

## EUREGENAS

### European Regions Enforcing Actions against Suicide

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#### INTRODUCTION

Euregenas (European Regions Enforcing Actions Against Suicide) is a three-year project (2012-2014), which has received funding from the European Union under the Public Health Programme 2008-2013. The overall objective of the EUREGENAS project is: **“to contribute to the prevention of suicidality (suicidal ideation, suicide attempts and suicide) in Europe through the development and implementation of strategies for suicide prevention at regional levels which can be of use to the European Community as examples of good practice”.**

#### METHOD

The Euregenas project brings together 15 partners from 11 regions (see Figure 1) with diverse experiences in suicide prevention to promote the creation of sustainable networks involving health and other public authorities as well as non-health stakeholders and civil society.

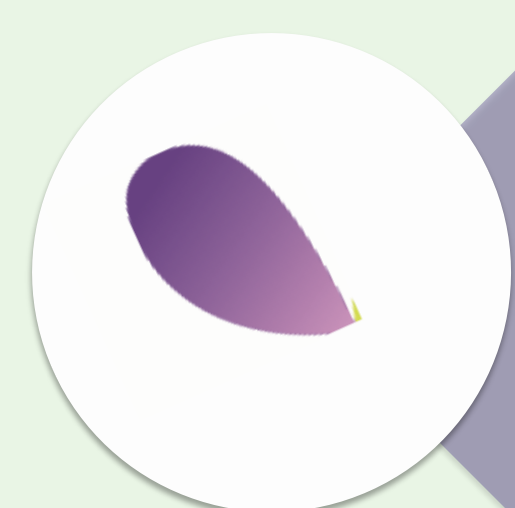
To meet the objectives, the project aims at identifying and cataloguing literature and good practices of existing actions and strategies of suicide prevention at regional and local levels, and carrying out a stakeholders' needs analysis. Based on the literature, a good practices database and the needs analysis, the Euregenas project will develop and disseminate suicide prevention guidelines and toolkits, and technical specifications for an integrated model for e-mental healthcare focusing on suicide prevention. Finally, Euregenas aims at improving knowledge and capabilities regarding suicide prevention among professionals.

Figure 1: The Euregenas Regions



#### RESULTS

The Euregenas project includes eight work packages (WPs): 3 horizontal work packages, respectively on coordination, dissemination and evaluation and 5 vertical work packages (see Figure 2).



##### WP 4 : On-Line Library and Assessment of Needs

**Aim:** to develop an On-Line Library and provide an "Assessment of needs" of key stakeholders. These activities constitutes the basis for WPs 5,6,7 & 8.



##### WP 5: Development of E-conceptual Model

**Aim:** to provide all necessary information to be able to create an integrated support and intervention mainframe for e-mental health, directed at the prevention of suicide, which can be adapted to local needs in all European regions and regional health care organisations.



##### WP 6: Development of Prevention Guidelines and Toolkits

**Aim:** to develop general guidelines for suicide prevention strategies as well as specific prevention packages (toolkits) for the awareness raising on suicide prevention for the identified target groups.



##### WP 7: Development and Piloting of Training Module

**Aim:** to develop a training package targeting GPs and to pilot the training package in 5 selected regions. The main goal is to provide GPs with relevant information related to the early detection and referral of suicide risk.



##### WP 8: Increasing Visibility and Promoting Accessibility to Survivor Support Groups

**Aim:** to create a network of survivor support group facilitators, to develop an e-catalogue of available resources and a toolbox for facilitators.

Figure 2: The Euregenas Work Packages

All deliverables of the project will be available in 5 languages and disseminated at the final Euregenas conference in December 2014 targeting local, regional and national levels. All information and final deliverables will be available on the website:

[www.euregenas.eu](http://www.euregenas.eu)

#### CONCLUSION

The Euregenas project aims at contributing to the prevention of suicidal behaviour in Europe, through the development and implementation of an on-line library, an e-conceptual model, guidelines and toolkits, a training module and resources for survivors support groups.