



**eHealth**  
week

11 - 13 MAY 2015  
RIGA, LATVIA

ORGANISED BY



EU2015 LV



Ministry of Health  
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[www.stastiundzivo.lv](http://www.stastiundzivo.lv): on-line tool for suicide prevention

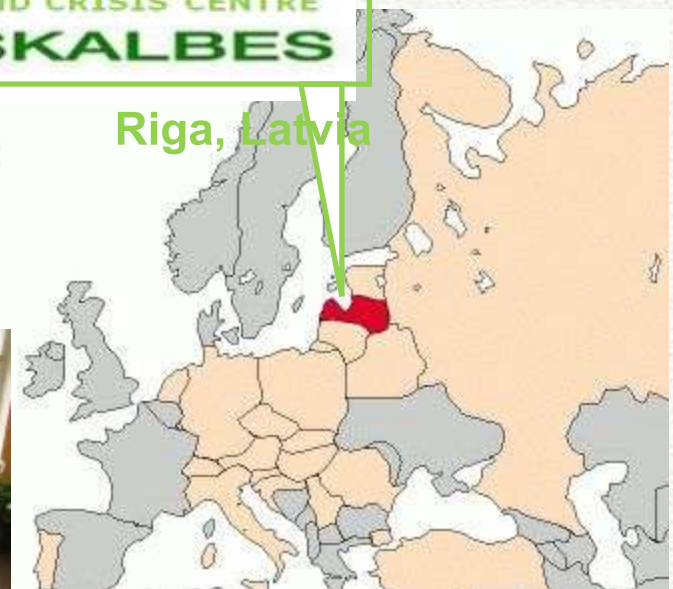
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# Content

- NGO "Skalbes" initiative [www.stastiundzivo.lv](http://www.stastiundzivo.lv). Who is "Skalbes"?
- Suicide prevention forum ideas and background
- How it works?
- Statistics
- Challenges

# NGO "Skalbes"







# NGO "Skalbes" mission

- The primary mission of Society *Skalbes* is to strengthen **psychological well-being and mental health** both on individual and on a national level.

Our basic activities are:

- To provide twenty-four-hour available professional psychological aid for people in crisis situations;
- Preventive work, and education in order to improve psychological climate in society;
- Public awareness raising regarding human rights and humanism.



# Information and statistics

- 24/7 help-line works for 18 years and we have had > 45 000 conversations (*the only one help-line for adults in the state*)
- Crisis and consultation centre works for 17 years and we offer:
  - Psychological, psyhoterapeitical and legal concultations for individuals
  - On-the-spot psychological support, collaborating with State Fire and Rescue Service of Latvia
  - Different Support groups
  - Debriefing groups after accidents
  - **Suicide prevention forum**
  - Training groups for professionals
  - Employee Assistance Service

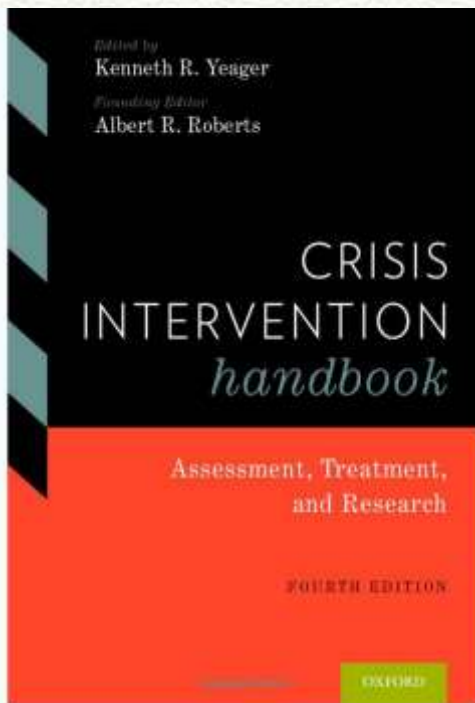




# Main problems of help-line callers

- 25% relationship problems
- 12% violence
- 9% loneliness
- 9% mental health problems
- **8% suicide thoughts, plans, attempts** (*every week we have ~ 7 calls about suicide*)
- 7% addictions

# If we could save life by talking on phone, may be it's also possible by talking on-line?



callers to suicide hotlines reported that they believed the contact had an immediate positive effect, and the interaction left them feeling less suicidal, alone, afraid, and anxious and more hopeful, supported, and wanting to live (Coveney, Pollock, Armstrong, & Moore, 2012). Another study found that callers had significant reductions in negative affect and intent to die, which persisted at follow-up. Importantly, this same study found that among seriously suicidal individuals (e.g., those who had a prior attempt or a plan when they called), 11.6% reported at follow-up that the call prevented them from harming or killing themselves (Gould, Kalafat, Munfakh, & Kleinman, 2007). In another study, 100 taped calls to an adolescent suicide hotline found significant decreases in suicidality and significant improvements in the mental states of the callers over the course of the call (King, Nurcombe, Bickman, Hides, & Reid, 2003).





# Suicide prevention forum background

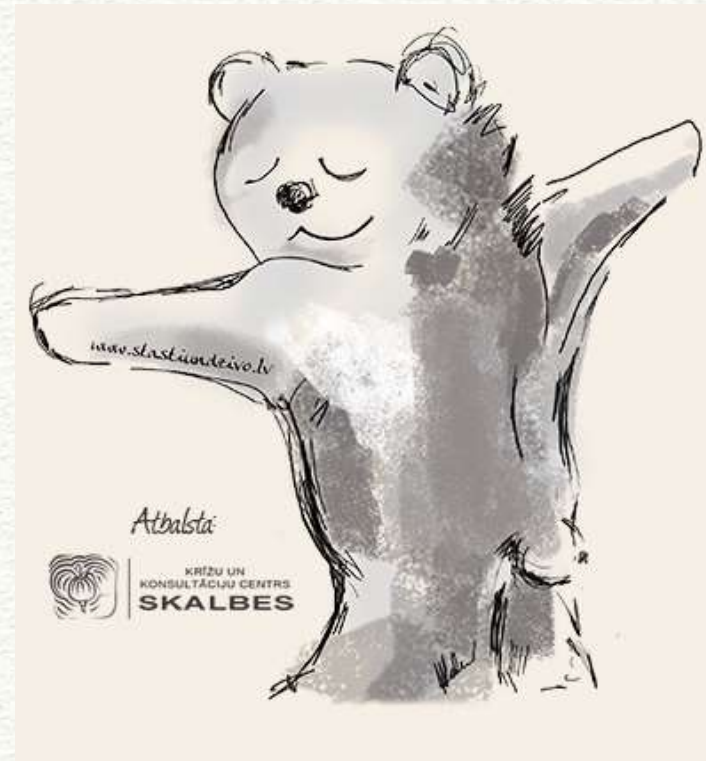
## We know that:

- Support helps (*Most suicidal people do not want death; they want the pain to stop*)
- Talking helps (*Suicide is a desperate attempt to escape suffering that has become unbearable. Crisis intervention conversation make feelings of self-loathing, hopelessness, and isolation less and a suicidal person can see way of finding relief . **Bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do!***)
- A lot of suicidal people feel ashamed about suicidal thoughts
- A lot of suicidal thoughts could be at nights (*when people don't want to disturb others by conversations*)
- Internet is a great resource for communication (*which feel more private, you could stay anonymous, available 24/7*)



# The idea of [www.stastiundzivo.lv](http://www.stastiundzivo.lv) came

- stasti un dzivo = talk & live
- We received support for idea from founder of suicide prevention forum in USA Nathan Stodghill
- We received financial support from US Embassy in Riga
- We received local artists Katrina and Kristiana Kalnina support for logo



# How it works?

- It's anonymous, free of charge forum
- We have policy for non violent comments
- Our help-line consultants are moderating forum and making comments if necessary (*appearing red*)
- Generally it is **people to people** help

Stāsti un Dzīvo Atbalsta: SKALBES tlv9

Forum: Sodiens

Sodiens

Īpašs	Atbildes	Skatījumi	Veidots / Atjaunots
Man šķiet...	04	1073	Veidots: Februāris 11, 2014, 21:04
Neatceru... un kāpēc??	1	194	Veidots: Februāris 11, 2014, 21:04
Ar kādu raksturo	4	387	Veidots: Februāris 11, 2014, 21:04
grībi	20	2100	Veidots: Februāris 11, 2014, 21:04
Mācību...	2	2100	Veidots: Februāris 11, 2014, 21:04
Ar kādu raksturo	1	187	Veidots: Februāris 11, 2014, 21:04
Man šķiet...	1	202	Veidots: Februāris 11, 2014, 21:04
Ar kādu raksturo	2	750	Veidots: Februāris 11, 2014, 21:04
Ar kādu raksturo	0	186	Veidots: Februāris 11, 2014, 21:04
Ar kādu raksturo	4	1000	Veidots: Februāris 11, 2014, 21:04
Ar kādu raksturo	8	1240	Veidots: Februāris 11, 2014, 21:04
Ar kādu raksturo	5	2316	Veidots: Februāris 11, 2014, 21:04





# www.stastiundzivo.lv statistics

- Forum works from November 2012
- Total records - 664
- Total topics - 74
- Total registered users - 256
- Most viewed topic - 21 105 times - "when you lack most important in life"

# Why people feel suicidal?

- different problems together (no partner, no work, no permanent home)
- loneliness
- depression
- lack of love, partner
- lack of understanding from relatives, friends, doctors (f.e. in health anxiety case)
- lack of confidence, f.e. because of weight problems
- suicide of close person
- parent, partner or own alcohol abuse
- violence from partner
- rape, long legal procedure in rape case
- persons with special needs and work problems
- GDA



# How others help?

- telling own experience how to overcome desperate feelings
- asking what happens - showing interest
- empathy to the strong feelings, problems in life
- practical advices about help (doctors, psychologists, "Skalbes" help-line e.t.c.)
- offering personal help
- encouragement

# Challenges

- lack of volunteers for PR promotion of forum
- lack of financial support for PR promotion of forum

If you want to join us - you are welcome!



# Contacts

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[www.skalbes.lv](http://www.skalbes.lv) & [www.stastiundzivo.lv](http://www.stastiundzivo.lv)



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CONSULTATION  
AND CRISIS CENTRE  
**SKALBES**



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The logo for eHealth week, featuring a stylized blue 'e' followed by the words 'Health' and 'week' in a sans-serif font.

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# Thank you

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