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A MULTIDISCIPLINARY PROGRAMME TO CARE PEOPLE WITH SUICIDE AND ATTEMPTED SUICIDE IN THE EASTERN DISTRICT

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BACKGROUND: Suicide is a highly taboo and stigmatized issue in Chinese societies. This greatly affects people's help-seeking behaviour when encountering such problems. The community-based suicide prevention programme aims at targeting all individuals with or without risky suicidal behavior to help promote its prevention to minimize its stigmatisation and to enhance help-seeking behavior. Collaboration platform among various disciplines had been created including police officers, academics, medical practitioners, social workers, district counsellors, and government representatives of the district.

METHOD: A multidisciplinary programme had been designed for individuals living in the Eastern District, including (1) Support Group for People bereaved by Suicide; (2) Self-harm patients' Follow-up Programme; and (3) Gatekeepers Training and educational materials for social workers, security guards, medical professionals, teachers and police officers.

RESULT: A total of 392 suicide cases and 971 attempted suicide cases had been recorded by the Hong Kong Police Force. We found that the trend of suicide was in downward movement with a markedly reduction from 75 cases in 2006 to 41 cases in 2011 (45.3%).

CONCLUSION: It seems that this multidisciplinary community-based suicide prevention programme coincides with the decrease of completed and attempted suicides. This programme serves as a blue-print of cost-effective multidisciplinary community suicide prevention programmes in Hong Kong and other countries.