"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

10th - 11th December 2009
Kempinski Hotel Corvinus, BUDAPEST

Programme
# 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 Progamme, 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

#### 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
SESSION 3: BUILDING PARTNERSHIPS WITH OTHER POLICIES AND SECTORS
CHAIR:
Jutta LINDEIT - Mental Health Section, European Public Health Association (EUPHA)
Ray XERI - Ministry of Health, Malta

PRESENTATION:
Maria KOPP
Institute of Behavioural Sciences, Semmelweis University Budapest, Hungary
Ulrich HEGEL
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:
"MAINSTREAMING MENTAL HEALTH IN HEALTH DISCIPLINES"
(17.00h - 18.15h)
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

DINNER - Kempinski Hotel
11 December 2009

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:
Pol 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
Institute for 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
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<td>CHAIR:</td>
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<tr>
<td>Stephen PLATT - School of Clinical Sciences &amp; Community Health, University of Edinburgh, UK</td>
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<td>Thor ROGAN - Deputy Director-General, Ministry of Health, Norway</td>
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|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 |

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<tr>
<td>Matt MUIJEN - WHO Regional Office for Europe</td>
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<td>Karin HJELMER - Ministry of Health and Social Affairs, Sweden</td>
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<td>Pablo GARCÍA CUBILLANA - Ministry of Health and Social Policy, Spain</td>
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<td>Nace KOVAC - President, Mental Health Europe (MHE)</td>
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<td>Gabriel IVBIJARO - World Organization of Family Doctors (Wonca). Working Party on Mental Health</td>
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<td>Andrzej RYS - Director for Public Health and Risk Assessment, Directorate General for Health and Consumers, European Commission</td>
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