# SUCDE PREVENTION Strategies\*

with particular attention to mental health issues



## Restricting access to suicide means:

 Practitioners need to be wary that the restriction of one means of suicide may lead to suicide attempts by other means)

## Using prescribed medication eg. antidepressants:





\* More evidence is needed

#### **Screening of suicidal** intent:

- Screening increases referral rate to treatment but does not necessarily address suicidal behaviours/thoughts
- Follow-up needed for individuals at risk or who have attempted suicide

### **Training stakeholders:**



• Prescribed medication has been known to benefit adults and elderly, but medication compliance is crucial, especially for persons with mental disorder

#### Providing mental health services such as psychotherapy:

- Interventions need to be specific in addressing suicidal behaviours or thoughts
- Better client outcome with both medical treatment and psychotherapy

# Points to note:

• Training for general practitioners and gatekeepers (e.g. counsellors and social workers) increases sensitivity towards vulnerable persons and can lead to earlier treatment / interventions

Low Efficacy in reducing suicide rates

Generic Community & Family-based Interventions e.g. **Community Mental** Health team

• Not effective in preventing suicide for persons with severe mental disorders, but still able



- Prevention strategies should be population-specific (e.g. youth and elderly; low-risk and high-risk clients)
- There should be a balance between using the media to report cases and educating the public as it can trigger suicidal thoughts in vulnerable persons unintentionally

to promote treatment acceptance and reduce hospitalisation

\*References:

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Zalsman, G., Hawton, K., Wasserman, D., van Heeringen, K., Arensman, E., Sarchiapone, M., ... Zohar, J. (2016). Suicide prevention strategies revisited: 10-year systematic review. The Lancet Psychiatry, 3(7), 646-659.

Infographics produced by MSF Office of the Director of Social Welfare | September 2019