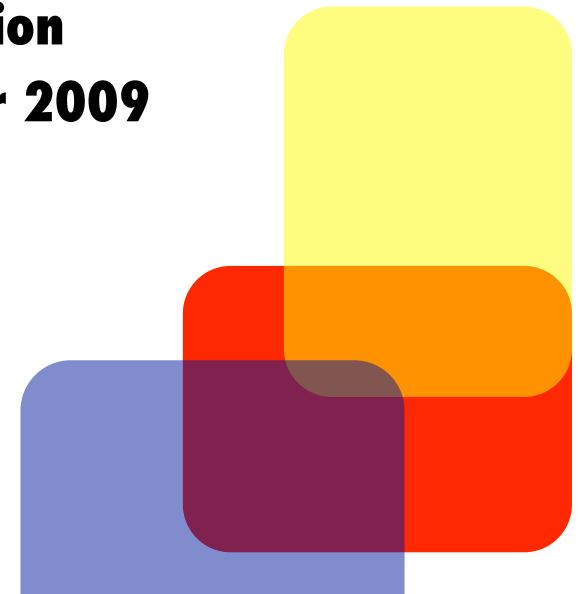


association
STOP SUICIDE

Youth suicide prevention by youth

**XXV World Congress on Suicide Prevention
Parallel Session "Adolescence", 30 October 2009**

Anne-Marie TRABICHET
STOP SUICIDE, Geneva (Switzerland)
www.stopsuicide.ch



STOP SUICIDE is...

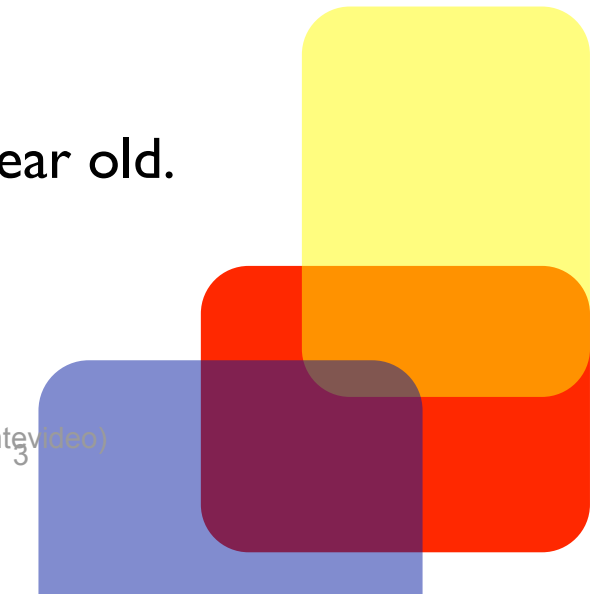
- ... An association founded after the death of a teenager in Geneva, 9 years ago.
- ... A team of young people fighting against youth suicide.
- ... A lot of prevention and sensitisation actions in schools, society or political areas.
- ... An aim to bring professional information to youth.

Suicide in Switzerland: facts

- 1300-1400 death every year: a rate way higher than the world average.
- First cause of death for men in the age category of 15-44 year old.
- More persons killed by suicide than by car accidents, AIDS and drugs, all together.
- No recognition of suicide by the federal institutions as a major public health problem.
- Lack of prevention strategy.

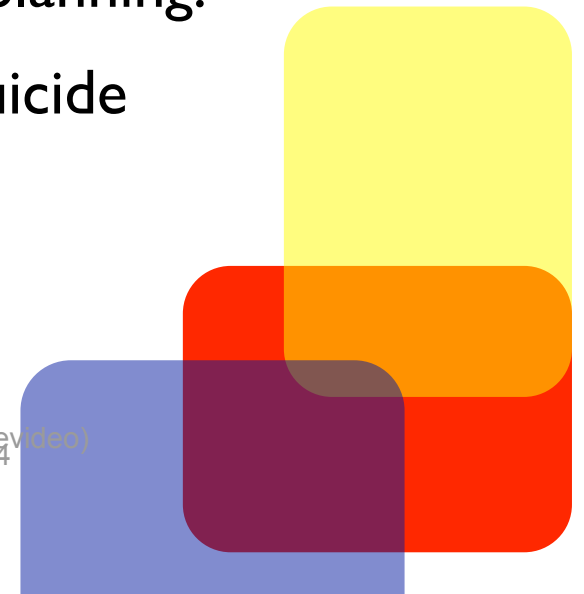
Youth suicide in Switzerland:

- First cause of death in the age category of 15-24 year old.
- 25/100'000 death every year in the age category of 15-24 years old.



Particularities of youth suicide

- A lack of awareness and knowledge of mental health services.
- No recourse to the care system, especially from young men
 - “... gender socialisation, which discourages young men from seeking help for emotional issues, meaning that mental health problems go unnoticed in many cases” S. Burke, P. McKeon, “Suicide and the reluctance of young men to use mental health services” in Ir J Psych Med, 2007, 24 (2): 67-70
- Abstract idea of death: killing oneself to live again, not to die.
- Impulsive suicide: no anticipation nor forward planning.
- Not always related to depression: 40-60% of suicide attempts are related to depression.
- No compliance even when they receive medical care.



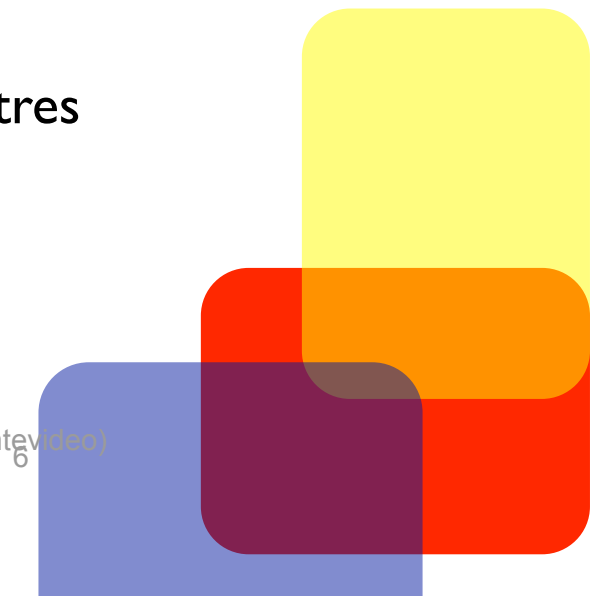
STOP SUICIDE's point of view

- We think that there is a lack of prevention strategy in Switzerland. Our objective is to contribute to fill it.
- We think that solutions can be found and that we have the ability to do it even though we are not mental health professionals.
- We think that young people need a life net made of information and communication that we would like to promote.
- We think that youth can talk to youth to draw a communication network and get suicide out of its taboo status.
- We think that youth suicide prevention can lead to general suicide prevention accompanying people throughout their lives.



STOP SUICIDE's prevention actions: overview

- Prevention in schools
- Parliamentary lobbying
- Networking
- Prevention stands: university, music festivals, etc.
- Prevention on Internet
- Discussion groups
- Poster campaigns
- Prevention actions with teenagers in community centres
- Working toward a good suicide coverage by media



STOP SUICIDE prevention: concrete examples (I)

- ***Le CommuniCafé: an Internet discussion forum***

- From real discussion groups we used to hold in Cafes with specific topics around suicide, we decided to set up a virtual forum of discussion on Internet.
- It will take place twice a month: first session planned for December 2009.
- The purpose is to increase our visibility on Internet, as a media of predilection for youth, and to offer a place for youth to talk and debate about suicide.
- The forum will be moderated by the STOP SUICIDE team, and there will be a psychologist at each session who will have the possibility to talk more privately with some users if needed.

STOP SUICIDE prevention: concrete examples (II)

- **Sensitisation actions in Community centres**
 - Interacting with children and teenagers to build a communication around suicide.
 - Using concrete base to begin the discussion: quiz, short-movie, game, art workshop, posters, etc.
 - Coming with psychologists to give ground to expression and emotions.
 - Using these occasions to do prevention: phone numbers, help keys, distribution of prevention material, etc.

¡Gracias!
Thank you!
Obrigado!

Anne-Marie Trabichet
anne-marie@stopsuicide.ch

Coordinator
STOP SUICIDE, Geneva (Switzerland)

www.stopsuicide.ch

