

Implementation of SUPRA Best Practice in Slovenia

BACKGROUND

The suicide mortality rate in Slovenia has decreased by more than 30% over the last two decades, but Slovenia still has a higher suicide rate than the European average. Men in Slovenia die from suicide 3 to 4 times more often than women, and this ratio increases with age.

Suicide Mortality Rate per 100 000 in 2022: 19.06 (Total), 30.31 (Men), 7.72 (Women)

The country's suicide prevention strategy is an integral part of the **National Mental Health Programme for 2018–2028**, with a focus on raising of mental health awareness and literacy, particularly in relation to suicide; early identification of people at risk;

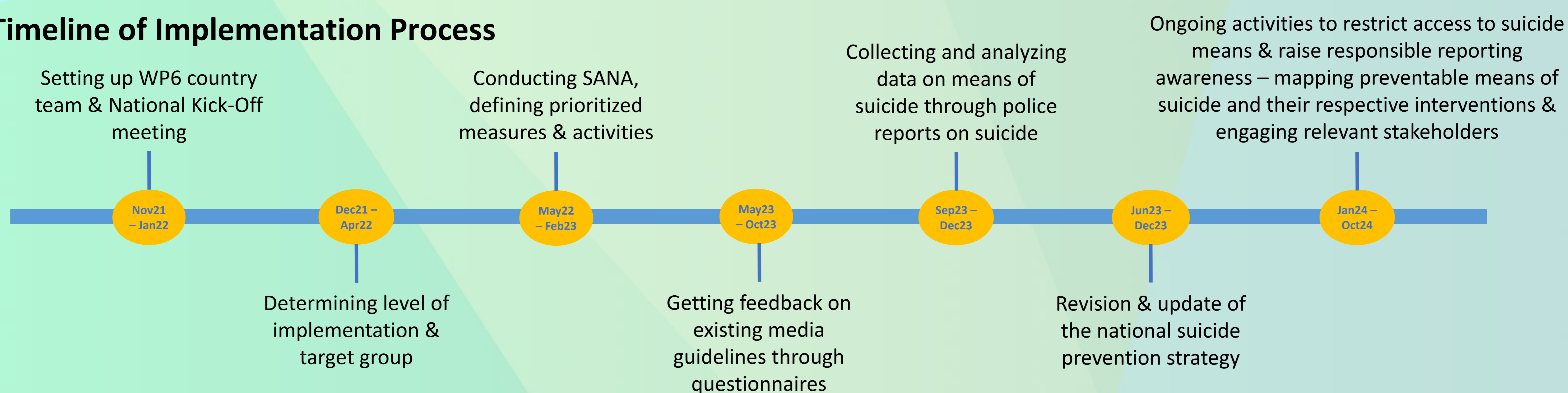
access to help and mental health provision for people at risk of suicide; reduction in alcohol use; and restriction of access to the means of suicide.

Based on Situation Analysis and Needs Assessment (SANA), we have derived two implementation areas: cooperation with the media and reducing access to means.

General Purpose of the Pilot: Adding value to already established interventions in Slovenia as well as launching new ones

Level of Implementation: National

Timeline of Implementation Process



PILOT ACTION PLAN

SA1 Coordination and Organization – Revised national suicide prevention action plan will be embedded within the action plan of the National Mental Health Programme 2024-2028 (*overarching measure*)

SA2 Reducing access to means – Data on means of suicide (police reports) is available; analysis of data will enable mapping means of suicide and their respective interventions across industries; collaboration with relevant stakeholders will be established

SA3: Awareness and Knowledge - Cooperation with media – Revision of media guidelines on suicide reporting and collaboration with universities and other relevant stakeholders will raise awareness and knowledge – outcome: the Slovenian media actively support suicide prevention through the way they report

KEY LEARNINGS

Challenges and solutions

- Limited and underutilized suicide data for research – opportunity to improve data collection, sharing and reporting
- Limited interest/capacities to engage in suicide prevention activities can slow progress significantly

Positive outcomes

- Scientific article focusing on time trends and characteristics of suicide means in Slovenia published in a peer-reviewed journal
- Agreement with the Criminal Police on accessing reports of suicide – a valuable source of data
- Collection of information on working with the media through a questionnaire is in progress

Key lessons learned

- Effective collaboration with the criminal police is of utmost importance in obtaining more in depth information on suicide methods and successfully working to restrict access to means
- Continuous cooperation with the media enables stronger engagement and greater adherence to the guidelines on suicide reporting

GAINS FROM JA ImplementAL NETWORK

- Harmonizing national activities with international – building on the experiences of others
- Introducing innovative and effective practices to Slovenian mental health care system
- Collaboration and networking opportunities