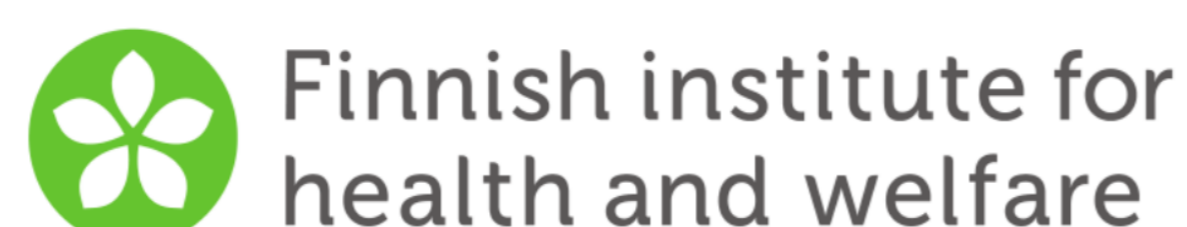


Implementation of SUPRA best practices in Finland



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BACKGROUND

Finland is a republic Nordic country in Northern Europe, which covers an area of 338,455 square kilometres with 5,563,970 inhabitants. National Mental Health Strategy and Suicide Prevention Agenda 2020–2030 includes 36 measures in the areas of 1) awareness raising, 2) impacting the means of suicide, 3) early intervention, 4) supporting risk groups, 5) developing care options, 6) increasing media competence, and 7) strengthening knowledge basis and research.

Suicide Mortality Rate (SMR) 13.5 per 100 000 (2021)

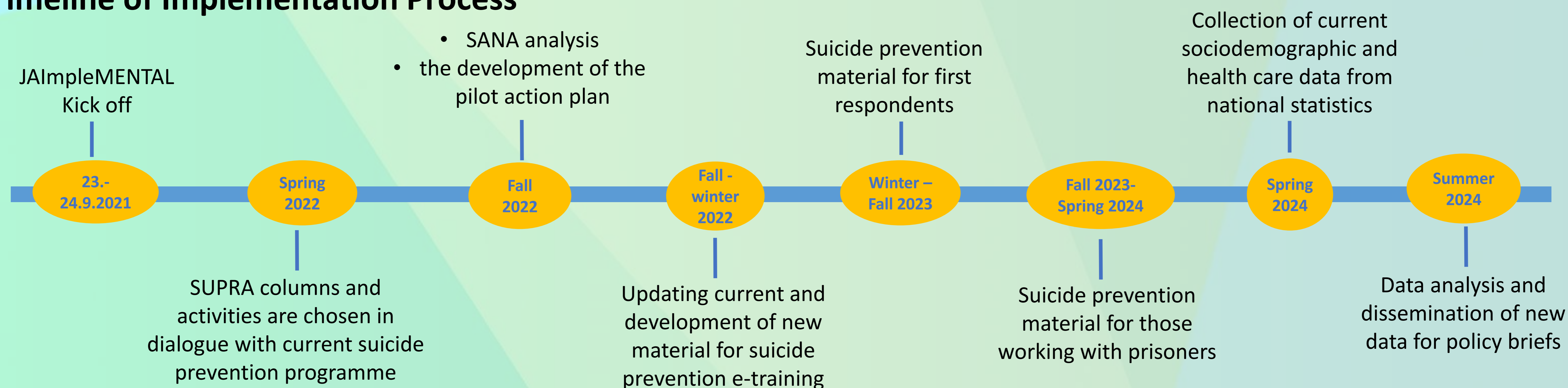
Level of Implementation – National level

Target Population – Adult population

General Purpose – Transfer and Pilot Implementation of the Austrian Best Practice SUPRA on Suicide Prevention.

Overarching Aims – 1) Those with suicide risk are met with more confidence and competence, and 2) Reacting faster to changes in suicidal behavior.

Timeline of Implementation Process



SUPRA Column 4: Awareness and knowledge

Strategic Goal 4: Awareness and knowledge of suicidality and about coping with psychosocial crises are widespread among the general population.

SUPRA Column 6: Quality assurance and expertise

Strategic Goal 6: Suicide prevention is quality-assured on the basis of scientific expertise.

KEY LEARNINGS

CHALLENGES

Due to Finnish parliamentary election in April 2023, the mental health focal points, including suicide prevention, for next 4 years are still in process. Scarce financial situation may lead to situation that other societal issues may be prioritized. Effective suicide prevention actions, as well as decision-making in favor of them, needs research and real-time monitoring of the issue.

SOLUTIONS

Many of the actions have been developed to “stand-alone”. No need for a lot of resources. Research on suicide and suicide prevention is continued on some level (basic and external funding).

GAINS FROM JA ImplementAL NETWORK

- ❖ Development JA ImplementAL outputs and deliverables.
- ❖ Connection with international suicide prevention actors.
- ❖ Transfer of suicide prevention knowledge among countries.
- ❖ Reminding the strengths in current Finnish suicide prevention.

POSITIVE OUTCOMES

- ❖ Possibility to scale up the activities in National Suicide prevention programme → JA ImplementAL outputs and deliverables.
- ❖ Increased interest and motivation on suicide prevention among different professions.
- ❖ Awareness and knowledge of suicidality and about coping with psychosocial crises have increased among the general population.
- ❖ Suicide prevention is quality-assured on the basis of scientific expertise.
- ❖ Connections with international suicide prevention actors.

LESSONS LEARNT

- ❖ Concentrate on small steps (SUPRA).
- ❖ No need to invent the wheel over again. Learn from others. Remind oneself that there are already good activities happening.
- ❖ Collaborate nationally and internationally.