

# Implementation of SUPRA Best Practice in Hungary

## BACKGROUND

The Hungarian health care system has a single health insurance fund and provides health care coverage for nearly all residents. There is a stand-alone policy for mental health, as part of the "Healthy Hungary 2021-2027" strategy. The overall goal of the policy is to develop a health program for mental disorders to contribute to the mental health of Hungary in order for the public health indicators to improve.

**Suicide Mortality Rate (SMR) per 100 000** – Hungary registered second highest rate in 2020 with 17.1 deaths per 100 000. The South Great Plain (NUTS2) region in Hungary recorded the highest standardised death rate for suicide (23.9) in the EU, while Hungary's North Great Plain region was the 5th (20.6)

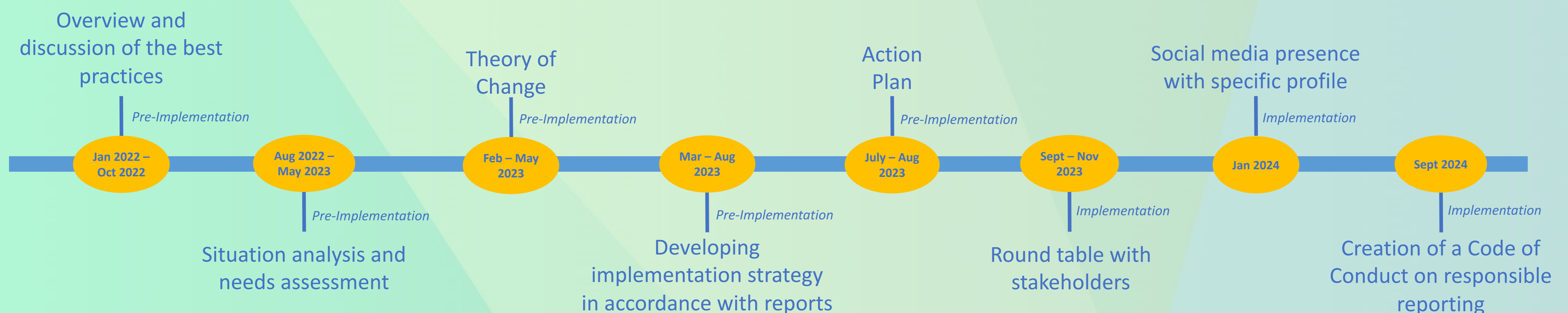
**Level of Implementation** – Municipality level

**Target Population** – Inhabitants of Debrecen (199 725 in 2022)

**General Purpose** – Lifting the stigma surrounding suicide

**Overarching Aim** – Including project results in policies regarding suicide prevention

## Timeline of Implementation Process



**SA1 Coordination & Organisation** – Round table with stakeholders, focus group to identify bottlenecks, draft strategy for suicide prevention (aligned to WP5 mental health initiatives)

**SA2 Support & Treatment** – Create and disseminate social media content to enhance the knowledge and skills of key professionals who frequently come into contact with individuals at risk

**SA3 Awareness Raising & Knowledge** – Improve and provide education on suicide for journalists, provide training for first responders on how to report responsibly on suicide

**SA4 Quality Assurance** – Develop and approve a Code of conduct for responsible reporting, propose a media award for responsible reporting on suicide

## KEY LEARNINGS

### Challenges and solutions

The stigma facing the phenomenon and the oversimplification of the solution to the problem – Influential people, professionals and notable personalities stepping up and opening up about their struggles

Limited collaboration due to the stigma – Open discussion and acceptance of differences, 'uncategorization' of mental challenges

### Positive outcomes

Identifying similar challenges, relatable situations and circumstances in countries with different background

Exchanging knowledge and experiences or collaborating with motivated professionals facing similar obstacles

### Key lessons learned

Models need to be adapted to the specific system in place in every country

Any country specific solution does not hinder cross-border or cross-cultural collaboration

## GAINS FROM JA ImPLEMENTAL NETWORK

- Extended knowledge through training and teamwork
- New found knowledge of similarities, relatable challenges
- Good practice and assistance related to communicating with policy makers and target population
- Examples of quick wins giving reassurance to stakeholders that a change initiative is being carefully coordinated