

### 1-day training program for school personnel

(Estonian-Swedish Mental Health and Suicidology Institute, ERSI, Värnik et al.)

**Title:** **Suicidality and depression of children and adolescents.  
Suicide prevention in schools**

**Target group:** Psychologists, social workers, social pedagogues, school doctors and nurses, other members of school health council (one group ca 20 people).

#### **Time schedule and subjects:**

- Introduction. Test of knowledge and attitude.
- EU project “Estonia free from depression”.
- Symptoms of depression of children and adolescents, early recognition and prevention. Overview of the epidemiology of suicidality and depression. Protective factors, risk factors and risk situations of suicidal behaviour.
- Understanding death: developmental psychological peculiarities. How to talk with children about death?
- Crisis, suicidal crisis, suicidal process, stress-vulnerability model. Suicide prevention in schools – general prevention, intervention and rehabilitation.
- Educational film “Suicide prevention in schools”, looking and discussion. How to recognise students in distress and with potential suicide risk?
- Summary. Peculiarities of suicidality of children and adolescents. Discussion. Test of knowledge and attitude.

As handouts the following two brochures are distributed among the participants:

- Guidelines for teachers and other school personnel
- Info-materials for family members and friends “How to cope with difficulties and crises?”

### *Guidelines for teachers and other school personnel*

#### Table of contents:

- ❖ Suicidality as hidden and under-estimated problem
- ❖ Development of suicidal process
- ❖ Protective factors
- ❖ Risk factors and risk situations
  - Cultural and socio-demographical factors
  - Family patterns and negative life events in childhood
  - Cognitive style and personality
  - Psychiatric disorders (depression, alcohol and substance abuse, anabolic steroids, eating disorders, anxiety, neuro-psychiatric diagnoses, psychoses)
  - Behavioural disorders (previous suicide attempts)
  - Current negative life events as acute triggers of suicidal behaviour
- ❖ How to recognise students in distress and with potential suicide risk?
  - Recognising distress
  - Assessment of suicide risk (previous suicide attempts, depression, risk situations)
- ❖ How should suicidal students be handled in schools?
  - General prevention: before some suicidal act occurs
    - Promoting mental health of teachers and other school personnel
    - Promoting self-esteem of students
    - Preventing bullying and violence in school
    - Promoting expression of feelings
    - Offering information about treatment possibilities
  - Intervention: when suicide risk is identified
    - Communication
    - Improving skills of school personnel
    - Sending to professionals
    - Removing means of suicide from distressed or suicidal child's or adolescent's neighbourhood
  - Postvention: after suicide attempt or suicide is committed
    - Informing school personnel and peers
    - Debriefing
    - Communication with media
  - Summary of guidelines and list of references

*Info-materials for family members and friends “How to cope with difficulties and crises?”*

Table of contents:

- All people have sometimes problems
- Bereavement and pain of loss
- Crises
- Depression
- Alcohol and drugs
- Anabolic steroids
- Anorexia and bulimia
- Bullying
- How to get over difficulties?
- Suicidal thoughts and suicide attempts
- How to help suicidal people?
- What suicidal people do not need?
- What shouldn't be done in case of suicidal crisis?
- To whom to refer?
- What happens at doctor's or psychologist's office?
- How to behave after suicide attempt?
- Help possibilities and important phone numbers
- Myths and facts about suicidal behaviour

## Level 3 – Community Facilitators

Training course for CFs in Estonia



### 1-day training program for defence forces

(Estonian-Swedish Mental Health and Suicidology Institute, ERSI, Värnik et al.)



**Title:** Stress, depression and suicidality. Suicide prevention in Defence Forces

**Target group:** Military servants: officers, conscripts (one group 20-30 persons)

**Subjects:**

- Stress-diathesis model and depression
- Depression and other mood disorders among other psychic and behavioural disorders
- Vicious circle of depressive behaviour
- Recognition of depression and responding to it
- Suicide process
- Suicidal behaviour and its recognition
- Handling suicidal people in Defence Forces

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**Title:** Depression and suicidality

**Target group:** Social workers

**Subjects:**

- EU project “Estonia free from depression”
- Prevalence of depression
- Symptoms of depression, gender- and age-specific peculiarities
- Simple depression questionnaire
- Reasons of depression
- Depression and suicide risk
- Suicidal behaviour
- Myths and facts about suicide
- Psychological aspects of suicide
- Demographic aspects of suicide
- Stress
- Differences between suicide of adults and adolescents
- What to observe if you suspect suicidal behaviour
- Assessment of suicide risk: How to ask? When to ask? What to ask? What to do? What not to do?
- Protective factors
- Film “Love is the best kick”, looking and discussion