordination centre: ~ € 60.000

Outcomes: annual suicide report, prevention web–portal, gatekeeper train–the–trainer programme, media–award, special programmes for risk groups (older, young, men), safeguarding hot–spots, school programmes, boost for regional programmes.

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<https://www.sozialministerium.at/Themen/Gesundheit/Nicht-uebertragbare-Krankheiten/Psychische-Gesundheit/Suizid-und-Suizidpr%C3%A4vention-SUPRA.html>