



FROM THE PRESIDENT

Welcome to the latest edition of the International Association for Suicide Prevention (IASP) newsletter. We recently celebrated World Suicide Prevention Day (WSPD) on September 10th, a day that unites the world to convey the message that suicide is preventable. Testament to the global effort, WSPD continues to grow and evolve in both size and impact each year, with more than one thousand activities organised in over 60 countries worldwide for WSPD 2018. Some of these events were hosted by the IASP, including the annual 'Cycle Around the Globe' and Light a Candle events.

This year we celebrate WSPD under the theme 'Working Together to Prevent Suicide,' which will be retained for WSPD in 2019 and 2020. The internationally chosen theme emphasises the key component of suicide prevention work, collaboration. It serves to highlight that any singular government, sector, organisation or discipline cannot tackle the difficult issue of suicide alone. The universal effort encompasses entire communities, including researchers, health professionals, policy makers, gatekeepers, volunteers, and family members. By working effectively together in exchanging ideas, evidence and expertise, we can strive towards achieving the optimal outcomes of helping those in need and preventing suicide.

Despite international progress in suicide prevention, we still face many challenges, especially in some of the most rural and challenging parts of the world where resources are limited. One of the major challenges in many countries is the lack of collaboration between organisations, national governments and policy makers. There are many factors that may create barriers to working together including cultural divides, unhealthy competition, mistrust and working in silos. We can learn from countries such as Guyana and Japan in which non-governmental organisations work together with their national Governments to tackle high suicide rates in their countries by adopting a multilevel approach. A combined effort at both international and local level can ensure that collaboration is maintained. We must continue to promote open communication, broad participation and shared commitment to achieve our common goal.

Professor Murad Khan

The 17th European Symposium on Suicide and Suicidal Behaviour - A big success

The 17th European Symposium on Suicide and Suicidal Behaviour (ESSSB17) was held between September 5 to 8, 2018 in the vibrant and cultural city of Ghent, Belgium. The event brought together 663 participants from 43 countries across all continents, which is a huge development from the success of the 8th European symposium (ESSSB8) - also hosted by the University of Ghent with about 250 participants 20 years ago in 1998. **Congratulations to the organizing committee Prof Gwendolyn Portzky and Prof Kees van Heeringen for the big success!**



The ESSSB17 attracted 361 abstract submissions and delivered 6 plenaries, 14 workshops and 55 symposia plus 2 poster sessions during the 3 and a half days conference period. The high-quality, multidisciplinary scientific programme covered all core aspects of suicidal behaviour and its prevention, and provided a dynamic platform for lively interactions and discussions. Focus of the scientific programme was set on state-of-the-art presentations as well as new insights from basic science and clinical research with emphasizes on effects of therapeutic interventions and suicide prevention activities at various levels. Topics of the plenaries, for instance, ranged from epidemiology of suicide and self-harm, suicide in relation to mental illness, stressful life events and media, neurobiology and psychological process of suicidal behavior, risk assessment and clinical management following self-harm, to effectiveness of psychotherapeutic interventions in suicide prevention, internet interventions, possibilities

for community preventive strategies, and early intervention to support people bereaved from suicide loss, as well as specific populations of refugees and the elderly. These cutting-edge plenary lectures, as well as several theme workshops and dozens of symposia designated on specific issues are informative and inspiring to researchers and delegates working in the area of suicide prevention.

Most of the IASP Board members and SIG chairs and a good number of ECG members attended the ESSSB17 and made a significant contribution to the programme. Several specific activities are worth mentioning here. The IASP-WHO Workshop on implementation and evaluation of national suicide, chaired by Ella Arensman and Steve Platt, attracted more than 80 participants and was a big success. The SIG on Suicide and Self-harm in Middle-aged Adults, established at the beginning of this year, had the SIG launching symposium

chaired by the SIG co-chairs Ping Qin and David Gunnell. The SIG on Media and Suicide organized two SIG symposia with one focusing on misconceptions in media portrayals of suicide and experimental studies on suicide prevention, chaired by Thomas Niederkrotenthaler and Jane Pirkis, and the other on user perspectives and preventive interventions using media, chaired by Dan Reidenberg. Our SIG chairs and co-chairs were also involved in a number of other symposia focusing on topics such as suicide survivors, elderly suicide and suicide prevention in workplace, etc.

Clearly, this symposium provided an interactive scientific environment for delegates from all parts of Europe and from the rest of the world to exchange knowledge and experience in suicide research and prevention. On the other hand, it also brought many interesting and enjoyable activities and offered a great opportunity for social integration and networking. For many participants, including myself, a revisit to Ghent for the same series symposium after 20 years brought up many pleasant memories and conversations of sharing.

Commuting between the three conference sites not only provided the opportunity of stretching our legs, but also ensured the possibility of sightseeing in the heart of Ghent city. The performance by the legendary band consisted of well-known suicide researchers was certainly a cultural highlight with fun and joy. These recreations and the prevailing high spirits will make the ESSSB17 unforgettable to all participants.

Ping Qin
Vice-president of IASP.
Professor at National Center
for Suicide Research and
Prevention, University of
Oslo, Norway.



Ping Qin

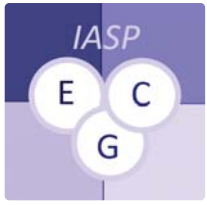
**17TH European Symposium on
Suicide & Suicidal Behaviour**

5th-8th September 2018, Ghent - Belgium

VLESP | Vlaams
Expertisecentrum
Suicidepreventie

esssb17.org

#esssb17



ESSSB17 Reflections from the IASP Early Career Group



This year's European Symposium on Suicide and Suicidal Behaviour (ESSSB), organised by Professor Kees Van Heeringen, Professor Gwendolyn Portzky and their team at the Flemish Centre for Expertise in Suicide Prevention (VLESP), had excellent representation from IASP's Early Career Group (ECG)! The conference was enlightening for attendees, with a variety of excellent plenary and individual sessions in the beautiful and welcoming setting of Ghent. Many ECGs had the opportunity to present their own work, sharing theories, ideas and plans of action with peers and experts, benefiting from their feedback and questioning. This conference was also an excellent forum for networking. ECG members finally got to meet with the UK based NetECR team and we even had an informal meet up on the Thursday evening, which was a success we hope to repeat and grow at future conferences.

To find out more and join the IASP ECG visit: <https://iasp.info/iasp-ecg/>

Here is a taster of some of the presentations with which ECG members were involved. Caroline Daly presented her work on *'Frequently used drug types and alcohol involvement in intentional drug overdoses in Ireland: a national registry study'* describing the frequent use of prescription only and sales restricted drugs in intentional drug overdose (IDO), and quantifying the contributions of alcohol and multiple drug IDO in these acts. Caroline also presented two posters on *'The growing use of gabapentinoids in intentional drug overdose: a national registry study'* and *'Multiple drug intentional overdose: An examination of national self-harm surveillance data'*. "I found ESSSB17 a really welcoming and motivating experience and one in which I was able to forge new research links and also get invaluable feedback and suggestions on my work."

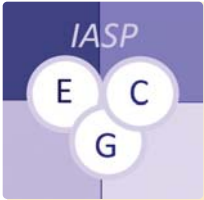
Olivia Kirtley presented early findings from an ongoing review on the psychological factors involved in the relationship between chronic pain and suicide, and also drew upon personal

experiences of public engagement work in her presentation on how to use blogging and social media to engage the public with suicide research. "It was great to see such a strong ECR presence at ESSSB and I was really struck by how much this community has grown from my first ESSSB in 2015".

Carl-Maria Mörch presented on *'Evaluating text-based suicide interventions: The role of AI, machine learning and NLP'* and also had a poster presentation detailing the *'Darknet and suicide'* at the conference.

ECG Member and PhD Candidate Justine Dickhoff, of the University of Groningen, The Netherlands presented on *'The relation between suicidal ideation and social (cognitive) abilities in patients with a psychosis'* and reflected that "The ESSB17 was a great and really informative conference. I met interesting people, got new insights and feel more motivated to continue my work in Suicidology"





← Olivia Kirtley presenting on Lighting the fire: Using blogging and social media to kick-start public engagement for suicide and self-harm research, Thursday September 6th



↑ PhD Candidate and ECG Member, Justine Dickhoff



← Carl-Maria Morch discussing his poster-Darknet and suicide, Friday September 7th



↑ Members of the NetECR supporting the ECG! Find out more about NetECR at: <https://netecr.wordpress.com/>



↑ The ECG Chairs Carl Maria Morch, Olivia Kitley and Caroline Daly

SIG Lived Experience Set Up

Name: **SIG in Lived Experience** Co-chairs: Bronwen Edwards

Rationale

Each year, across the world, approximately 800,000 people take their own lives, millions more attempt suicide and further millions are relatives or friends of those who engage in suicidal behaviour. People who have survived a suicide attempt and people who are bereaved or affected by the suicidal behaviour of others are 'survivors' who have the potential and motivation to make a major contribution to suicide prevention (Begley & Quayle 2007). Furthermore, they are often at heightened risk of engaging in suicidal behaviour; working with them can help to reduce this risk. In their background document to the Australian National Suicide Prevention Summit in 2015, the Centre of Research Excellence in Suicide Prevention and the Black Dog Institute argue that suicide prevention "must involve those with lived experience, i.e. people who have survived an attempt and/or been directly or indirectly affected by the suicide or attempted suicide of someone they know."¹ It is only recently, however, that survivors have been invited to collaborate with public, private and third sector organisations in the planning and delivery of programmes and projects which are intended to reduce or prevent suicidal behaviour. Even now the participation of suicide attempt survivors is more limited than that of persons who have been bereaved or affected by suicidal behaviour (Pavulans et al., 2012; Hjemeland & Knizek 2010).

The IASP Executive Committee wishes to enhance the involvement of people with lived experience of suicidal behaviour in the organisation at both strategic and operational levels. Such involvement should be genuine, not tokenistic, based on a set of core values and compatible with the organisation's charitable purpose and capacity.

We define lived experience as . . . having experienced suicidal thoughts, made a suicide attempt, cared for someone through suicidal crisis, or been bereaved through suicide.

We acknowledge that many other people within our communities are impacted by suicide.

Objectives (provisional)

- To develop and implement a strategic approach to the involvement of people with lived experience in IASP activities
- To improve understanding, practice and policy relating to the involvement of persons with lived experience in national and international suicide prevention organisations
- To share knowledge, information and good practice relating to lived experience with national and international suicide prevention organisations

- To promote lived experience involvement and support the establishment of lived experience networks/communities globally
- To contribute to the evidence base body of knowledge from the lived experience view point – encapsulate full range of research regarding engagement in suicide prevention

Planned ongoing activities

- Detailed planning of SIG programme of work
- Annual review of SIG progress and activities
- Biennial update of information on SIG activities on the IASP website
- Organisation of workshops and symposia at IASP conferences
- Establishment of Task Force(s) to undertake specific, clearly defined tasks within a limited timeframe, as appropriate.

Planned activities during 2018

- Election of co-chairs
- Recruitment of SIG members
- Finalisation of SIG objectives
- Finalisation of SIG's initial programme of work (years 1-2)
- Ascertainment of administrative support for SIG and Task Forces
- (Other activities, as decided by SIG)

Membership

The SIG is open to:

- IASP members with lived experience of suicidal behaviour (according to IASP SIG Lived Experience definition above)
- Affiliates - All other IASP members with a personal or professional interest in lived experience and a commitment to advancing the SIG's key objectives.

Other SIGs will be encouraged to identify one of their members to represent their SIG at specific meetings of the SIG in Lived Experience, with a view to promoting effective links between the SIG in Lived Experience and all other SIGs.

Co-chairs of the SIG in Lived Experience should have lived experience of suicide. (as defined above).

Non-IASP members, who have a lived experience of suicide, may be invited to join any Task Force(s) that are established by the SIG, but should be encouraged to join the organisation.

National organisations with Lived Experience networks (or similar), which are not IASP members, will be invited to join the SIG as associate members.

SIG on Lived Experience

The SIG: Lived Experience has recently been formed and is being chaired by Bronwen Edwards (Australia), Eduardo Vega (USA) and Chris Caulkins (USA). The group is growing steadily as more people become aware of us.

Our core focus for the coming 12-18 months is very much focused on connection & relationship development with other SIG's and IASP Head office. It is the desire of IASP and the SIG-LE that the SIG-LE is positioned as a collaborative SIG able to inform and work alongside other SIG's in their focus areas, to ensure meaningful integration of Lived Experience in all aspects of IASP's work, and indeed with the structure of IASP itself.

The establishment of two Taskforces will form the platform from which all subsequent work flows: 1) Literature Review - a comprehensive Literature Review of what has been researched about Lived Experience and what is in the pipeline but not yet published. 2) Lived Experience Activity globally - a collation of what is happening on the ground in Lived Experience globally.

We will also be working towards organising a Lived Experience Stream for IASP World Congress 2019.

If you would like to join the SIG-LE, please contact:
bronwen@rosesintheocean.com.au
Co-chair: Bronwen Edwards,
CEO & Founder at Roses in the Ocean



Bronwen Edwards

SIG on Suicidal Behaviour in Middle-Aged Adults



The recently established SIG aims to enhance our understanding of suicide and self-harm in middle aged adulthood as important health and social factors, as well as to support research and promote networking between researchers dedicated to the study and prevention of suicide within this specific population group.

Reminder: If you would like to join the SIG, please contact co-chair, professor Ping Qin:
ping.qin@medisin.uio.no.



IASP 2-YEAR MEMBERSHIP OPTION

Commencing 2019, IASP will offer an additional membership tier of 2-years with a 5% discount of the annual fee. The current 1-year and 3-year membership options will continue to be offered. 3-year membership has a 10% discount.

In the future, the 2-year tier will also allow for members, post the 2019 World Congress, to pay their membership dues together with their conference registration fees, a facility which we have been informed would make it easier for some of our members.

Full details of the 2019 membership tiers will be distributed late November.

The Central Administrative Office (CAO) is delighted to offer a new resource to its members

IASP members already receive a host of benefits but we are always on the look out for ways to make your membership more attractive.

For free access to the new webinar resources, please visit the Member Login section of the IASP website and log in with your 2018 User Name and Password. (If you are unsure of these details, please contact the Central Administrative Office wendycliff@iasp.info)

To access the individual presentations please use Passcode APRCIASP18 (this passcode is case sensitive) If you have any thoughts on additional benefits that we could offer to the membership, please feel free to share them with me via the email address above.

Train-the-trainer session in Suicidology session

Within the *Intuition, Imagination & Innovation (Triple I) in Suicidology* conference that was held between 7th and 8th June 2018 in Piran, we had a pleasure to run a half-a-day train-the-trainer session.

The conference chaired by Prof. Diego de Leo and Dr. Vita Postuvan is held in a small coastal town in Slovenia and has been attracting many people in the field of suicide research and prevention. The 9th edition of the conference has proven that it has developed into a platform for fruitful discussion between distinguished experts, interacting with young and perspective suicidologists or other eager professionals.

The gatekeeper training lead by Prof. Ella Arensman addressed the theoretical understandings of suicidal behaviour and the public attitudes towards this phenomena and was followed by role-plays and practical assignments to train people in recognition and reactions in cases of suicidal behaviour. Further engagement of the trainers will follow in the next year.

Positive reactions of participants give motivation for further development of the train-the-trainer sessions held in cooperation of IASP and national/local teams.

More info: <http://zivziv.si/triple-i-2018/>



Facilitators: Prof. Ella Arensman (right) and Dr. Vita Postuvan (left)



IASP participants



Photo of participants



Group photo

Suicide Prevention Efforts are continuing in India

A Suicide Prevention awareness talk was delivered at the Dr. A. V. Baliga Memorial Community Counselling and Child Guidance Centre in Karkala, a satellite clinic visited once a week.

In Bhuj, India, Dr Pandit Devjyoti Sharma and his team have delivered Life Skills Dynamic Meditation and Yoga Gatekeeper Training to 32 participants within recent weeks. Members of the Kutch Suicide Prevention Forum have met with the President of the District Council of the Kutch District and the District Development Officer to discuss an official plan to erect suicide prevention and awareness signs in the Government offices of all 877 villages, with over 2000 signs provided to the Office of the District Development Officer for distribution. The District Development Officer has also committed to organising the Life Skills Dynamic Meditation and Yoga Gatekeeper Training for government staff in all subdivisions.

Key stakeholders were in attendance at the launch of the Suicide Prevention and Awareness information leaflets, including the Vice President of the Bhuj City Municipality, the President of the Indian Medical Association, the President of Giants Group of Bhuj, the President of Rotary Club of Wall City, a member of the Indian Red Cross Society, the Head of Department of Humanities and Social Sciences, Kutch University, and members of the Jilpanchayat Government.

The proactive approach taken by Dr Pandit Devjyoti Sharma and colleagues by working with NGOs and the local government is paving the way for the development of a national suicide prevention strategy in India.

Additional programs are planned for delivery in the area in the coming weeks.



From the Dr. A. V. Baliga Memorial Community Counselling and Child Guidance Centre

World Indigenous Suicide Prevention Conference

22nd–23rd November 2018 - Rendezvous Hotel Perth, Scarborough, Western Australia



The National Aboriginal and Torres Strait Islander Suicide Prevention and World Indigenous Suicide Prevention Conference Committee invite you to Perth for the second National Aboriginal and Torres Strait Islander Suicide Prevention Conference, and the second World Indigenous Suicide Prevention Conference. The Conferences will provide more opportunities to network and collaborate between Indigenous people and communities, policy makers, and researchers.

Registration now open. Abstract submission now closed
www.ispc2018.com

#Chatsafe: A young person's guide for communicating safely online about suicide

Pinar Thorn and Jo Robinson Orygen,
The National Centre of Excellence in Youth Mental Health

Social media is an inseparable part of young people's daily lives. To them online life is real life. With respect to suicide, this means that they use the various features of social media platforms to express their thoughts and feelings, and seek information and support.

Consequently, rather than resist or ignore social media, we must use this unprecedented opportunity to reach young people and equip them with the knowledge and skills that they need to safely navigate suicide-related content online.

In partnership with young people, the University of Melbourne, Everymind, Portable, and Facebook, we have developed the world's first evidence-based guide on how young people can communicate safely online about suicide. Our comprehensive guide was developed using the Delphi consensus methodology and encompasses the following key themes:

- Things to consider before you post anything online about suicide
- Sharing your own thoughts, feelings, or experience with suicidal behaviour online
- Communicating about someone you know who is affected by suicidal thoughts, feelings, or behaviours
- Responding to someone who may be suicidal
- Memorial websites, pages, and closed groups to honour the deceased

The guide is available to download from:

<https://www.orygen.org.au/About/News-And-Events/2018/chatsafe-world-first-guidelines-help-young-people>

The development of the guide is the first phase of our two-phased #chatsafe project. The second phase is currently underway, and involves bringing the guidelines to life through a national youth suicide prevention social media campaign. The campaign materials and dissemination strategy are being co-designed with a diverse range of young people, aged between 18 and 25 years, across Australia. Validated content will be rolled out nationally, in 2019, on platforms such as Instagram.

#Chatsafe is funded by the Australian Government, under the National Suicide Prevention Leadership and Support Program.



News from China

By Zhang Jie, Ph.D. China National Representative

The annual conference of suicide research and prevention was held in Mianyang, Sichuan, China June 8–10. The annual conference is organized by the Division for Crisis Intervention and Suicide Prevention of the Chinese Association of Mental Health. This annual conference is also the largest in Greater China for suicidologists.

The Division Committee is elected every four years, and this conference happens to be in the election year. Dr. Huang Yueqin, Professor of Epidemiology and Psychiatry at Peking University is elected for a second (Third) term to continue to be the President of the Division of Crisis Intervention and Suicide Prevention.

2018 marked the 10th anniversary of Wenchuan 5.12 Earthquake. The city of Mianyang, in the epicenter, of the disaster, was severely damaged with a tremendous loss of lives and property. The suicide prevention annual conference was held in Mianyang city in

commemoration of the deceased and for a symposium for the crisis intervention and suicide prevention work after the earthquake in the past 10 years.

This conference is a major part of the efforts for suicide research and suicide prevention in Greater China. Researchers on suicide are mostly psychiatrist, clinical psychologist, social workers, nursing professionals, sociologists, etc. Chinese central and local governments have been funding suicide studies with increased amounts in the past 20 years. The Center for Suicide Prevention Research (CSPR) at Shandong University in China is a government funded institute exclusively devoted to suicide research and suicide prevention for the Chinese people.

The photo below is taken at the conference for the participating members of the Shandong University Center for Suicide Prevention Research.



30th IASP World Congress, 2019



The 30th World Congress of the International Association for Suicide Prevention will be held in Derry-Londonderry, Northern Ireland, from the 17th to the 21st of September 2019.

The theme for IASP 2019 is "Breaking Down Walls and Building Bridges," a theme that not only resonates with the landmarks in our beautiful city, but also reflects the work we do in suicide prevention and building hope for those in crisis.

For more information on the Congress please visit: www.iasp2019.com.

Key topics to be covered at the Congress include:

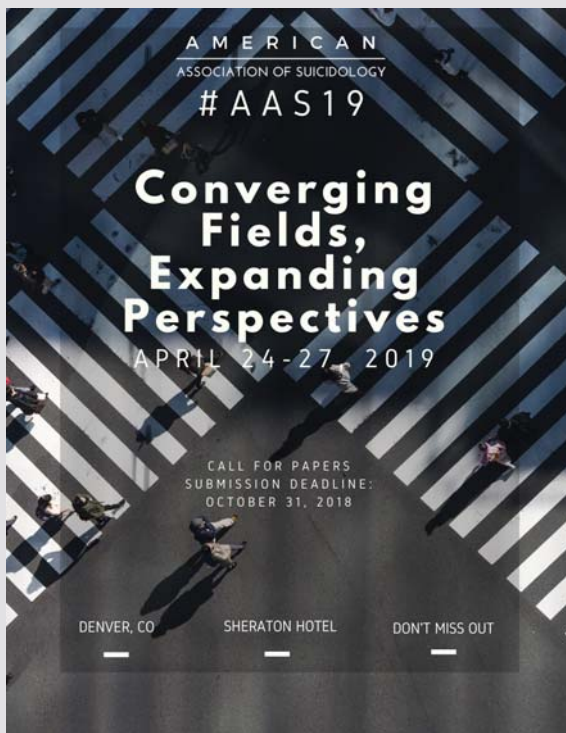
- Innovation in suicide prevention and treatment
- Suicide in context
- Suicide, trauma and conflict
- Suicide in the ageing population
- Suicide and self-harm in young people
- Clinicians as survivors of suicide
- Psychological, psychosocial and pharmacological treatments of suicide risk
- The role of "big data" in suicide prevention
- Biological and genetic risk factors for suicide
- Stigma, mental health and suicide
- Postvention and lived experience
- Psychological and social risk factors for suicidal behaviour, and
- Public health approaches to suicide prevention.

In association with Visit Derry, the Western Health & Social Care Trust and Ulster University, we are delighted to be hosting IASP 2019 and look forward to welcoming you. Derry-Londonderry is one of Europe's most popular up and coming destinations. It is a vibrant, cosmopolitan city, steeped in history and tradition. This, combined with the world famous Celtic charm and friendly hospitality is sure to guarantee an enjoyable and cultural city to visit for everyone.

Local Organising Committee, IASP 2019

Professor Siobhan O'Neill, Barry McGale & Professor Rory O'Connor

Registration now open. Early bird registration open until 31st March. Call for Abstracts deadline: March 17th, 2019.



52nd American Association of Suicidology Annual Conference

Converging Fields, Expanding Perspectives

April 24-27, 2019

Sheraton Hotel, Downtown Denver,
Denver, CO USA

www.suicidology.org