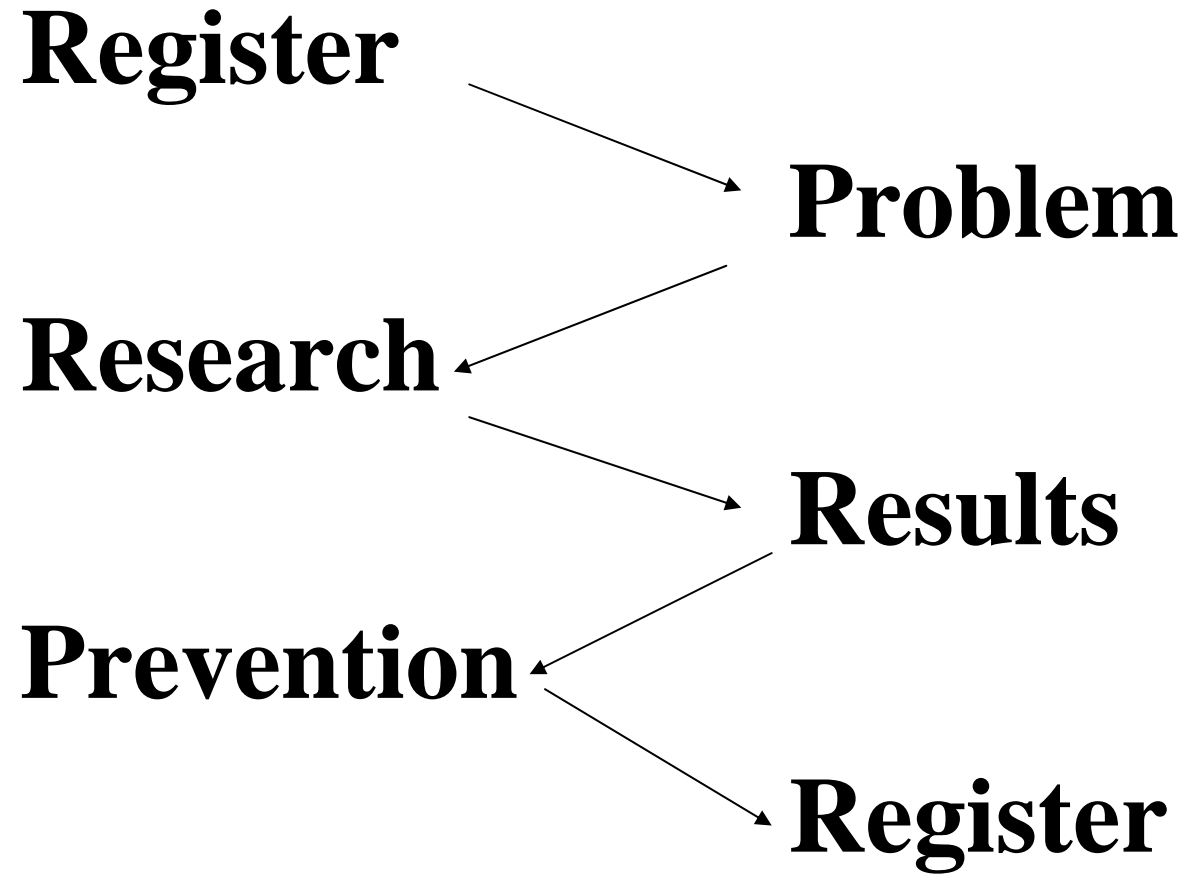


**TRAVELLERS**  
**Researchbased Suicide**  
**prevention strategies**  
**for adolescents in Denmark**

*Lilian Zøllner, Ph.D.*  
*Centre for Suicide Research*





# **Suicide attempts among 15 to 19-year-olds in the County of Funen**

	<b>1990</b>	<b>1992</b>	<b>1994</b>	<b>1996</b>	<b>1998</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>
<b>Male</b>	<b>129</b>	<b>93</b>	<b>91</b>	<b>72</b>	<b>131</b>	<b>129</b>	<b>150</b>	<b>85</b>	<b>142</b>
<b>Female</b>	<b>153</b>	<b>182</b>	<b>357</b>	<b>317</b>	<b>464</b>	<b>553</b>	<b>482</b>	<b>595</b>	<b>646</b>

**(number of attempts per 100,000 by year and sex)**



# Research

**The CASE Study (Child and Adolescent Self-harm in Europe) provides new and useful knowledge about the prevalence of deliberate self-harm among adolescents in Denmark and their parents' and teachers' knowledge of and attitudes towards self-harm**

*Lilian Zøllner, Ph.D.*

*Centre for Suicide Research*



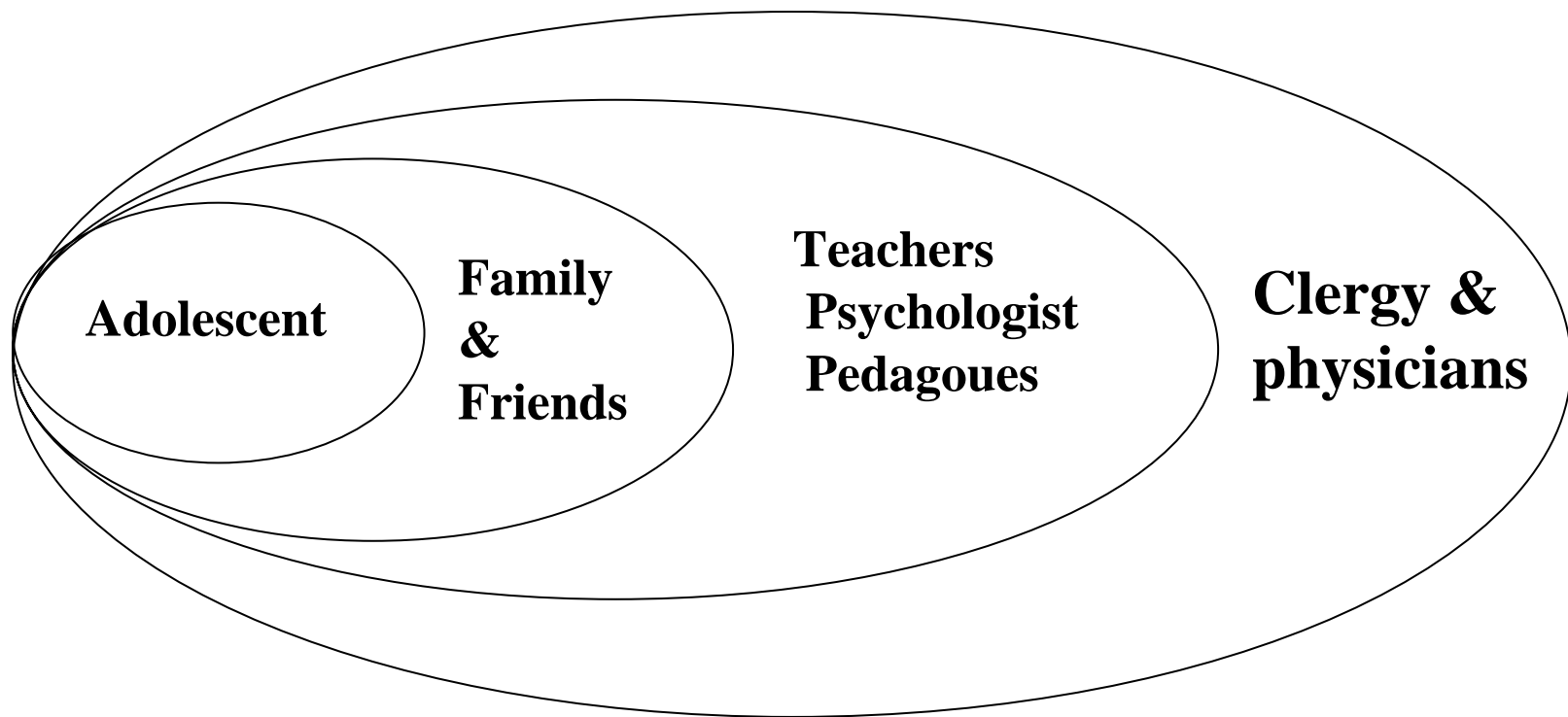
# Results (N=5161)

- **20 % Vulnerable adolescents**
- **32.6 % Serious thoughts of self-harm**
- **10.4 % Self-harm**

*Lilian Zöllner, Ph.D.*

*Centre for Suicide Research*





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*Centre for Suicide Research*



# Three levels of suicide prevention

- 1) **Specific prevention directly aimed at the suicidal process.**
- 2) **Prevention aimed at specific risk factors and groups at risk concerning suicidal behaviour.**
- 3) **General prevention and information aiming at improving human lives. This includes the ability of the individual to cope with problems and crises.**

*Lilian Zøllner, Ph.D.*

*Centre for Suicide Research*



# Research-based prevention

## 4 areas of prevention:

1. Prevention aimed directly at adolescents
2. Psychosocial education of parents and friends
3. Education of teachers, educational psychologists and pedagogues
4. Supplementary education in suicide prevention to clergy and physicians

*Lilian Zöllner, Ph.D.*

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# TRAVELLERS

**Centre for Suicide Research is implementing a Danish version of the TRAVELLERS project (from New Zealand). TRAVELLERS is a school-based intervention programme designed to enhance protective factors for young people experiencing change, loss and events of transition and showing early signs of emotional distress.**

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# SCREENING

- **Vulnerability**
- **Serious thoughts of self-harm**
- **Self-harm**
- **Suicide attempt**
- **Eating Disorder**
- **Cutting**

*Lilian Zöllner, Ph.D.*

*Centre for Suicide Research*



- **Promoting mental health**
- **Use of metaphors**
- **Meaning Making – a social positive perspective**
- **Coping strategies**
- **Social support**

*Lilian Zöllner, Ph.D.*

*Centre for Suicide Research*



- **Screening**

- **Interviews**

*Lilian Zøllner, Ph.D.*

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**THE JOURNEY OF  
LIFE MIGHT SEEM  
INTIMIDATING  
FOR BEGINNERS  
BUT .....**



**THE  
EXPERIENCED  
MUST CREATE  
SOLID GROUND**