



# Mental Health

## "Prevention of Depression and Suicide – Making it Happen"

Thematic Conference under the European Pact for Mental Health and Well-being

Organized jointly by the Ministry of Health of the Republic of Hungary and the European Commissions' Directorate of Health and Consumers, with the support of the Swedish EU Presidency and in collaboration with the WHO Regional Office for Europe

**10<sup>th</sup> - 11<sup>th</sup> December 2009**

Kempinski Hotel Corvinus, BUDAPEST

## Programme



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**10 December 2009**

**Opening**  
(11.00h - 11.15h)

**Tamás SZÉKELY**  
*Minister of Health of Hungary*

**Androulla VASSILIOU (by videomessage, tbc)**  
*European Commissioner for Health*

**Marc DANZON (tbc)**  
*Regional Director, World Health Organisation, Regional Office for Europe*

**Key note presentations**  
(11.15h - 12.45h)

**CHAIR:**  
**Melinda MEDGYASZAI** - *Secretary of State, Hungary*

**Andrzej RYS**  
*Director for Public Health and Risk Assessment, Directorate General for Health and Consumers, European Commission*  
Key Actions to prevent depression and suicide in the EU

**Hans-Ulrich WITTCHEN**  
*Institute for Clinical Psychology and Psychotherapy, Germany*  
Depression - public health priority of the 21st century

**Danuta WASSERMAN**  
*Swedish National Centre for Suicide Research and Prevention of Mental Ill-Health, Karolinska Institute, Sweden*

**Zoltan RHIMER**  
*Department of Clinical and Theoretical Mental Health, Semmelweis University, Faculty of Medicine, Budapest, Hungary*  
Suicide, what policy can do about it

**Lewis WOLPERT**  
*Emeritus Professor of Biology, University Collage, London, UK*  
Malignant sadness, the anatomy of depression

**Lunch Break**  
(12.45h - 14.00h)

**PRESS CONFERENCE**

- Budapest ART Brut Gallery exhibition - art created by people living with mental illness
- Introduction by Dr. Lajos Simon, President of Moravcsik Foundation

**High Level round Table**  
(14.00h - 15.00h)

**"Strategies, policy frameworks and targets – instruments for effective prevention of depression and suicide"**

**CHAIR:**  
**John BOWIS** - *Former Member of the European Parliament*

**PARTICIPANTS:**  
**Melinda MEDGYASZAI**  
*Secretary of State, Hungary*

**Mojca Zvezdana DERNOVSEK**  
*WHO Representative for Mental Health, Slovenian*

**Nusa Konec JURICIC**  
*National Working Group for Mental Health Programme, Slovenia*

**Louis APPLEBY**  
*National Coordinator for Mental Health, England/UK*

**José Miguel CALDAS DE ALMEIDA**  
*National Coordinator for Mental Health, Portugal*

**Mario MAJ**  
*President, World Psychiatric Association (WPA)*

**10 December 2009****Coffee Break**  
(15.00h - 15.15h)**PARALLEL SESSIONS**  
(15.15h - 16.45h)**SESSION 1:  
DETERMINANTS AND RISK FACTORS OF DEPRESSION****CHAIR:****Dolores GAUCI** - *President, Gamian- Europe***Maria VUORILEHTO** - *Ministry of Social Affairs and Health, Finland***PRESENTATION:****Jonathan NAESS** - *Stand to Reason, UK*

Depression and Suicide: what do service users expect policy to do about it?

**RESPONSES:****Christina VAN DER FELTZ-CORNELIS***Trimbos Institute, Netherlands*

The Netherlands' national Depression policy

**Pablo GARCÍA CUBILLANA***Ministry of Health and Social Policy, Spain*

Prevention of depression in the Spanish Strategy for Mental Health

**David STUCKLER***Department of Sociology, Oxford University, UK*

What can be done to minimise effects of the crisis on the risk for depression

**Kevin DENCH***Directorate General for Employment, Social Affairs and Equal Opportunities, Unit "Inclusion, Social Policy Aspects of Migration, Streamlining of Social Policies", European Commission***Jürgen SCHEFTLEIN***Directorate General for Health and Consumers, Unit "Health Determinants", European Commission*

Social protection and mental health

**PARALLEL SESSIONS**  
(15.15h - 16.45h)**SESSION 2:  
DETERMINANTS AND RISK FACTORS OF SUICIDE****CHAIR:****Constantin JANNIS** - *Mental Health Europe (MHE)***Merike SISASK** - *Ministry of Health, Estonia***PRESENTATION:****Armin SCHMIDTKE****Danuta WASSERMAN***Swedish National Centre for Suicide Research and Prevention of Mental Ill-Health, Karolinska Institute, Sweden*

A menu of evidence-based actions for preventing suicidal behaviour

**RESPONSES:****Ella ARENSMANN / Geoff DAY***National Suicide Research Foundation (NSRF) and**National Office for Suicide Prevention (NOSP), Ireland*

Lessons from the National Suicide Prevention Strategy

**Marjolijn VAN DEN BERG***EUREGHA (European Regional and Local Health Authorities)*

Why and what action on suicide at local/regional level

**Herbert SOMMER***Federal Ministry of Health, Germany*

Paracetamol and suicide prevention

**John MCCARTHY**

Prevention of Suicide from a user's perspective

**10 December 2009**

**PARALLEL SESSIONS**  
(15.15h - 16.45h)

**SESSION 3:  
BUILDING PARTNERSHIPS WITH OTHER POLICIES AND SECTORS**

**CHAIR:**

**Jutta LINDERT** - *Mental Health Section, European Public Health Association (EUPHA)*  
**Ray XERRI** - *Ministry of Health, Malta*

**PRESENTATION:**

**Maria KOPP**  
*Institute of Behavioural Sciences, Semmelweis University Budapest, Hungary*  
**Ulrich HEGERL**  
*Department of Psychiatry, University of Leipzig, Germany*  
The European Alliance Against Depression

**RESPONSES:**

**Jean-Louis PLEynet**  
*IBM France, Head of IST Integrated Health Services for France & Benelux*  
Tackling depression and suicidality in workplaces

**Stefan FRÜHWALD** - *Caritas St. Poelten, Austria*  
**Karl DREXLER** - *Ministry of Justice, Austria*  
Effective suicide prevention in prisons

**Mariann SKAR**  
*EUROCARE (European Alcohol Policy Alliance)*  
The impact of alcohol policy on suicide

**Coffee Break**  
(16.45h - 17.00h)

**PLENARY SESSION:**  
(17.00h - 18.15h)

**"MAINSTREAMING MENTAL HEALTH IN HEALTH DISCIPLINES"**

**CHAIR:**

**István BITTER** - *National Psychiatric Centre and National Mental Health Programme Council, Hungary*  
**Teresa DI FIANDRA** - *Ministry of Health, Italy*

**PRESENTATION:**

**Maria VUORILEHTO**  
*Ministry of Social Affairs and Health, Finland*  
Finland's policy to mainstream mental health in primary care

**RESPONSES:**

**Jan DE MAESENEER**  
*European Forum on Primary Care, Primafamed-Centre, Ghent University, Belgium*  
The role of primary care in tackling depression and suicide

**Erzsébet PODMANICZKY**  
*Standing Committee of European Doctors (CPME)*  
Depression and mental health as issues in the training/education of primary care physicians

**Domenico BERARDI**  
*Institute of Psychiatry, University of Bologna, Italy*  
The Emilia-Romagna Region's "G. Leggieri" Program for integration between Primary Care and Mental Health

**Norman SARTORIUS**  
*Association for the Improvement of Mental Health Programmes*  
Comorbidity: Improving the mental health and wellbeing of people with physical disease

19.45h-23.00h

**DINNER - Kempinski Hotel**

**11 December 2009**

(08.00h - 09.00h)  
Working Breakfast

**Meeting with Member State delegates on the implementation of the European Pact for Mental Health and Well-being**

**PLENARY SESSION:**  
(09.00h - 10.30h)

**"Access to mental health care"**

**CHAIR:**

**Kevin JONES** - *EUFAMI*

**Tamás KURIMAY** - *Member State Representative, Hungary*

**PRESENTATION:**

**Matt MUIJEN**

*WHO Regional Office for Europe*

Access to care for depressed persons and those at risk for suicide: what does it take?

**RESPONSES:**

**Jose Maria CALDAS DE ALMEIDA**

*National Coordinator for Mental Health, Portugal*

Improving access to care by the example of Portugal

**André JOUBERT**

*Expert Platform on Depression. Lundbeck International Neuroscience Foundation, Denmark*

Health care recourses for treating depression in the EU: current status

**Arne HOLTE**

*European Federation of Psychologists' Associations (EFPA)*

Good practice in getting psychotherapy and primary care to collaborate

**Eszter VIDOR**

*Hungarian Patient Organization for Bipolar Disease*

Health service user perspective

**Coffee Break**  
(10.30h - 11.00h)

**PARALLEL SESSIONS**  
(11.00h - 12.30h)

**SESSION 4: e-HEALTH, INTERNET AND MEDIA**

**CHAIR:**

**PoI GERITS** - *Ministry of Health, Belgium*

**Vincenzo COSTIGLIOLA** - *President, European Depression Association (EDA)*

**PRESENTATION:**

**Helen RIPER / Filip SMIT**

*Trimbos Institute, Netherlands*

Internet and Media as tools to tackle Depression and Suicide

**RESPONSES:**

**Thomas NIEDERKROTENTHALER**

*Institut für Medical Psychology, MedUni Wien, Austria*

Implementing media guidelines on suicide reporting

**Viktor KALDO**

*EuroHealthNet*

Informing about depression in Internet and in media

**Thomas MÜLLER-RÖRICH**

*German Depression Liga, Germany*

The internet and its opportunities for users

**Matic MEGLIC**

*Primorska Institute for Natural Sciences and Technology, University of Primorska, Slovenia*

E-health for improving depression treatment

**11 December 2009**

**PARALLEL SESSIONS**  
(11.00h - 12.30h)

**SESSION 5: IMPROVING THE KNOWLEDGE BASE**

**CHAIR:**

**Stephen PLATT** - School of Clinical Sciences & Community Health, University of Edinburgh, UK  
**Thor ROGAN** - Deputy Director-General, Ministry of Health, Norway

**PRESENTATION:**

**Louis APPLEBY** - National Coordinator for Mental Health, England/UK  
 What policy needs from research and health reporting for the prevention of depression and suicide

**RESPONSES:**

**Jordi ALONSO**

Health Services Research Unit, Institut Municipal d'Investigació Mèdica, Barcelona, Spain  
 The contribution epidemiology and health services research can make

**Federico PAOLI**

Directorate General for Health and Consumers, Unit "Health Information", European Commission  
 Towards European mental health monitoring and indicators

**Veronique BERNARD**

Directorate General for Research, Unit "Medical and public health research", European Commission  
 Developing a European research agenda on mental health

**Anne-Laure DONSKOY**

European Network of (ex-)Users and Survivors of Psychiatry (ENUSP)  
 How user-research, grounded in experience, advances the debate

**Lunch Break**  
(12.30h-13.40h)

**PLENARY SESSION:**  
(13.40h - 15.20h)

**Reporting back from parallel sessions**

**CHAIR:**

**Ms Melinda MEDGYASZAI** - Secretary of State, Hungary

**RAPORTEURS:**

Session 1: **Charles PULL** - Centre Hospitalier de Luxembourg, Service de psychiatrie, Luxembourg  
 Session 2: **Stephen PLATT** - University of Edinburgh, Scotland/UK  
 Session 3: **Kristian WAHLBECK** - University of Helsinki, Finland  
 Session 4: **Chris O'SULLIVAN** - Scottish Development Centre For Mental Health, Scotland/UK  
 Session 5: **David MCDAID** - London School of Economics, England/UK

**FEEDBACK ON THE CONFERENCE**

**Matt MUIJEN** - WHO Regional Office for Europe

**Karin HJELMER** - Ministry of Health and Social Affairs, Sweden

**Pablo GARCÍA CUBILLANA** - Ministry of Health and Social Policy, Spain

**Nace KOVAC** - President, Mental Health Europe (MHE)

**Gabriel IVBIJARO** - World Organization of Family Doctors (Wonca). Working Party on Mental Health

**CLOSING DISCUSSION**

(15.20h - 15.30h)

**CLOSING STATEMENT**

**Andrzej RYS**

Director for Public Health and Risk Assessment,  
 Directorate General for Health and Consumers, European Commission



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