

INTERNATIONAL CONFERENCE

Developing an Evidence Base on Social and Public Health Determinants of Suicide in Eastern Europe, the Commonwealth of Independent States, and the Baltic Countries: A Foundation for Designing Interventions

Hosted by:

**Estonian-Swedish Mental Health and Suicidology Institute, ERSI,
Estonia**
**Stockholm Center on Health of Societies in Transition, SCOHST,
Södertörn University, Sweden**
International Institute for Applied Systems Analysis, IIASA, Austria

Tallinn, 14 – 15th September, Estonia
Nordic Hotel Forum



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WELCOME LETTER

Dear Colleague, welcome to Tallinn!

The principal objective of the Conference is to develop an evidence base for links between societal/economic transitions and high suicide rates in the region, and to use this expanded knowledge as a foundation for increased scientific collaboration and for improved policies and programs. The focus will be directed towards seven countries that have exhibited the highest suicide rates during the transitional period Belarus, Estonia, Hungary, Latvia, Lithuania, Russia, Ukraine and one country Poland, that has exhibited lower-than-average suicide rates.

The two-day conference consists of sessions and discussions delivered by internationally recognized experts. A peer reviewed conference summary will be published by IIASA following the meeting.

Thank You for Your contribution to this Conference.

Prof.Dr. Airi Värnik
ERSI

Prof. Ilkka Henrik Mäkinen
SCOHOST

Dr. Landis MacKellar
IIASA



Organizing Committee:

Landis MacKellar, Ilkka Henrik Mäkinen, Airi Värnik, Clara Cohen, Merike Sisask, Zrinka Laido, Peeter Värnik and Deirdre Zeller

GENERAL INFORMATION & REGISTRATION

VENUE

The Conference will be held at the Nordic Hotel Forum (Viru väljak 3, Tallinn, www.nordichotels.eu) in the Capella room. Registration will start at 8:00 on 14th of September. Conference Secretariat will be placed in front of the meeting room and will provide materials needed for the conference. Power Point Projector, screen and a computer for presentations will be available in the meeting room.

TRAVEL ARRANGEMENTS

Please make sure to bring original travel documents with You to the Conference, including tickets, boarding passes and copy of the passport. These documents are mandatory proof of travel. You can deliver them to organizers during registration for the Conference. Airport transfer will be organized and costs covered by the Organizers. Taxi driver will meet You at the airport arrival hall with sign.

VISA

Each participant is personally responsible for obtaining necessary entry visa(s) for travel to Estonia. Costs for visa will be covered by Organizers during Your stay in Tallinn **against original payment documents**. You can provide them during registration for the Conference.

HOTEL

All participants will be accommodated in the Nordic Hotel Forum (Viru väljak 3, Tallinn) where also the Conference venue is located. The organizers will book accommodation in the hotel and make payment directly to the hotel.

AIRPORT

There is one airport serving Tallinn: **Lennart Meri Tallinn Airport**, phone: (+372) 605 8888. Tallinn Airport is located some 4 km from the city centre. Information regarding airport can be accessed online at www.tallinn-airport.ee/eng.

LOCAL TRANSPORTATION

Trolleybuses and buses (www.tallinn.ee/eng/Public-transportation-for-foreign-visitors) are a convenient way to get around Tallinn. Tickets within the city of Tallinn can be used on busses, trolleybuses, trams and purchased from trade outlets or the driver. Tickets for zones 1-2 are valid for travelling in Tallinn. Single ticket fare is 15 EEK (from trade outlets) or 25 EEK (from the driver).

Taxis are readily available around Tallinn. Suggested taxi companies are: Tulika Takso (+372) 612 0000 or short dial 1200, Tallink Takso (+372) 640 8921 or short dial 1921 and Tallinna Taksopark (+372) 655 5555 or short dial 1555. Taxis

can be paid by cash or cards, depending on the Taxi company. The rates depend on the taxi company chosen.

TIME

For the time difference between Tallinn and Your country, please refer to www.timeanddate.com/worldclock/city.html?n=242

WEATHER

To check for current weather condition in Tallinn, please refer to weather.ee/tallinn/

INSURANCE/LIABILITY

Please note that the Organizers do not assume any responsibility for expenditures such as:

- 1) Travel insurance, accident insurance, medical or dental bills or hospitalization fees of participants in connection with their attending the Conference in Tallinn
- 2) Compensation in the event of death or disability of participants in connection with their attending the Conference
- 3) Any loss or damage to personal property of participants while attending the Conferences or losses or damages claimed by third parties as a result of negligence on the part of the participants
- 4) Any other expenses of a personal nature, not directly related to the purpose of the Conference

CONTACTS

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SCIENTIFIC PROGRAMME

Monday, September 13 th , 2010	
19:00	Welcome reception, Nordic Hotel Forum, Restaurant "Monaco"
Tuesday, September 14 th , 2010	
08:15–08:45	Registration and Reception
	Welcome and overview of conference
08:45–09:00	Dr. Landis MacKellar , International Institute for Applied Systems Analysis, Vienna, Austria
	Prof. Ilkka Henrik Mäkinen , Stockholm Center on Health of Societies in Transition, Södertörn University, Sweden
	Prof.Dr. Airi Värnik , Estonian-Swedish Mental Health and Suicidology Institute AND Tallinn University, Tallinn, Estonia
	Session I. COUNTRY
	The Scope of Suicide as a Public Health Crisis in Eastern Europe, the CIS, and the Baltic Countries
	Chairs:
	Dr. Landis MacKellar , International Institute for Applied Systems Analysis, Austria
	Prof.Dr. Kristian Wahlbeck , World Health Organization Regional Office for Europe, Copenhagen, Denmark
9:00–09:35	Society and Suicide Mortality in Eastern Europe - an Overview
	Prof. Ilkka Henrik Mäkinen , Stockholm Center on Health of Societies in Transition, Södertörn University, Sweden
9:35–10:00	Geographic overview (10 minutes presentations):
	Estonia, Latvia
	Dr. Luule Sakkeus , Estonian Institute of Demography, Tallinn University, Estonia
	Mr. Peeter Värnik , Estonian-Swedish Mental Health and Suicidology Institute, Estonia
	Prof. Juris Krumins , University of Latvia, Riga, Latvia
10:00–10:25	Coffee break

10:25–11:30	<p>Geographic overview (continued)</p> <p>Lithuania, Russia, Belarus, Ukraine, Poland, Hungary</p> <p>Prof.Dr. Ramunė Kalėdienė, Kaunas University of Medicine, Kaunas, Lithuania</p> <p>Dr. Alexander Nemtsov, Moscow Research Institute of Psychiatry, Russian Federal Ministry of Public Health, Moscow, Russia</p> <p>Ass. Prof. Dr. Yury Razvodovsky, Grodno State Medical University, Grodno, Belarus</p> <p>Prof.Dr. Galyna Pyliagina, National Medical Academy of Post Graduate Education named after P. L. Shupyk, Kiev, Ukraine</p> <p>Dr. Włodzimierz A. Brodniak, Institute of Psychiatry and Neurology, Warsaw, Poland</p> <p>Dr. Katalin Kovács, Hungarian Central Statistical Office, Demographic Research Institute, Budapest, Hungary</p>
11:30–12:30	Discussion
12:30–14:00	Lunch
12:45–13:15	Press Conference
	<p>Session II. RISK GROUPS</p> <p>High-Risk Groups and Patterns in Suicide Rates in Eastern Europe, the CIS, and the Baltic Countries</p> <p>Chairs:</p> <p>Prof. Ilkka Henrik Mäkinen, Stockholm Center on Health of Societies in Transition, Södertörn University, Sweden</p> <p>Prof. Juris Krumins, University of Latvia, Riga, Latvia</p>
14:00–14:25	<p>Social and Public Health Determinants of Suicide in the WHO European Region</p> <p>Prof.Dr. Kristian Wahlbeck, WHO Regional Office for Europe, Copenhagen, Denmark</p>
14:25–14:50	<p>Gender, age and suicide</p> <p>Prof.Dr. Airi Värnik, Estonian-Swedish Mental Health and Suicidology Institute AND Tallinn University, Estonia</p>
14:50–15:15	<p>Urban-rural patterns in Suicide Rates</p> <p>Prof.Dr. Lyudmyla Yur'yeva, Dnepropetrovsk State Medical Academy, Ukraine</p>

15:15–16:00	Discussion
16:00–16:30	Energy break
	<p>Session III a. SOCIAL FACTORS</p> <p>Social Factors Influencing Suicide in Eastern Europe, the CIS, and the Baltic Countries: Social, Cultural, Economic, and Behavioral</p> <p>Chairs:</p> <p>Prof.Dr. Airi Värnik, Estonian Swedish Mental Health and Suicidology Institute AND Tallinn University</p> <p>Prof. William Pridemore, Department of Criminal Justice, Indiana University, USA</p>
16:30–16:55	<p>Culture, Attitudes and Suicide</p> <p>Prof. Jüri Allik, University of Tartu, Tartu, Estonia</p>
16:55–17:20	<p>Socioeconomic Status and Suicide</p> <p>Prof. Yakov Gilinskiy, St. Petersburg Juridical Institute of the Academy of General Prosecutor's Office RF, State University of Education, St. Petersburg, Russia</p>
17:20–17:50	Discussion
19:00	Dinner at Restaurant "Platz" (Roseni 7)
Wednesday, September 15th, 2010	
	<p>Session III b. SOCIAL FACTORS</p> <p>Social Factors Influencing Suicide in Eastern Europe, the CIS, and the Baltic Countries: Social, Cultural, Economic, and Behavioral</p> <p>Chairs:</p> <p>Prof.Dr. Airi Värnik, Estonian Swedish Mental Health and Suicidology Institute AND Tallinn University</p> <p>Dr. Alexander Nemtsov, Moscow Research Institute of Psychiatry, Russian Federal Ministry of Public Health</p>
8:30–8:55	<p>Social Change, Civil Society, and Suicide</p> <p>Mr. András Székely, Semmelweis University, Budapest, Hungary</p>

8:55–9:20	<p>Religion and Suicide</p> <p>Ms. Merike Sisask, Estonian-Swedish Mental Health and Suicidology Institute, Estonia</p>
9:20–9:45	<p>The ecological association between alcohol & suicide in Eastern Europe: Evidence from Russia & Slovenia</p> <p>Prof. William Pridemore, Department of Criminal Justice, Indiana University, USA</p>
9:45–10:15	Discussion
10:15–10:35	Coffee break
	<p>Session IV. PREVENTION</p> <p>Suicide Prevention in Eastern Europe, the CIS, and the Baltic Countries: A Policy Perspective</p> <p>Chairs:</p> <p>Prof. Ilkka Henrik Mäkinen, Stockholm Center on Health of Societies in Transition, Södertörn University, Sweden</p> <p>Dr. Ivi Normet, Estonian Ministry of Social Affairs, Tallinn, Estonia</p>
10:35–11:00	<p>Evidence-based actions for preventing suicidal behaviour in Eastern Europe, the Commonwealth of Independent states, and the Baltic countries</p> <p>Prof.Dr. Danuta Wasserman, NASP, Karolinska Institute, Stockholm, Sweden</p>
11:00–11:15	<p>Practitioner perspective: Local NGO with success in suicide prevention</p> <p>Ms. Maire Riis, Crisis Program for Children and Youth, Tallinn, Estonia</p>
11:15–11:45	<p>Policymaker Perspectives Accomplishments and Gaps</p> <p>Potential topics to address:</p> <ul style="list-style-type: none"> ➤ Regional interventions ➤ Global initiatives ➤ Networks ➤ Success stories ➤ Surveillance and data systems for measuring suicide rates ➤ Mental health programs ➤ Programs for the prevention of substance abuse ➤ Reducing access to lethal means ➤ Access to health care

	<ul style="list-style-type: none"> ➤ Support for help-seeking behavior ➤ Bonds with family and society ➤ Life skills: problem solving, dispute resolution, conflict resolution ➤ Cultural and religious beliefs ➤ Community institutions and intervention centers ➤ Social policies on alcohol use, urbanization, pesticide use, social security and welfare, family laws
11:45–12:30	General Discussion: How does research translate into prevention policy?
12:30–13:30	Lunch
	<p>Session V. RESEARCH</p> <p>Next Steps for the Scientific Community: Research and Data Needs</p> <p>Chairs:</p> <p>Dr. Landis MacKellar, International Institute for Applied Systems Analysis, Austria</p> <p>Prof.Dr. Danuta Wasserman, NASP, Karolinska Institute, Stockholm, Sweden</p>
13:30–15:00	Structured Discussion and meeting summary
15:00	<p>Closing Remarks</p> <p>Adjourn</p>

LIST OF PARTICIPANTS

Surname	Name	Institution	Country
Allik	Jüri	Department of Psychology, University of Tartu	Estonia
Brodniak	Włodzimierz Adam	Head of the Suicidology Unit, Institute of Psychiatry and Neurology	Poland
Faddeev	Dmitri	Skvortsov – Stepanov Psychiatric Hospital № 3, St. Petersburg	Russia
Gilinskiy	Yakov	St. Petersburg Juridical Institute of the Academy of General Prosecutor's Office RF; Head, Department of Criminal Law, State University of Education	Russia
Jukkala	Tanya	Stockholm Center on Health of Societies in Transition, (SCOHOST), Södertörn University	Sweden
Kalėdienė	Ramunė	Department of Social Medicine, Kaunas University of Medicine	Lithuania
Kovács	Katalin	Hungarian Central Statistical Office, Demographic Research Institute	Hungary
Krumins	Juris	University of Latvia	Latvia
Laido	Zrinka	Estonian-Swedish Mental Health and Suicidology Institute (ERSI)	Estonia
MacKellar	Landis	Lead, Health and Global Change, International Institute for Applied Systems Analysis (IIASA)	Austria
Mäkinen	Ilkka Henrik	Stockholm Center on Health of Societies in Transition, SCOHOST, Södertörn University	Sweden
Nemtsov	Alexander	Moscow Research Institute of Psychiatry, Russian Federal Ministry of Public Health	Russia
Normet	Ivi	Ministry of Social Affairs	Estonia
Pray	Leslie	Independent Science Writer	USA
Pridemore	William	Department of Criminal Justice, Indiana University	USA

Pyliagina	Galyna	National Medical Academy of Postgraduate Education named after P.L. Shupyk	Ukraine
Puur	Allan	Institute of Demography, Tallinn University	Estonia
Razvodovsky	Yury	Department of Psychiatry, Grodno State Medical University	Belarus
Riis	Maire	Crisis program for Children and Youth	Estonia
Sakkeus	Luule	Institute of Demography, Tallinn University	Estonia
Sisask	Merike	Estonian-Swedish Mental Health and Suicidology Institute (ERSI) AND Tallinn University	Estonia
Székely	András	Semmelweis University	Hungary
Tooding	Liina-Mai	Faculty of Social Sciences, University of Tartu	Estonia
Värnik	Airi	Estonian-Swedish Mental Health and Suicidology Institute (ERSI) AND Tallinn University	Estonia
Värnik	Peeter	Estonian-Swedish Mental Health and Suicidology Institute (ERSI) AND Tallinn University	Estonia
Wahlbeck	Kristian	Senior Technical Officer WHO Regional Office for Europe	Denmark
Wasserman	Danuta	NASP, Karolinska Institute	Sweden
Wasserman	Jerzy	NASP, Karolinska Institute	Sweden
Yur'yeva	Lyudmyla	Department of Psychiatry Postgraduate University, Dnepropetrovsk State Medical Academy	Ukraine
Yur'yev	Andriy	Estonian-Swedish Mental Health and Suicidology Institute (ERSI) AND Tallinn University	Estonia

PRESENTERS BIOGRAPHIES

JÜRI ALLIK

Jüri Allik received his PhD from Moscow University (1976) and also from Tampere University, Finland (1991). He is the professor of experimental psychology at the University of Tartu and served there as the Dean of the Faculty of Social Sciences from 1996 to 2000. He was the chairman of the Estonian Science Foundation (2003-2009). He is a foreign member of the Finnish Academy of Science and Letters (1997). His primary field of research is visual psychophysics, especially perception of visual motion. Recent research, however, is more concentrated on personality, emotions, intelligence, and cross-cultural comparison. With Robert R. McCrae, he edited *The Five-Factor Model of Personality Across Cultures* (Kluwer Academic/Plenum Publishers, 2002).

WŁODZIMIERZ ADAM BRODNIAK

Włodzimierz Adam Brodniak (PhD) has graduated sociology from the University of Warsaw, and was awarded a Ph.D. degree in humanist sciences from the Institute of Philosophy and Sociology, Polish Academy of Sciences in 1999, for the book "Mental illness in social consciousness". He has worked at the Institute of Psychiatry and Neurology in Warsaw since 1975, holding the post of Senior Research Assistant since 1979. He participated in over 20 research programs, in some as the Principal Investigator. Author, a co-author and editor of over 90 scientific publications, including books and guides. Since 2005 he acts as Editorial Board Secretary to a new journal *Suicydologia* annually published by the Polish Suicidological Society, and since 2007 as the Head of a newly established Suicidology Unit, the first of this type in Poland. His research interests include sociology of mental disorders with substance dependence problems, social and community psychiatry, epidemiology of mental illness, mental health policy and promotion, psychiatric patients' rights under the Mental Health Act implementation, and in the past decade – suicide risk factors and suicide prevention. His area of expertise is the sociology of mental disorders and suicidology. Dr. Brodniak is affiliated with the Polish Sociological Association, Polish Psychiatric Association, and the Polish Suicidological Association established in January 2003 (of which he is a founding member, elected as the Secretary for three successive terms of office). He is also a member of the European Society for Health and Medical Sociology (ESHMS).

YAKOV GILINSKIY

Yakov Gilinskiy (1934), PhD, Dr. of Law, Professor.

Professor of Department of Criminal Law, the St. Petersburg's Juridical Institute of the Academy of the General Prosecutor's Office of Russian Federation; Head of Department of Criminal Law, the Russian State University of Education; dean of Faculty of Law, the Baltic Institute of Ecology, Policy and Law. The author (co-author) of over 450 articles, book chapters and books.

RAMUNĖ KALĖDIENĖ

Ramunė Kalėdienė, MD, Habilitated Doctor, Professor in Public Health, Dean of the Faculty of Public Health, Head of the Dept. of Health Management at Kaunas University of Medicine, Lithuania, Vice president of Lithuanian Health Care Management Association and Lithuanian Public Health Association, Chair of the Peer Review Committee of the Association of Schools of Public Health of European Region (ASPHER), member of Scientific Committee of European Association of Public Health (EUPHA), WHO expert for human resource development in public health. Scientific interests: social and economic inequalities in health and health care, epidemiology of suicides in Lithuania. Author or co-author of more than 270 scientific publications on related issues.

KATALIN KOVÁCS

Born in Budapest, Hungary. Graduated in sociology (Eötvös University, Budapest, 1985), and in epidemiology (Erasmus University, Rotterdam, 1998). PhD was achieved in sociology (Hungarian Academy of Science, 1996). Worked for Semmelweis University in Budapest in the Department of Medical Sociology (1986-1997) and now works for the Demographic Research Institute in Budapest (from 2001). Major fields of research are social inequalities in health and mortality.

JURIS KRUMINS

Juris Krumins – PhD., Professor of Socio-Economic Demography and Vice Rector of the University of Latvia, Full Member of the Latvian Academy of Sciences, Member of the Experts' Commission in Social Sciences and Humanities - Latvian Council of Science. Member of the International Union for Scientific Study of Population and the European Association for Population Studies. Researcher in research projects of the UN University, UN Development Programme, Council of Europe, Ministry of Welfare of Latvia and others on health, mortality, life expectancy and human development issues. Research fellow of the Population Council (USA) and INED (France). Visiting professor at UCL (Belgium), Stockholm University and Södertörn University (Sweden).

LUULE SAKKEUS

Lulle Sakkeus (PhD) is the Director of Estonian Institute of Demography, Tallinn University (2009). She holds the position of Senior Researcher in the Institute since 2005 and in Estonian Interuniversity Population Research Centre since 1986. She has obtained her doctoral degree from Estonian Institute of Demography, Tallinn University in 2000. Dr. Sakkeus was employed by Urban Research Laboratory (Tallinn Technical University), Ministry of Social Affairs (2002-2007) and National Institute for Health Development (2008-2009). She graduated from Tallinn Technical University, industrial planning (1974-1978), Institute of Sociological Research, USSR Academy of Sciences, applied sociology (1979-1984) and Estonian Institute for Population Studies, Tallinn University (2000). She is a member of several European networks and associations. Her fields of research are: culture and society, political science and administration, national statistical system, health and public health science. Dr. Sakkeus is the author of several books and articles published in Estonian and English language.

ALEXANDER NEMTSOV

Alexander Nemtsov, doctor of medical sciences (1975), Head of department of informatics and system investigations from 1996 (Moscow Research institute of Psychiatry MPH RF). Nemtsov was switched to research epidemiology of alcohol consumption and its consequences in 1985 related to beginning of anti-alcoholic campaign in Russia. In 1987 he developed a method for estimation of unregistered consumption in Russia and in 1995 to evolve a new method for evaluation of actual alcohol-related human losses. He examines the many grave consequences of alcoholic consumption. He published several books in Russian: "Alcohol situation in Russia" (1995), "Alcohol mortality in Russia: 1980-90-th" (2001), "Alcohol loss of the Russian regions" (2003) and "Alcoholic History of Russia. The latest period" (2009). A. Nemtsov has more than 150 papers in Russian and 20 in English language.

ILKKA HENRIK MÄKINEN

Professor of sociology at Södertörn University in Sweden and director of the Stockholm Centre on Health of Societies in Transition (SCOHOST). He has been studying suicide from the sociological point of view for more than twenty years.

WILLIAM PRIDEMORE

William Alex Pridemore received his PhD in 2000. He is currently Professor and Director of Graduate Studies in the Department of Criminal Justice at Indiana University, where he is also Associate Director of the Consortium for Education and Social Science Research and an affiliate faculty member of the Russian and East European Institute. His main sociological research

interests include social structure and homicide, alcohol and violence, the impact of democratization and marketization on Russian homicide rates, and the measurement of crime and deviance. He also carries out research on alcohol epidemiology, the Russian mortality crisis, and social structure and suicide. He is the author of more than 60 peer-reviewed articles, and his recent work has appeared in *Addiction*, *American Journal of Public Health*, *European Journal of Public Health*, *Journal of Epidemiology and Community Health*, *Criminology*, *Social Forces*, *Journal of Research in Crime and Delinquency*, and *Journal of Quantitative Criminology*. He also recently edited a volume on law, crime, and justice in Russia and is co-editor of a forthcoming volume on European homicide research.

GALYNA PYLIAGINA

Professor of the child, social and forensic psychiatry department (National Medical academy of postgraduate education, Kiev, Ukraine). Main focus of professional and research activity – diagnostics, treatment and prevention of self-destructive behaviour; organization of suicidological service. She has twenty years experience of clinical practice, seventeen years – as scientific researcher position and ten years – as supervisor and professor in psychiatry, psychotherapy training. Some publications – “Basic concepts in suicidology” (1999), “Self-destructive behavior: pathways, clinical-typological aspects of diagnostics and treatment” (2004), “The problem of self-destructive behaviour in Ukraine and resolving ways of it (2007), “Suicidogenesis: pathways of self-destructive behaviour recurrence process” (2007).

YURY EVGENY RAZVODOVSKY

Born: August 11, 1967

EDUCATION AND POSITION

1986 – 1992 Undergraduate course in Medicine, Grodno State Medical University.

1992 – 1993 Postgraduate course in Psychiatry, Department of Psychiatry, Grodno State Medical University.

1993 – 2003 Assistant Professor, Department of Psychiatry, Grodno State Medical University.

Since **2004** Research Scientist, Alcohol and Drugs Related Problems Research Group, Grodno State Medical University

MEMBERSHIPS IN SCIENTIFIC SOCIETY

Founding member of International Society of Addiction Medicine (ISAM).

National Association of Psychiatrists.

Author more than 300 publications, including 6 monographs. Main research interests include different aspects of alcohol-related problems in transitional society.

MAIRE RIIS

Maire Riis, the founder and director of the NGO Crisis Program for Children and Youth since 1995, have together with her colleagues developed the first group treatment program for bereaved children and youth in Estonia. M. Riis has studied psychology (TU) and is certified gestalt-psychotherapist (Gestalt Institute in Scandinavia). During last decade, having had extensive training in psychotraumatology by world experts of trauma (Finland Trauma Therapy Centre; Center for Crisis Psychology in Bergen, etc), she has founded in 2007 the Trauma Therapy and Training Centre. Maire Riis specializes in working with bereaved children, teenagers and their families. She maintains practice as traumatherapist, supervisor and facilitator approved by EMDR Institute (USA) and EMDR Europe Association. She lectures and consults on crisis intervention, grief and trauma. She has served as the boardmember of European Society for Trauma and Dissociation (2006-2010).

MERIKE SISASK

Merike Sisask (MSc), educational background in law (1991, University of Tartu), psychological counselling (2003, Private School of Psychology), public health (MSc in 2005, University of Tartu, Public Health Institute) and sociology (since 2006 PhD student at the Tallinn University, Institute of International and Social Studies). Employed by the Estonian-Swedish Mental Health and Suicidology Institute (ERSI) as a project manager and researcher since 2001 and as an executive director since 2007. Involved in several ERSI international projects on suicide prevention and mental health. She is the author of 15 scientific publications in peer-reviewed journals in English.

ANDRÁS SZÉKELY

András Székely is a economist and a teacher of religion, working for the Institute of Behavioral Sciences of the Semmelweis University, Budapest since 1999. He was involved in the Hungarostudy 2002 survey, as a statistical cooperator, and in the Hungarostudy 2006 survey as coordinator and statistical cooperator. He has scientific researches in the field of psychological background of religion, marital state. Since 2004 the local coordinator of the Hungarian Alliance Against Depression (as part of the EAAD program) and involved in the anti-suicide OSPI program with the same responsibility. He is a member of the Semmelweis University – Hungarian Academy of Sciences Mental Health Research Group. In that position he coordinated the Selye János Mental Health Program in Hungary that was a government granted program in which CBT trainings were organized in the whole country.

AIRI VÄRNIK

Prof. Airi Värnik (MD PhD) is social psychiatrist, suicidologist and the founder and director of the Estonian-Swedish Mental Health and Suicidology Institute (ERSI) since 1993. She is the professor on mental health at the Institute of Social Work at the Tallinn University (Estonia) since 2007, visiting professor of psychiatry at the Institute of Sociology and Social Policy at the University of Tartu (Estonia) since 1998, visiting professor on suicidology at the Karolinska Institute (Stockholm, Sweden) since 2005. She has been a full member of the International Academy of Suicide Research since 2000, and an expert and a principal investigator at several international projects on suicide prevention and mental health promotion, a reviewer of several journals. She has been a president of International Network for Suicide Survivors (INSS) during period 2002-2003. Professor Airi Värnik is the author of more than 50 scientific publications in peer-reviewed journals and books in English.

PEETER VÄRNIK

Peeter Värnik (MA), educational background in economics and finances (MA 1994, Tallinn Technical University), and demography (since 2009 PhD student at the Tallinn University, Estonian Institute for Population Studies). Employed by the Estonian-Swedish Mental Health and Suicidology Institute (ERSI) as a researcher and database manager. Involved in several ERSI projects on suicide prevention, mental health and epidemiology of external causes of death. He is the author of several scientific publications in peer-reviewed journals in English.

KRISTIAN WAHLBECK

Kristian Wahlbeck (born 1960) is a psychiatrist, currently working as Senior Technical Officer in the mental health programme of WHO Regional Office for Europe. He is also linked to the National Institute for Health and Welfare (THL) in Finland, where he has worked as a Research Professor since 2002. He has expert advisory roles with the European Commission Directorate General for Health and Consumers and with the Nordic Council of Ministers. He edited the European Commission Consensus Paper on prevention of depression and suicide in 2008, and produced the background document for the European Commission thematic conference on prevention of depression and suicide in December 2009. He has contributed to the national Finnish mental health and substance abuse policy which was launched in 2009. Kristian Wahlbeck has published more than 70 original research reports.

DANUTA WASSERMAN

Danuta Wasserman is Professor of Psychiatry and Suicidology at Karolinska Institutet Stockholm, Sweden, Head of the National Swedish Prevention of Mental Ill-Health and Suicide at Karolinska Institutet (NASP), Honorary President of the Estonian-Swedish Suicidological Institute in Tallinn and Director of the WHO Collaborating Centre for Prevention of Mental Ill-Health and Suicide to the WHO Headquarters in Geneva and to the Regional Office for Europe in Copenhagen. She is the Chair of the European Psychiatric Association's (EPA) Section on Suicidology and Suicide Prevention; and Chair of the World Psychiatric Association's (WPA) Section of Suicidology. She is the Past-President of the International Academy of Suicide Research and a Board Member of the EPA. Her approach in suicide research combines genetic, epidemiological and psycho-social aspects on the individual, family as well as population levels. Her approach and scientific work has gained her international recognition in the field of Suicidology and Mental Health. Danuta Wasserman coordinates several European Union projects, including the *Saving and Empowering Young Lives in Europe* (SEYLE), which is a health promoting project across 12 European countries; the *Working in Europe to Stop Truancy Among Youth* (WE-STAY) project, which comprises 10 European countries; and the *Suicide Prevention by Internet and Media Based Mental Health Promotion* (SUPREME) conducted in 7 European countries.

Professor Wasserman belongs to several National and International scientific organizations and research-planning groups in the field of mental health and suicide prevention. She has organized and presided over 20 International and National conferences in the field of Suicide and Suicide prevention, as well as the organizing President of the Nobel Conference entitled '*The Role of Genetics Promoting Suicide Prevention and the Mental Health of the Population*', during the 8-10 June, 2009 at The Nobel Forum, Stockholm, Sweden, which was sponsored by the Nobel Assembly, which awards the Nobel prize for Physiology or Medicine. She is the author of more than 300 scientific articles, reports and book chapters, and of several books; a reviewer for scientific journals; and a member of the editorial boards of several scientific journals in the field of Suicidology. Professor Wasserman has written several books, including the most recent '*The Oxford Textbook of Suicidology and Suicide Prevention: A Global Perspective*', which was published at Oxford University Press in early 2009; '*Suicide- An Unnecessary Death*' was published in London 2001, which has since been translated into Russian, Chinese, Japanese and Vietnamese; and '*Depression: the facts*' published in 2006 by the Oxford University Press.

LYUDMYLA N. YUR'YEVA,

Lyudmyla N. Yur'yeva, MD. PhD. is a head of psychiatry department and a professor of psychiatry in Dnepropetrovsk State Medical Academy, Ukraine. She is a full member of Ukrainian Academy of Sciences and Ukrainian Academy for Higher Education. Her research interests include social psychiatry and suicidology. She is an author of 10 books and 2 clinical manuals including the first suicidology manual published in Ukraine – '*Clinical suicidology*' (2006).

BASIC ESTONIAN PHRASES

ESTONIAN	ENGLISH
jah	yes
ei	no
palun	please; you`re welcome
aitäh	thanks
tänan	thank you
tänan väga	thanks you very much
tere	hi, hello
tervist	hello
tere hommikust	good morning
tere päevast	good afternoon
tere õhtust	good evening
head aega	goodbye
head ööd	good night
nägemist	bye, see you
ilusat päeva	have a nice day
vabandage	excuse me
pole viga	no problem
Kas te räägite inglise keelt?	Do you speak English? (polite)
Ma ei räägi eesti keelt	I do not speak Estonian
Palun rääkige aeglasemalt	Please speak more slowly
Ma saan aru	I understand
Ma ei saa aru	I do not understand
Ma tean	I know
Ma ei tea	I do not know
Head isu	Good appetite
Terviseks	Cheers