PREVENTING SUICIDE: A REGIONAL IMPERATIVE

WHO Tools and Guidelines

Nazneen Anwar
Regional Adviser, Mental Health and substance Dependence
WHO Regional Office for South-East Asia
WHO Tools and Guidelines

- Clinical management of acute pesticide intoxication: prevention of suicidal behaviours (http://www.who.int/mental_health/publications/9789241596732/en/)
- Preventing Suicide: a resource series (http://www.who.int/mental_health/resources/preventingsuicide/en/)
- Safer Access to Pesticides: Community Interventions (http://www.who.int/mental_health/suicide-prevention/safer_access_pesticides/en/)
Suicide prevention: publications and tools

- National strategies
  - Reducing access to means
  - Early identification, assessment, management, follow-up

- Technical tools and resources for implementation
- Responsible reporting by media professionals
- School-based interventions
- Community engagement and more resources
Increase awareness of the public health significance of suicide and suicide attempts

Make suicide prevention a high priority on the global public health agenda

Encourage and support countries to develop/strengthen comprehensive suicide prevention strategies

Global knowledge base on suicide and suicide attempts

• Identifies the critical elements of a framework for taking public health action to prevent suicide.

• Highlights effective interventions and prevention strategies

• Case registration
• Self-ingestion of pesticides remains a widely used means of suicide and one of the most common means of suicide in the world.

• Highlights means restriction as part of an overall suicide prevention strategy.

• Summarizes case studies that explore the feasibility and acceptability of secure storage of pesticides in rural communities.
A tool for countries to use in setting up a public health surveillance system for suicide attempts and self-harm cases presenting at general hospitals, based on medical records.

Monitoring of the incidence, demographic patterns and methods involved in cases of attempted suicide and self-harm presenting at hospitals.

Provides information that can assist in the development of suicide prevention strategies.

Includes a section on training.
Mental Health Gap Action Programme (mhGAP) and mhGAP-IG

Mental Health Gap Action Programme (mhGAP) is WHO’s action plan to scale up services for mental, neurological and substance use disorders for LMICs.

mhGAP promotes partnerships for collective action and reinforce commitment of governments, international organizations and other stakeholders.

mhGAP-IG is a technical tool for the implementation of the mhGAP programme.
preventing suicide a resource series:

Resource book for:

• Media professionals
• General physicians
• Teachers and other school staff
• Preventing suicide a resource at work
• Case registration
• Counsellors
• Preventing suicide in jails and prisons
• Police, firefighters and other first line responders
• Healthcare workers
• Prison officers
• Preventing suicide how to start a survivors group
Communities play a critical role in suicide prevention

- Preventing suicide: a community engagement toolkit, in collaboration with the Mental Health Commission of Canada