

## **From insight to practice: Advanced suicide risk assessment and prevention**

Suicidal behavior represents a critical psychiatric emergency and a significant public health issue, necessitating advanced strategies for effective prevention—especially in the context of mental health disorders. Timely recognition and accurate risk assessment are vital for reducing suicide risk in vulnerable individuals. These assessments must consider factors such as suicidal intent, history of attempts, and underlying conditions.

Although many tools exist for suicide risk assessment, their limited precision often hampers their effectiveness in clinical practice. Mental health professionals require reliable methods to accurately predict suicidal behavior, optimize resource allocation, and support clinical decision-making, including in legal contexts.

This course will cover key topics essential for understanding and addressing suicidal behavior. After briefly addressing the epidemiology and risk factors, the focus will shift to warning signs and preventive actions aimed at identifying and assisting individuals at risk. Participants will be equipped with practical strategies to mitigate suicide risk at various levels, while also exploring the clinical management and treatment of individuals experiencing suicidal ideation or having survived attempts.

To foster an interactive learning environment, clinical cases will be interwoven throughout the presentations, offering real-world context and encouraging practical application of concepts. Active participant engagement will be a priority, with ample opportunities for discussion, questions, and collaborative problem-solving to enrich the educational experience.

### Summary of content

- Brief introduction of course and participants
- Epidemiology and risk factors
- Suicide risk assessment: risk evaluation vs. suicide prediction
- Management of acute suicidality
- Treatment of suicidal behavior
- Clinical vignette