

P-1420 - IMPLEMENTATION OF A SUICIDE PREVENTION PROGRAM IN MAJORCA (SPAIN)

M.Gili Planas, C.Vicens Caldentey, M.Vives Forteza, J.Salva Coll, M.Garcia-Toro, M.Roca Bennasar
¹Institut Universitari d'Investigació en Ciències de la Salut (IUNICS), Red de Investigación en Actividades Preventivas y Promoción de la Salud (redIAPP), University of Balearic Islands, ²Ib -Salut, Conselleria de Salut i Consum de les Illes Balears, ³Subdirección Asistencial de Salud Mental, Servei de Salut de les Illes Balears, Palma de Mallorca, Spain

Introduction: Depression is the most prevalent mental disorder in Primary Care (PC), with 60% of depressed patients receiving treatment in PC Units. Suicide is the most serious consequence of depression. The European Commission funded the *European Alliance Against Depression* (EAAD), a preventive program on depression and suicide that has been applied in 18 European countries. In Spain, this program has been implemented in Catalonia and the Balearic Islands (Majorca and Menorca).

Objectives: To present the results obtained in the program implementation in Majorca.

Methods: This program was applied in June 2009 within the urban area of Palma (222,100 inhabitants). Phase 1 entailed data collection of suicide, suicide attempts and antidepressant consumption since 2006. Phase 2 implied the development of specific training courses for General Practitioners on suicide prevention in high-risk population, and the launch of a public advertising campaign with the collaboration of mass media.

Results: Based on data collected since 2006, there are nearly 300 suicide attempts in the Balearic Islands every year. Within the area of intervention suicide attempts decreased a 24.8% between 2009 and 2010. Conversely, antidepressant prescription and consumption increased from a frequent 2-3% per year to a 5%.

Conclusions: Obtained results are consistent with findings in other areas where this program has been applied. Data available next years about number of suicides will help to assess the final impact of this program. It is important to continue designing and implementing preventive programs aimed to reduce suicide risk including specific training for health care providers.