











THE NATIONAL SUICIDE RESEARCH FOUNDATION, IN COLLABORATION WITH THE CORK-KERRY ALLIANCE AGAINST DEPRESSION AND EAAD-BEST ARE ORGANISING

## KICK-OFF SEMINAR 2022

Preventing suicide and self-harm via improving awareness and care for people with depression

This evening seminar will offer insights and updates on improving early identification of people with depression and subsequent steps to offer the most effective intervention and best care.

THURSDAY, MAY 5TH | 7 PM TO 8:30 PM ONLINE VIA ZOOM (<u>CLICK HERE TO REGISTER</u>)

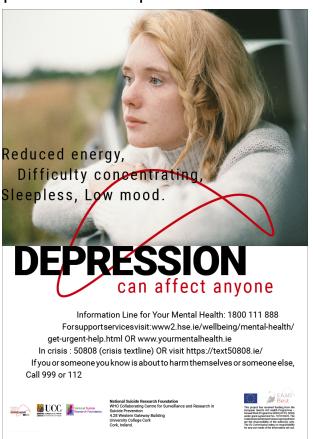
FOR ANY QUESTIONS EMAIL EAADBEST@UCC.IE

Speakers will include mental health and healthcare professionals, people with lived experience, the HSE Cork and Kerry Resource Officers for Suicide Prevention and researchers.

## WHAT IS EAAD-BEST?

EAAD-Best is a European Union funded project. It aims to improve care for patients with depression and to prevent suicidal behaviour in Europe by:

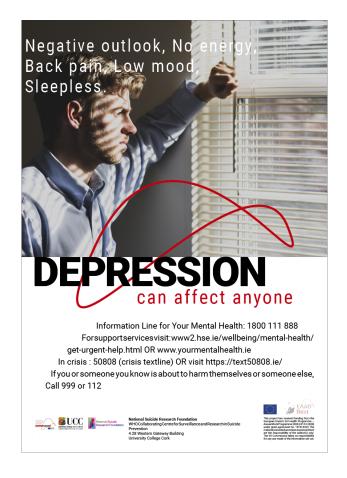
- transferring the community-based 4level intervention concept of EAAD to new regions and countries in Europe.
- promoting the international uptake of the <u>iFightDepression-tool</u>, an internetbased self-management tool for patients with depression.





Bulgaria Estonia Greece Italy Poland Hungary Spain Ireland







This tool is an online, guided self-management programme that aims to help individuals with mild to moderate depression to self-manage their symptoms. iFightDepression is based on the principles of cognitive behavioural therapy, which research has shown to be effective in treating depression.

Support for people with depression and those at risk of suicide and self-harm: http//eaad-best.eu









