

**Title:**

From insight to practice: Assessment and prevention of suicidal behaviour

**Directors:**

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**Brief explanation about the course\*****Description**

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 across all age groups. 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 children, adolescents and adults 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
- Suicide prevention among children and adolescents

- Clinical vignettes
- Q&A

### Keywords

Suicide, risk factors, prevention, treatment

### Learning Objectives

- Explore the epidemiology and multifactorial risk factors associated with suicidal behavior.
- Understand the major dimensions and limitations of assessing suicide risk in clinical practice.
- Learn effective management strategies for acute suicidality and treatment of suicidal behavior across all age groups.

### Teaching Methods

Interactive presentations, collaborative discussions, and Q&A sessions.

### **Course speakers**

Vladimir Carli, Sweden

Anna Lundh, Sweden