



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

10th - 11th December 2009

Kempinski Hotel Corvinus, BUDAPEST

Programme



EUROPE



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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

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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 Medizinische Psychologie, 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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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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