

Final Conference  
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# IMPLEMENTATION OF AUSTRIAN BEST PRACTICE: **SUPRA** **ICELAND**

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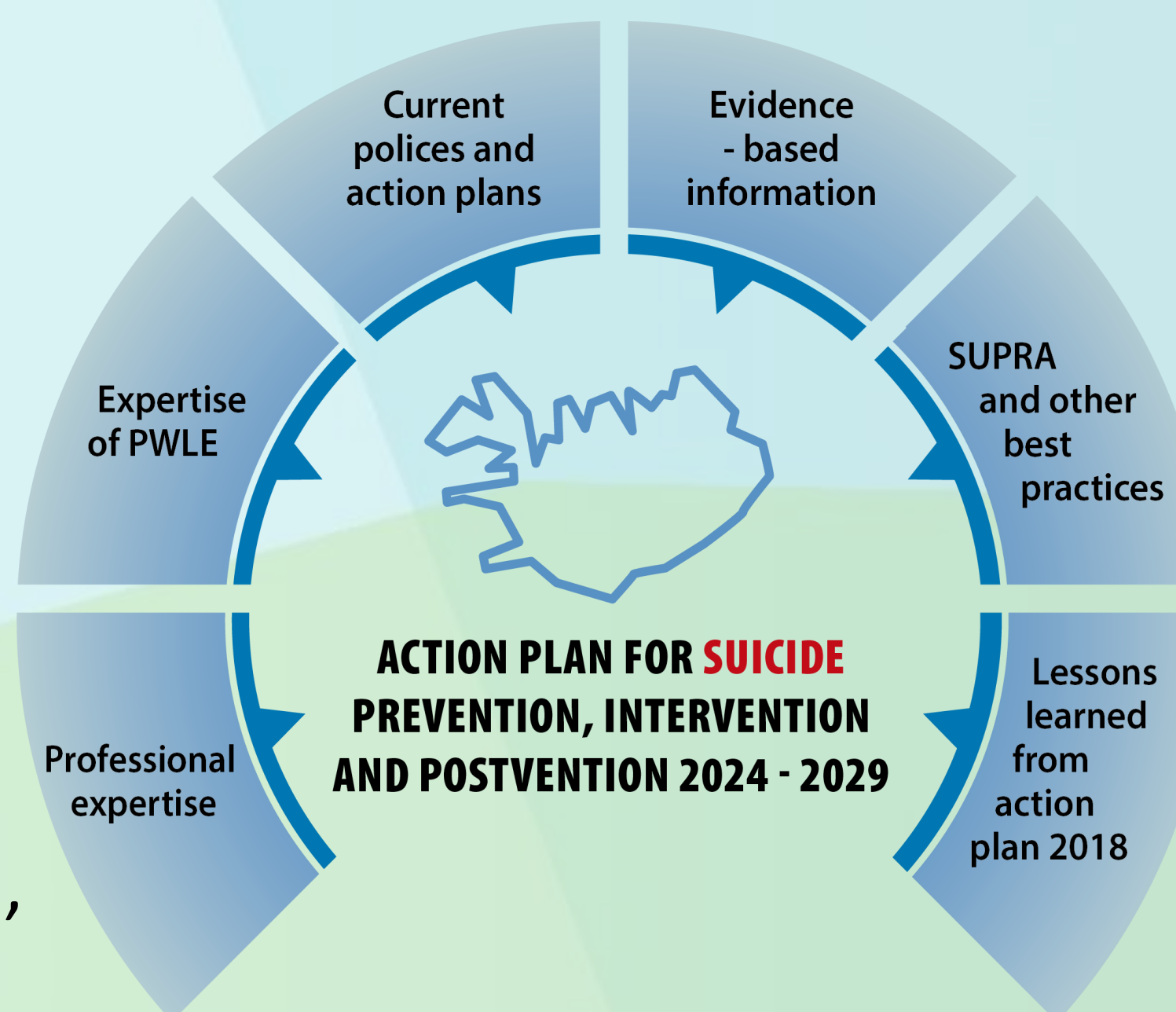


**General Purpose:** Creating a new national strategic action plan on suicide prevention, intervention and postvention

**Expected Impact:** New strategic action plan

**Target population:** The Icelandic population (Year 2023: 379.472)

**Stakeholders:** Ministry of Health, NGOs, media, mental health professionals, PWLE and more



## Activities implemented

New **national strategic action plan** on suicide prevention, intervention and postvention

**Lífsbrú - Center of suicide prevention** established with **secured funding**

The concept of **Yellow September** developed

**Hotspots** identified and regularly monitored



## Most important outputs achieved

First **awards from Lífsbrú** based on Austria's Papageno Media Prize

**Working groups** created, working towards coordination of procedures on all stages of suicide prevention along with training for gatekeepers

**Workshop with the media** International expert was invited to educate the media about guidelines for best practices from WHO



**Lífsbrú**  
Center for Suicide Prevention



## What have we learned?

**Social contract** and prioritization of mental health is key

Suicide prevention action plan must include **prevention, intervention and postvention**

Actions need to be **realistic, fundable and achievable**

**Collaboration & co-creation** with all stakeholders is crucial

Trainings and tools introduced in the project (PSDA, TOC) were **professional and helpful**

The **government consultation portal** is an important tool to facilitate co-creation and gather **public ownership** and support for the action plan



## Activities for the future/to be sustained

Securing **support and ownership of the action plan** from all relevant Ministers

**Secure funding** for actions on suicide prevention, intervention and postvention

Continue to collaborate with the **media**

Continue to develop the concept of **Yellow September**

Increase public **awareness of Lífsbrú** and its awards

**Continue work** with the working groups

**Transparency & public dashboards**

## Significant challenges identified

- Funding
- Coordination of data
- More research needed
- Need to combat stigma, prejudice and shame
- Waiting time for services need to be decreased

## Key messages

The JA ImpleMENTAL program **provided much needed fuel** and impetus for further progress of suicide prevention in Iceland

Collaboration and co-creation with all groups and individuals are crucial for success - **Nothing about us without us**

**Networking is a key factor** in the field, has been very helpful and will continue to be

Video - The Icelandic journey through JA ImpleMENTAL

