

# National suicide prevention strategies

Progress, examples and indicators





# **National suicide prevention strategies**

## **Progress, examples and indicators**



National suicide prevention strategies: progress, examples and indicators

ISBN 978-92-4-151501-6

**© World Health Organization 2018**

Some rights reserved. This work is available under the Creative Commons Attribution-NonCommercial-ShareAlike 3.0 IGO licence (CC BY-NC-SA 3.0 IGO; <https://creativecommons.org/licenses/by-nc-sa/3.0/igo>).

Under the terms of this licence, you may copy, redistribute and adapt the work for non-commercial purposes, provided the work is appropriately cited, as indicated below. In any use of this work, there should be no suggestion that WHO endorses any specific organization, products or services. The use of the WHO logo is not permitted. If you adapt the work, then you must license your work under the same or equivalent Creative Commons licence. If you create a translation of this work, you should add the following disclaimer along with the suggested citation: "This translation was not created by the World Health Organization (WHO). WHO is not responsible for the content or accuracy of this translation. The original English edition shall be the binding and authentic edition".

Any mediation relating to disputes arising under the licence shall be conducted in accordance with the mediation rules of the World Intellectual Property Organization.

**Suggested citation.** National suicide prevention strategies: progress, examples and indicators. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

**Cataloguing-in-Publication (CIP) data.** CIP data are available at <http://apps.who.int/iris>.

**Sales, rights and licensing.** To purchase WHO publications, see <http://apps.who.int/bookorders>. To submit requests for commercial use and queries on rights and licensing, see <http://www.who.int/about/licensing>.

**Third-party materials.** If you wish to reuse material from this work that is attributed to a third party, such as tables, figures or images, it is your responsibility to determine whether permission is needed for that reuse and to obtain permission from the copyright holder. The risk of claims resulting from infringement of any third-party-owned component in the work rests solely with the user.

**General disclaimers.** The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of WHO concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement.

The mention of specific companies or of certain manufacturers' products does not imply that they are endorsed or recommended by WHO in preference to others of a similar nature that are not mentioned. Errors and omissions expected, the names of proprietary products are distinguished by initial capital letters.

All reasonable precautions have been taken by WHO to verify the information contained in this publication. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material lies with the reader. In no event shall WHO be liable for damages arising from its use.

Printed in Switzerland

# Contents

<b>Foreword</b>	iv
<b>Acknowledgements</b>	v
<b>1. Introduction</b>	01
1.1 Background	01
1.2 Global action to prevent suicide	01
1.3 National suicide prevention strategies in the historical context	02
1.4 Objectives of this document	03
<b>2. Developing, implementing and evaluating a comprehensive multisectoral national suicide prevention strategy</b>	05
2.1 Why national suicide prevention strategies are important	05
2.2 How to get started	05
2.3 A strategic approach	05
2.4 Measuring the success of national suicide prevention strategies	07
2.5 LIVE LIFE	08
<b>3. Barriers to implementing national suicide prevention strategies</b>	12
3.1 Identifying barriers	12
3.2 Overcoming barriers	12
<b>4. Country examples</b>	17
Example 1. Bhutan (South-East Asia Region)	18
Example 2. Guyana (Region of the Americas)	20
Example 3. Iran, Islamic Republic of (Eastern Mediterranean Region)	23
Example 4. Ireland (European Region)	25
Example 5. Japan (Western Pacific Region)	28
Example 6. Namibia (African Region)	32
Example 7. Republic of Korea (Western Pacific Region)	34
Example 8. Switzerland (European Region)	36
Example 9. USA (Region of the Americas)	39
Example 10. Uruguay (Region of the Americas)	42
<b>References</b>	44
<b>Annex 1. Countries known to have a national suicide prevention strategy</b>	45
<b>Annex 2. Monitoring and evaluation indicators</b>	47
2.1 Bhutan (South-East Asia Region)	47
2.2 Guyana (Region of the Americas)	51
2.3 Iran, Islamic Republic of (Eastern Mediterranean Region)	53
2.4 Ireland (European Region)	56
2.5 Namibia (African Region)	60
2.6 Republic of Korea (Western Pacific Region)	62
2.7 Uruguay (Region of the Americas)	63

# Foreword

Suicide is a global public health concern. Close to 800 000 people lose their life to suicide every year. Suicide knows no boundaries and cuts across every sociodemographic level and all regions of the world. A suicide attempt is a crucial risk factor for subsequent suicide. Families, friends, school friends, work colleagues and communities affected or bereaved by suicide or suicide attempts are often left without assistance. Silence and stigma prevent those in need from seeking help. Suicide remains the second leading cause of death in 15–29-year-olds and the majority of suicides (79%) occur in low- and middle-income countries, where resources for identification and management are often scarce. These concerning facts highlight an ongoing tragedy which can no longer be ignored.

National suicide prevention strategies are essential for elevating suicide prevention on the political agenda. A national strategy and associated action plan are necessary to push forward the implementation of suicide prevention. Without these, efforts are likely to abate and suicide prevention will remain neglected. It is fundamental for governments to take the lead in developing comprehensive multisectoral suicide prevention strategies for the population as a whole and vulnerable persons in particular.

This document aims to support countries in continuing the progress that is being made in preventing suicide and to inspire governments and policy-makers to establish or revise national suicide prevention strategies that are adapted to engage local communities. The document highlights the fact that governments are in a position to lead coordination between multiple stakeholders who may not otherwise collaborate. Governments have a crucial role in developing and strengthening surveillance for both suicide and suicide attempts at the national level. High-quality surveillance for suicide prevention must be perceived as a necessity in order to provide the data to inform necessary action. Without high-quality surveillance, the safety of a population is compromised.

The document presents examples from each region of the World Health Organization (WHO), showing the variety of approaches undertaken in national suicide prevention strategies and the indicators that have been chosen. The elements for developing, implementing and evaluating a national suicide prevention strategy are described and actions to overcome common barriers are presented.

National suicide prevention strategies are essential for working towards the ultimate goal of suicide reduction. The Member States of WHO have committed themselves in the Mental Health Action Plan 2013–2020 to work towards the global target of reducing the suicide rate in countries by 10% by 2020. The suicide rate is also one of the indicators for health target 3.4 of the United Nations Sustainable Development Goals. The target is to reduce premature mortality from noncommunicable diseases by one third by 2030 through prevention and treatment and the promotion of mental health and well-being. The targets are unlikely to be achieved unless governments actively engage in efforts to prevent suicide.

Dr Svetlana Akselrod  
Assistant Director-General  
Noncommunicable Diseases and Mental Health  
World Health Organization

# Acknowledgements

## **Supervision and guidance**

Shekhar Saxena (WHO), Mark van Ommeren (WHO).

## **Project coordination and editing**

Alexandra Fleischmann (WHO), Aiysha Malik (WHO).

## **Technical contribution and drafting**

Louis Appleby (United Kingdom of Great Britain and Northern Ireland), Elisabet Arribas-Ibar (Spain), Aislinne Freeman (Ireland), Anna Frühauf (Germany), Maryke Harrison (United States of America (USA)), Emma Mew (Canada), Jane Pirkis (Australia), Stephen Platt (United Kingdom), Danuta Wasserman (Sweden).

## **Review**

Mia Aoki (Japan), Ella Arensman (Ireland), Greg Armstrong (Australia), Jason Bantjes (South Africa), Griselda Bittar (Uruguay), Alex Crosby (USA), Gopalkrishna Gururaj (India), Ahmad Hajebi (Islamic Republic of Iran), Kairi Kolves (Australia), Kedar Marahatta (Nepal), Richard McKeon (USA), Yutaka Motohashi (Japan), Thomas Niederkrotenthaler (Austria), Raphael Ogbolu (Nigeria), Michael Phillips (China), György Purebl (Hungary), Tahilia Rebello (USA), Jerry Reed (USA), Dan Reidenberg (USA), Yeonhee Seo (Republic of Korea), Pandit Devjyoti Sharma (India), Paulius Skruibis (Lithuania), Util Thomas (Guyana), Esther Walter (Switzerland), Yeshi Wangdi (Bhutan), Paul Yip (China, Hong Kong Special Administrative Region), Naohiro Yonemoto (Japan), Tong Yongsheng (China).

## **Production**

Editing: David Bramley, Switzerland.

Graphic design and layout: Yusuke Nakazawa, Japan.

WHO would like to thank the Government of Japan and the Korea Suicide Prevention Center for their financial contributions.

The collaboration of the International Association for Suicide Prevention (IASP) with WHO on its activities related with suicide prevention is greatly appreciated.

预览已结束，完整报告链接和二维码如下：

[https://www.yunbaogao.cn/report/index/report?reportId=5\\_25491](https://www.yunbaogao.cn/report/index/report?reportId=5_25491)

