

WHAT IS PREDI-NU?

Preventing Depression and Improving Awareness through Networking in the EU (PREDI-NU) intends to contribute to the promotion of mental health and the prevention of depression and suicidality through information and communication technologies (ICT).

PREDI-NU builds upon the experience of two EU-funded and internationally recognised depression and suicide prevention projects:

- European Alliance Against Depression (EAAD) www.eaad.eu
- Optimising Suicide Prevention Programmes and their Implementation in Europe (OSPI-Europe) www.ospi-europe.com

The evidence-based multi-level depression awareness and suicide prevention concept established through this previous work provides a solid foundation through which to develop opportunities for innovative ICT interventions.

FUNDING

This promotional leaflet arises from the project PREDI-NU which has received funding from the European Union, in the framework of the Health Programme under grant agreement no. 2010 12 14

PROJECT DURATION

3 years: September 2011 - August 2014

KEY CONTACTS IN PREDI-NU

PROJECT COORDINATORS:

University of Leipzig, Germany
Prof. Dr. Ulrich Hegerl

National Suicide Research Foundation, Ireland
Dr. Ella Arensman

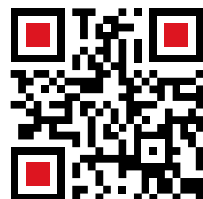
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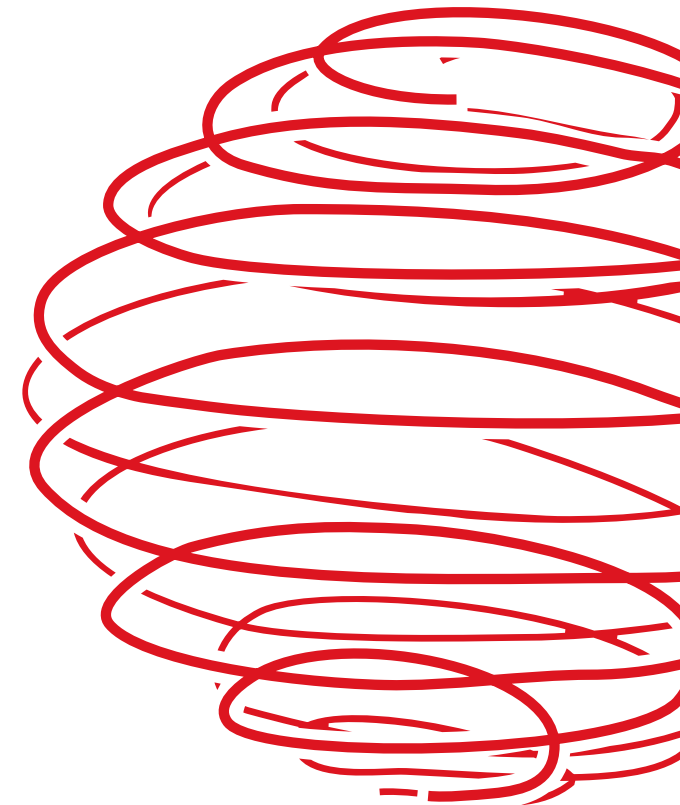


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www.ifight-depression.com

PREVENTING DEPRESSION AND IMPROVING AWARENESS THROUGH NETWORKING IN THE EU

The development of an internet-based guided self-management tool for mild to moderate depression: **An evidence-based approach**



DEPRESSION AWARENESS
AND SELF-MANAGEMENT
THROUGH THE WEB

PREDI  **NU**

OBJECTIVES OF PREDI-NU

- ✔ To review the evidence as well as best practice examples and develop an internet-based guided self-management tool for young people (15-24) and adults (25+) with mild to moderate depression.
- ✔ To design a website including multi-faceted contents in nine languages to raise awareness of depression and suicidality.
- ✔ To implement and evaluate the PREDI-NU concept in six European regions according to a standardised procedure including the application of the internet-based guided self-management intervention as well as training programmes to increase awareness of depression among health professionals.

PREDI-NU further aims to develop and strengthen multidisciplinary networks to improve early identification and adequate treatment referral of depression.



EXPECTED OUTCOMES

- ✔ Increased uptake of support options by young people and adults with mild to moderate depression.
- ✔ Increased uptake of support options by men who otherwise may not receive support.
- ✔ Increased awareness of depression among health professionals which will contribute to early identification of depression and the prevention of suicidal behaviour.
- ✔ Diffusion of effects throughout Europe through the awareness website, which will be made available in nine languages.

PARTNERS

The PREDI-NU consortium consists of 12 partners from 11 EU countries represented by experienced researchers with a track record in mental health promotion and research.

PREDI-NU PARTNERS

University of Leipzig - GERMANY

National Suicide Research Foundation - IRELAND

GABO:mi Gesellschaft für Ablauforganisation
:milliarium mbH & Co. KG - GERMANY

Katholieke Universiteit Leuven LUCAS - BELGIUM

Gesellschaft für Psychische Gesundheit
pro mente tirol - AUSTRIA

Semmelweis University, Institute of Behavioural
Sciences, Budapest - HUNGARY

Health Psychology Research Center - BULGARIA

Estonian-Swedish Mental Health and Suicidology
Institute - ESTONIA

Faculdade de Ciências Médicas - Universidade NOVA
de Lisboa - PORTUGAL

University of Stirling - UK

Fundacio Privada Institut de Recerca de l'Hospital de
la Santa Creu I Sant Pau - SPAIN

Centre de Recherche Public Santé - LUXEMBOURG