



National Suicide  
Research Foundation



School of  
Public Health

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 ([CLICK HERE TO REGISTER](#))**  
FOR ANY QUESTIONS EMAIL [EAADBEST@UCC.IE](mailto:EAADBEST@UCC.IE)

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

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# 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 4-level intervention concept of EAAD to new regions and countries in Europe.
- promoting the international uptake of the iFightDepression-tool, an internet-based self-management tool for patients with depression.

# PROJECT PARTNERS:

- Bulgaria
- Estonia
- Greece
- Italy
- Poland
- Hungary
- Spain
- Ireland



Reduced energy,  
Difficulty concentrating,  
Sleepless, Low mood.

**DEPRESSION**  
can affect anyone

Information Line for Your Mental Health: 1800 111 888  
 For support services visit: [www2.hse.ie/wellbeing/mental-health/get-urgent-help.html](http://www2.hse.ie/wellbeing/mental-health/get-urgent-help.html) OR [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)  
 In crisis : 50808 (crisis textline) OR visit <https://text50808.ie/>  
 If you or someone you know is about to harm themselves or someone else,  
 Call 999 or 112



Negative outlook, No energy,  
Back pain, Low mood,  
Sleepless.

**DEPRESSION**  
can affect anyone

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 If you or someone you know is about to harm themselves or someone else,  
 Call 999 or 112



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>



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