

## Partners



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European Regions Enforcing Actions Against Suicide is a three years project aiming to contribute to the prevention of suicidality in Europe. Through strategies for suicide prevention (suicidal ideation, suicide attempts and suicide) at regional level, the project can be of use to the European Community as examples of good practice.

### Project summary

Suicide is never the consequence of a single cause or stressor and its rates change between regions and local communities as well as over time and within various risk groups.

The existing discrepancies in suicide rates within member states and regions demonstrate the need for tailoring distinctive approaches according to local and regional contexts.

This project brings together 14 partners from 11 regions with diverse experiences in suicide prevention and promotes the creation of sustainable networks involving public authorities as well as stakeholders and civil society.

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

The Euregenas website provides further information about the project, as well as related news and events about suicide prevention. An Online library, with a Literature review and Best practices, offers an overview of the current situation in the EU regarding the subject. During the project all deliverables and tools will become available on the website. Do not forget to subscribe to the Euregenas newsletter, and to follow on Facebook and Twitter.

### Objectives

- Identify and catalogue good practices of existing actions and strategies on suicide prevention.
- Carry out a stakeholders' needs analysis. Develop and disseminate guidelines and toolkits on suicide prevention and awareness raising strategies.
- Develop the technical specifications for an integrated model for e-mental healthcare oriented at suicide prevention.
- Improve knowledge and capabilities among local and regional professionals (i.e. psychologists, psychiatrists, GPs).

By encouraging regional interventions and campaigns dedicated to both target groups and non-health stakeholders, the project aims to implement the European Pact for Mental Health and Well-being in relation to:

- Prevention of suicide
- De-stigmatisation of mental health disorders
- Promoting health in youth

The project also aims to develop guidelines and promote evidence-based good practices that can be included in the EU-Compass for Action on Mental Health and Well being.