

HAAPSALU PROJECT

Prevention of (pre)suicidal behaviours in schoolchildren

Contact information

Study design and evaluation

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Implementation

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Goals and expected outcomes

- Decreased depression in children and adolescents
- Decreased suicidal behaviour (suicides, attempted suicides, suicidal ideation) in children and adolescents
- Increased awareness on suicidal behaviour and possible prevention strategies among gatekeepers
- Increased awareness on suicidal behaviour and possible prevention strategies among children, adolescents and their family members
- Strengthened social network and counselling/rehabilitation services for children and adolescents
- Better overall mental health and psycho-social coping in children and adolescents

Target population

- Schoolchildren, children and adolescents aged 7-18
- Gatekeepers, specialists in contact with children and adolescents (teachers, school psychologists, school doctors/nurses, family practitioners/nurses, psychiatrists and other health professionals, social workers)
- Parents and other family members
- Media professionals, journalists

Essential programme components and activities

Evaluation

- Children’s Depression Inventory (CDI), screening for depression (questionnaires for child, teacher and parent)
- Number of suicides and attempted suicides
- Awareness and knowledge about suicidal behaviour and depression among target groups and general population (questionnaire)
- Process evaluation, incl feedback from training courses, workshops and events
- Focus group interviews (optional)

Intervention

- Training course for programme team
- Increasing awareness and knowledge:
 - Trainings and workshops for different target groups
 - Wide range of information materials for different target groups (brochures, leaflets, resources etc)
 - Public lectures/events
 - Media campaign
- Counselling/rehabilitation services
 - Hotline, special hotline for children
 - Crisis centre
 - Counselling for children and adolescents
 - Counselling for families
 - Centre of psychosocial rehabilitation (day-stationery)
 - Cooperation with family practitioners and psychiatric services

Length/timeframe of the programme

Total length 2 years

	First year												Second year											
	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12
Planning, preparation																								
Baseline evaluation, screening																								
Intervention, activities																								
Outcome evaluation, screening																								
Conclusions, dissemination																								

References

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