

Implementation of SUPRA Best Practice in Greece

BACKGROUND

Greece is a presidential parliamentary republic, with a population of 10 459 782. According to the most recent data, in 2019, 530 people died by suicide in Greece, the suicide mortality rate being 5,1 per 100 000 population, among the lowest in EU.

Based on 2021 needs assessment organized by the MH with support by WHO Europe, a new National Mental Health Action Plan for 2021 -2030 with 10 axes has been established. The level of actions in the second Axis of the new National Plan includes the development of a suicide prevention strategy, hence the implementation of SUPRA Best Practice will contribute towards drafting the Suicide Prevention Strategy.

Needs

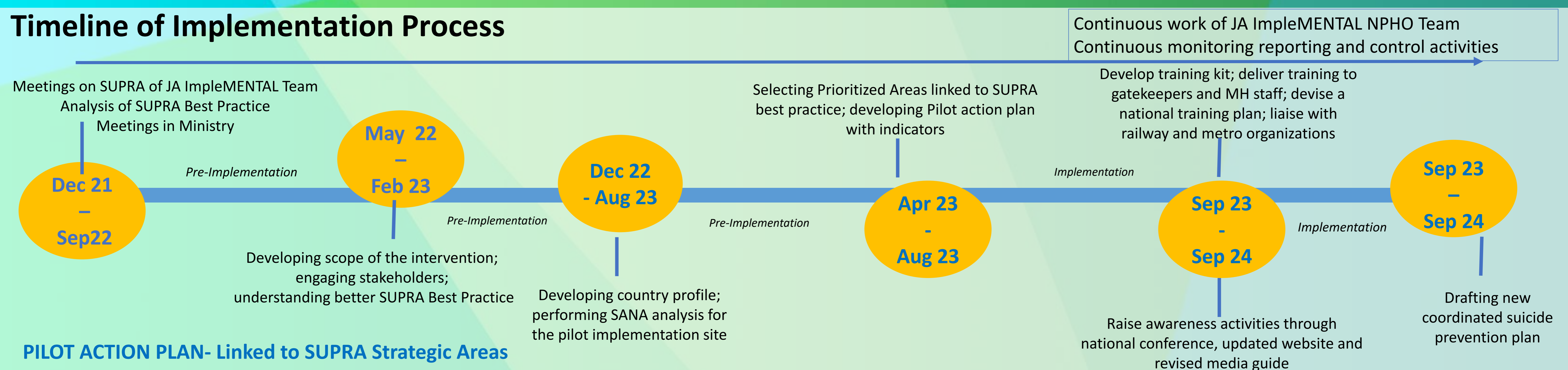
- Low awareness about the problem in the general public but also partially in health professionals
- need to develop a clear main pillar for suicide prevention within the new national mental health plan.

General Purpose of the planned pilot

To develop a thorough package of actions for suicide prevention with special focus on coordinated care, training gatekeepers, increasing awareness, improving crisis intervention & follow up of people with suicidal behavior as well as postvention services and improving quality of services and data collection processes.

Level of Implementation National

Timeline of Implementation Process



PILOT ACTION PLAN- Linked to SUPRA Strategic Areas

- **SA1 Coordination & Organization** - Draft new coordinated suicide prevention plan; Establish a network of stakeholders /advisory committee for drafting the New Suicide Prevention Plan – Quick Win; Conduct Survey on Suicide Prevention Needs and Services in the 7 Health Prefectures and Stakeholders - Quick Win
- **SA2 Support and treatment** – Provide training kit to key professionals according to the training kit developed by wp6 and taking into account existing national training initiatives; Training gatekeepers (GP and other health care workers in primary care/school teenage teachers/school nurses) including awareness raising and fighting stigma(leading in improvement of services as a long-term goal); Training in Crisis Intervention & follow up of people with suicidal behavior/ postvention services based on JA ImpleMENTAL Training (leading to improvement of services as a long-term goal)
- **SA3 Restriction of access to means** - Scale up activities already implementing in railways and metro in collaboration with national stakeholders
- **SA4 Awareness raising and knowledge** - Organise national awareness conference on suicide prevention- Quick Win; Raise awareness website based on SUPRA as well as actions in collaboration with EAADbest Greek team on depression and suicide prevention; review and revision of existing media guidance
- **SA5 Quality Assurance/expertise and Data Registries** - Improve data registries on Suicide Prevention based on the JA impleMENTAL training and in collaboration with National Stakeholders; Develop an inventory on Suicide Prevention activities

Challenges + solutions:

- Scarcity of data on available services and interventions for suicide prevention in each Health Prefecture

Solution

- ✓ Conduct Survey on Needs and Services in all 7 Health Prefectures based on SUPRA Strategic Areas including assessment of intersectoral collaboration and registry of projects activities

- Motivation and engagement of stakeholders

Solution

- ✓ assess level of engagement and ways to engages stakeholders assess opportunities for SP funding and trainings
- ✓ Early engagement and when there is an already interest for action on SP

Positive outcomes

- ✓ Possibility to draft the suicide prevention strategy based on ImpleMENTAL/ SUPRA outputs
- ✓ Sustainability of training through training kit and train-the trainer rationale
- ✓ Referral pathways will be established
- ✓ Improve timely recognition of people at risk through training and raise awareness actions
- ✓ Raise awareness

Lessons learned

- ✓ There is a lot to learn and implement but we need to start with improving data to guide our actions
- ✓ Low population rates of suicides, but worrisome rates in specific population subgroups (e.g. young people) rendering it a public health concern

GAINS FROM JA ImpleMENTAL NETWORK

- Sharing knowledge and experiences and networking
- SUPRA organizes actions on multiple levels
- Training and capacity building activities prepared by WP6 leads with contributions from experts of the network, ensure the development of evidence based interventions in all strategic areas

- A methodology to transfer of the best practice to a new environment to enhance positive outcomes