

How to Reach Adolescents Vulnerable for Suicidal Behaviour: A Qualitative Study

Authors : Birgit Reime, Sonja Gscheidle, Toni Hübener, Lara Hübener

Abstract : Suicide in individuals under 30 years is a global public health concern. The objective of this study was to identify strategies for the prevention of suicide and suicidal behavior preferred by adolescents and young adults who are vulnerable to suicidal behavior and by relevant experts. Using semi-structured interviews with n= 17 adolescents and young adults (18-25 years of age) and with n= 11 experts from relevant fields, we have applied an inductive approach and applied thematic content analysis. Six strategies for suicide prevention in young individuals were reported. These were digital solutions with appealing designs, anonymous support, trained peer support, spiritual support, improving existing structures, and raising suicide literacy. Accessibility of anonymous digital support may contribute to suicide prevention in young people.

Keywords : suicide prevention, adolescents, E-health, Germany

Conference Title : ICSSP 2022 : International Conference on Suicidology and Suicide Prevention

Conference Location : Moscow, Russia

Conference Dates : August 30-31, 2022