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## EAAD Newsletter - May 2022

**Dear EAAD Partners, Colleagues and Friends,**

As Spring heralds a new start in the Northern Hemisphere and Autumn brings harvest season to the Southern Hemisphere, we reflect on our achievements so far in 2022.

We are pleased to share key updates from our EAAD Network and remind you that to keep up to date regularly, you can follow EAAD on [Twitter](#) or [LinkedIn](#). People can also now register to receive this Newsletter via the EAAD website, so please share this with your networks. They can register [here](#).

### What's new – International Partnerships

#### Western Australia Primary Health Alliance (WAPHA)

- The [Imagined Futures Alliance Against Depression \(IFAAD\)](#) in Western Australia is rolling out a [local public awareness campaign](#) featuring prominent local sports star Alex Pearce.
- IFAAD has developed a [Mental Health Support Resource](#) which lists free or low-cost services, including crisis help, online, phone or local face-to-face providers.

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## Norway:

- A new multi-level project including the [EAAD 4-level intervention concept](#) and a [public awareness campaign](#) is being prepared for roll out in Norway as part of their [National Strategy for Suicide Prevention 2020-2025](#).



### Advice if you have suicidal thoughts →

Are you having thoughts about taking your own life? Effective help is available. Here are some tips about how to tell someone that you have suicidal thoughts, and information about where to get help.

Illustration: Lightfield, Mostphotos



### Advice if you are concerned about someone else →

Are you afraid that someone you know might take their own life? Here are tips on what you can do to help, how to talk about suicidal thoughts, and who to contact for help.

Illustration: Johner Bildbyrå AB

### What would you like to know more about?

Are suicidal thoughts common? ▼

What can cause suicidal thoughts? ▼

## The Netherlands:

- EAAD 4 -level intervention activities continue via the [Supranet Community suicide prevention action networks](#), this includes the new 113-publicity campaign ["I See You" \(1K Z1E J3\)](#), supported by Dutch celebrities and influencers.

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## Canada

- [Mental Health Commission of Canada](#) is expanding the [Roots of Hope](#) program, which is based on the [EAAD 4-level intervention concept](#), across Canada.
- This five-year multi-site community-based program aims to reduce the impacts of suicide within Canadian communities. It builds on existing community expertise to implement suicide prevention interventions, tailoring the intervention to each local context.



## What's new - iFightDepression® Tool

- The [iFightDepression® Tool](#) and [online training](#) continue to be recognised and promoted at the European Union level – recently included in the [European Health Policy Updates](#).
- A new [pilot study](#) which examines the effectiveness of the [iFightDepression® Tool](#) on patients with mild to moderate depression has been published by colleagues in Hungary.
- The [iFightDepression® Tool](#) is now available in 14 languages, thanks to the [EAAD-Best](#) project which has delivered Bulgarian and Polish language versions.
- The [iFightDepression® Awareness Website](#) is now available in 17 languages, thanks to the [EAAD-Best](#) project which has delivered [Greek](#) and [Polish](#) language versions.



**iFightDepression®**  
european alliance against depression

## What's new - Projects

### EAAD-Best

- The EAAD [4-level intervention material catalogue](#) has been refreshed, translated and adapted as part of the [EAAD-Best](#) project. The public-facing materials are available in a range of languages on the [EAAD-Best website](#)
- We are excited to share a new depression and suicide awareness-raising [animated video](#), available in eight different languages and an accent on the [EAAD-Best website](#).
- In Estonia, the local alliance [website](#) went live, and radio shows/broadcasts are being delivered weekly.



- In Poland, the opening ceremony was held across two events (31 March 7 April 2022), the district mayor participated in these events.



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In Greece, local kick-off ceremonies will be held in May 2022.

Communications with the local counterparts of the [WHO Healthy Cities Program](#) in Athens were established.

- In Ireland, the EAAD-Best kick-off meeting was held successfully on 5 May 2022.



- EAAD-Best was held up as best practice at the [WHO Pan-European Mental Health Forum](#).

To find out more about the EAAD-Best project, please visit the [EAAD-Best website](#) or follow us on [Twitter](#), [ResearchGate](#), or email [eaadb主@eaad.net](mailto:eaadb主@eaad.net) for any questions.



## MENTUPP

- [MENTUPP](#) is currently recruiting small and medium-sized enterprises (SMEs) in the Construction, Healthcare, and ICT (information and communications technology) sectors in Albania, Australia, Finland, Germany, Ireland, Hungary, Kosovo, the Netherlands, and Spain to participate in the cluster randomised controlled trial (cRCT), which will commence in June 2022. If you are interested, please email us at: [mentupp@eaad.net](mailto:mentupp@eaad.net).



*Interventions'* on May 25, 2022. This interactive webinar is for anyone interested in mental health promotion in the workplace.

Registration link is [here](#).



- A [new article](#) on the MENTUPP pilot study titled “Mental Health Promotion and Intervention in Occupational Settings: Protocol for a Pilot Study of the MENTUPP Intervention” has been published recently in the [International Journal of Environmental Research and Public Health](#).


You can keep up to date on [MENTUPP](#) via the project [website](#), [Twitter](#), [LinkedIn](#), [ResearchGate](#), or send an email to [mentupp@eaad.net](mailto:mentupp@eaad.net).



### IASP: Find a Helpline

- The [Find a Helpline](#) page of the International Association for Suicide Prevention (IASP) provides a comprehensive global list of support and resources for people with mental illness and at risk of suicide.
- If you would like to recommend to IASP a different or other helpline to be included on the [Find a Helpline](#) page for your country, please contact the EAAD Coordination Centre and we can put you in contact with IASP.

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Key Partners

International Association  
for Suicide Prevention

GRAVITYLAB

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## What's new - EAAD

### EAAD joins the WHO Pan European Mental Health Coalition

- EAAD is a member of the [WHO Pan European Mental Health Coalition](#) and was part of the technical consultation on the implementation of the [WHO European Framework for Action on Mental Health 2021-2025](#) (EFAMH).
- Implementation and monitoring of the EFAMH will be powered by the Pan-European Mental Health Coalition, a flagship initiative of the [European Programme of Work 2020–2025](#).

### EAAD to train Gambian mental health care workers

- EAAD is partnering with the [Gambian Supportive Activists Foundation](#) to train Gambian health care workers in the field of mental health.
- In Gambia, only 12 % of people with mental health disorders receive treatment. This project seeks to address this gap by building the capacity of Gambian health care workers.
- Please help us build local capacity by training Gambian health care workers in the field of mental health by a [donation](#).



### EAAD invited to be an expert adviser on the L.I.K.E. project:

- Together with Bulgaria and 6 partners from Ireland, Iceland, Italy, Latvia and Hungary, EAAD is excited to join the [L.I.K.E. project](#) as an expert advisor.
- The L.I.K.E. project, which commenced in 2018, is led by [Association Sustainability for Progressive and Open Communication \(SPOC\)](#) in Bulgaria and aims to research, develop and apply innovative methods to motivate and include young people with mental health problems in the labour market.
- [L.I.K.E.](#) is funded by [European Economic Area and the Norwegian Grant Fund](#) (Project Number RF-YOUTH-0010). For more information please visit the [L.I.K.E website](#).

# L.I.K.E.

Life Investment is the Key to Employment

### European Public Health Week – 16-20 May 2022

- [European Public Health Week](#) this year will focus on mental health on 19 May 2022 under the banner of: [No health without mental health](#).
- This week aims to raise awareness about public health and promote collaboration among the public health communities in Europe. For more information please visit [here](#).





## European Mental Health Week on 9-13 May 2022

- [Mental Health Europe](#) hosted the third edition of the [European Mental Health Week](#) on 9-13 May 2022. This year's theme was 'Speak up for mental health', shining the spotlight on youth mental health.
- The [European Mental Health Week](#) is a pan-European initiative that aims to raise awareness about the importance of mental health in our everyday lives. In honour of it, EAAD actively engaged and posted daily on [twitter](#) about depression and ongoing projects in order to raise public awareness. For more details, please see on [Twitter](#).



## Thanks to Adsquare!

- A big and heartfelt thanks to the folks at [Adsquare](#) in Berlin for their kind donation - they are helping us help others, by keeping the [iFightDepression®](#) Tool free to users.
- If you would like to donate to help keep the [iFightDepression®](#) Tool free to users, please visit our [Better Place](#) page.

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## Another successful EAAD General Assembly Meeting!

- In January 2022, 29 partners from 13 full member countries attended the GAM meeting online and in presence in Frankfurt am Main, Germany.
- We spent a wonderful two days discussing best practice in addressing depression and preventing suicide, the latest research, implementation experience and ideas and above all, learning from one another.
- If you are interested in becoming an [EAAD member](#), please contact us on [contact@eaad.net](mailto:contact@eaad.net).



## EAAD updates its Guidelines for Media Professionals

- Poor media coverage on suicide can increase the likelihood of imitation suicides – this is known as the Werther effect.
- In our continued support for responsible media coverage, EAAD has updated its [Guideline for Journalists - Media Coverage of Suicide](#).
- For more details, please visit our [EAAD website](#) or download the guideline [here](#).

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European Alliance Against Depression  
Guidelines for Journalists  
Media Coverage of Suicide

Safe Reporting Saves Lives:  
How can journalists responsibly report suicide?

## What are we reading? Recent publications

Please find below selected recent publications from EAAD and international partners.

- [Czaplicki, A., Reich De Paredes, H., & Hegerl, U. \(2022\). Lockdown measures against the spread of the COVID-19 pandemic: negative effects for people living with depression. Frontiers in Psychology, 239. Doi: 10.3389/fpsyg.2022.789173](#)
- [Arensman, E., O'Connor, C., Leduc, C., Griffin, E., Cully, G., Ní Dhálaigh, D., ... & Corcoran, P. \(2022\). Mental Health Promotion and Intervention in Occupational Settings: Protocol for a Pilot Study of the MENTUPP Intervention. International Journal of Environmental Research and Public Health, 19\(2\), 947. Doi:10.3390/ijerph19020947](#)
- [Varga, A., Czeglédi, E., Tóth, M. D., & Purebl, G. \(2022\). Effectiveness of iFightDepression® online guided self-help tool in depression—A pilot study. Journal of Telemedicine and Telecare, 1357633X221084584. Doi:10.1177/1357633X221084584](#)
- [Staples, L. G., Webb, N., Asrianti, L., Cross, S., Rock, D., Kayrouz, R., ... & Titov, N. \(2022\). A Comparison of Self-Referral and Referral via Primary Care Providers, through Two Similar Digital Mental Health Services in Western Australia. International Journal of Environmental Research and Public Health, 19\(2\), 905. <https://doi.org/10.3390/ijerph19020905>](#)
- [McLoughlin, L. T., Simcock, G., Schwenn, P., Beaudequin, D., Boyes, A., Parker, M., ... & Hermens, D. F. \(2022\). Social Connectedness, Cyberbullying, and Well-being: Preliminary Findings from the Longitudinal](#)

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- Conceição, V., Rothes, I., Severo, M., Griffiths, K., Hegerl, U., & Gusmão, R. (2022). Psychometric properties of the Depression Stigma Scale in the Portuguese population and its association with gender and depressive symptomatology. *Health and quality of life outcomes*, 20(1), 1-8.
- Elices, M., Pérez-Sola, V., Pérez-Aranda, A., Colom, F., Polo, M., Martín-López, L. M., & Gárriz, M. (2022). The Effectiveness of Mindfulness-Based Cognitive Therapy in Primary Care and the Role of Depression Severity and Treatment Attendance. *Mindfulness*, 13(2), 362-372. DOI: [10.1007/s12671-021-01794-3](https://doi.org/10.1007/s12671-021-01794-3)
- Tiwari, A. K., Zai, C. C., Altar, C. A., Tanner, J. A., Davies, P. E., Traxler, P., ... & Kennedy, J. L. (2022). Clinical utility of combinatorial pharmacogenomic testing in depression: A Canadian patient-and rater-blinded, randomized, controlled trial. *Translational Psychiatry*, 12(1), 1-10. Doi:[10.1038/s41398-022-01847-8](https://doi.org/10.1038/s41398-022-01847-8)
- Mehlum, L. (2022). Cost of self-harm to society is high and increasing: A call for evidence-based and systematic treatment approaches. *Acta psychiatrica Scandinavica*, 145(4), 317-318. DOI: [10.1111/acps.13402](https://doi.org/10.1111/acps.13402)
- Salmi, S., Mérelle, S., Gilissen, R., van der Mei, R., & Bhulai, S. (2022). Detecting changes in help seeker conversations on a suicide prevention helpline during the COVID- 19 pandemic: in-depth analysis using encoder representations from transformers. *BMC public health*, 22(1), 1-10. DOI: [10.1186/s12889-022-12926-2](https://doi.org/10.1186/s12889-022-12926-2)
- van der Burgt, M. C., Beekman, A. T., Hoogendoorn, A. W., Berkelmans, G., Franx, G., & Gilissen, R. (2021). The effect of local Suicide Prevention Action Networks (SUPRANET) on stigma, taboo and attitudes towards professional help-seeking: an exposure–response analysis. *Social psychiatry and psychiatric epidemiology*, 56(12), 2199-2208. Doi:[10.1007/s00127-021-02078-w](https://doi.org/10.1007/s00127-021-02078-w)
- Lejeune, A., Le Glaz, A., Perron, P. A., Sebti, J., Baca-Garcia, E., Walter, M., ... & Berrouiguet, S. (2022). Artificial intelligence and suicide prevention: a systematic review. *European psychiatry*, 1-22. Doi:[10.1192/j.eurpsy.2022.8](https://doi.org/10.1192/j.eurpsy.2022.8)
- Matthys, O., Dierickx, S., Deliens, L., Lapeire, L., Hudson, P., Van Audenhove, C., ... & Cohen, J. (2022). How are family caregivers of people with a serious illness supported by healthcare professionals in their caregiving tasks? A cross-sectional survey of bereaved family caregivers. *Palliative Medicine*, 02692163211070228. Doi:[10.1177/02692163211070228](https://doi.org/10.1177/02692163211070228)
- Gomboc, V., Krohne, N., Lavrič, M., Podlogar, T., Poštuvan, V., Zadravec Šedivy, N., & De Leo, D. (2022). Emotional and social loneliness as

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- Griffin, E., McHugh, S. M., Jeffers, A., Gunnell, D., Arensman, E., Perry, I. J., ... & Corcoran, P. (2021). Evaluation of the impact and implementation of a national clinical programme for the management of self-harm in hospital emergency departments: study protocol for a natural experiment. *BMJ open*, 11(12), e055962. DOI: [10.1136/bmjopen-2021-055962](https://doi.org/10.1136/bmjopen-2021-055962)

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