

How we can prevent suicide in Ottawa: A vision for change

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uOttawa



Preventing suicide

1. Community interventions
2. Better identification and management of depression in primary care
3. Focus on high risk groups
4. Restrict access to means

Plus adequate and timely measurement of suicide and suicidal behavior

Community interventions

- Limited evidence of effectiveness
- Gatekeeper training
- Reduce stigma of mental illness
- Media guidelines

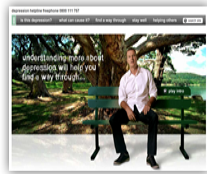


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Welcome

Service Provider? Log on to the NDI Depression Network

Need Help?



Depression.org.nz

Learn strategies to help you find a way through depression

[Visit Site](#)



TheLowdown.co.nz

Helping young Kiwis understand and deal with depression

[Visit Site](#)

Welcome to the National Depression Initiative

The National Depression Initiative (NDI) aims to reduce the impact of depression on the lives of New Zealanders, by aiding early recognition, appropriate treatment, and recovery. It is part of the Ministry's commitment to addressing suicide prevention, as well as to improving the mental health and wellbeing of all New Zealanders.

This website provides information about the National depression Initiative and is the home of the NDI Depression Network. Please feel free to visit the NDI Depression Network and join up if you'd like to get involved.

Getting Personal Support and Help

If you're looking for support around depression for yourself, a friend or a family/whanau member, please visit our help-services websites.

There's www.depression.org.nz and www.thelowdown.co.nz for youth. There's information about depression, recovery and how to access personal support on these websites. If you or someone you know needs help now, please [click here](#) for contact information.

+ Network login

Username or e-mail: *

Password: *

[Create new account](#)

[Request new password](#)

+ The Depression Network

The Depression Network connects people who are working in the field of mental health and depression. Visit the network to see the latest information, updates and discussions about depression. If you'd like to join the network and connect to others, please [Create a New Account](#) above. Contact [Kayte Fergusson](mailto:kaytef@ndi.org.nz) our coordinator if you need help:

kaytef@ndi.org.nz

Phone: 09 909 9216

Focus on high risk populations

- After presentation to hospital with self-harm
- After discharge from psychiatric hospital



Focus on high risk groups

- Intentional self-harm presenting to hospital x100 increased risk of suicide
- Improve access to and maintenance of care
- Use of evidence based therapies and implementation of best practice guidelines
- Use of evidence based risk management systems (not risk management forms)



Restricting access to means

- Paracetamol/Acetaminophen
- Catalytic converters
- Firearms legislation
- Barriers at jump sites or subway trains



Adequate and timely measurement of suicide and suicidal behavior

- Suicides
- Intentional self-harm presenting to hospital

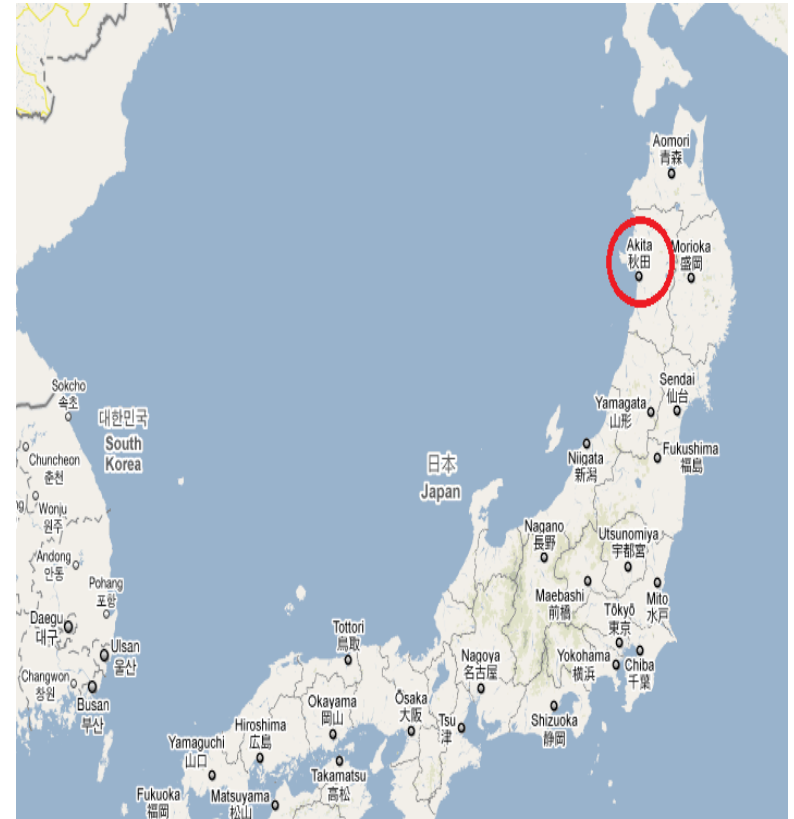


It's been done before

- Nuremburg, Germany



- Akita, Japan



Nuremberg vs Wuerzburg

- 24% reduction in suicidal acts in Nuremberg compared to baseline
- Most noticeable for high risk methods

Table 1. *Number of suicidal acts in Nuremberg and Wuerzburg during baseline (2000) and intervention (2001–2002)*

	Nuremberg	Wuerzburg	Total
2000	620	183	803
2001	500	182	682
2002	471	196	667
Total	1591	561	2152

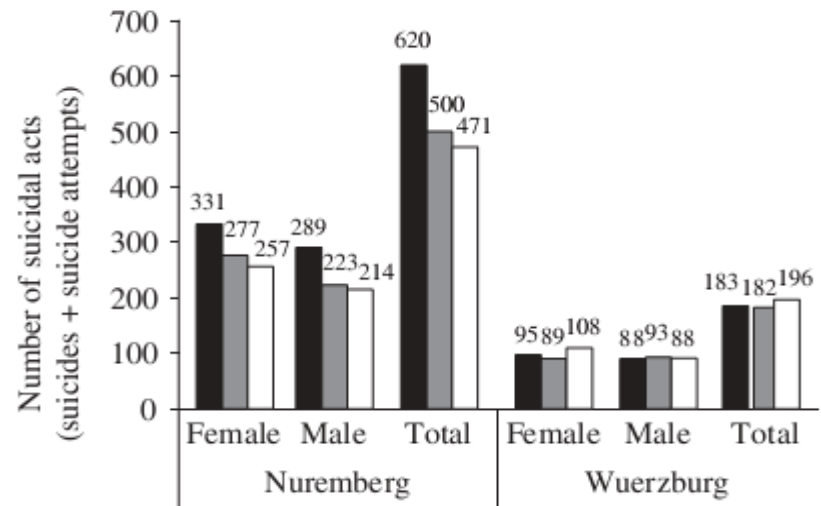


FIG. 1. Frequency of suicidal acts (suicides + suicide attempts) in Nuremberg and Wuerzburg during baseline (2000) and intervention (2001–2002). ■, 2000; ■, 2001; □, 2002.

Ottawa 20x20?



- Needs leadership
- Whole of community approach (not just mental health or health)
- Needs funding
- If it works here needs to be tested elsewhere but could be a model for others



Mental Health Crisis Line

613-722-6914

Distress Centre

613-238-3311

YSB Crisis Line

613-260-2360

He aha te mea nui o te
ao?

He tangata! He tangata!
He tangata!