World Health Organization Western Pacific Region
Healthy Cities Recognition 2016
Towards a social movement for action on mental health and well-being:
preventing suicide among young people

Background

In 2012, it was estimated that more than 500 suicides occur each day in the Region. These figures do not include suicide attempts and deliberate self-harm, which are up to 20 times more frequent than suicide. Some Western Pacific countries have experienced significant increases in suicide rates in recent years, particularly among youth. Suicide is among the top 10 causes of death in some countries and areas. Although traditionally suicide rates have been highest among elderly men, suicide behavior among young people and among women has become a major concern in the Region.

The Regional Agenda for Implementing the Mental Health Action Plan 2013-2020 in the Western Pacific was endorsed by Member States during the sixty-fifth session of the World Health Organization Regional Committee for the Western Pacific. The plan calls for a social movement for action on mental health and well-being and has identified strategic entry points for action and priority conditions such as depression and suicide.

This call is for innovative approaches to suicide prevention which may involve the following components:

- systematic recording of fatal and non-fatal suicidal behaviours, and the development of flexible, appropriate, cross-cultural interventions for suicidal behavior among young people;
- media-centered approaches to suicide prevention aimed at increasing awareness and constructive public discussion of mental health;
- leadership and technical capacity building to formulate and implement comprehensive strategies for the prevention of suicide; and
- youth-centered approaches in school settings.

Recognition of Best Practice

Recognition is given to innovative approaches and outstanding examples of preventing suicide among young people.

For further information, please contact:

Dr Jason Ligot (Mental Health Promotion) at ligotj@wpro.who.int
Title Page

a. Thematic area

b. City and Country name

c. Full title of the project

d. Contact details
   i. Responsible person submitting the proposal
      Please provide contact details (name, title, affiliation, email, address, telephone, fax)

   ii. Additional contact person
      Please provide contact details (name, title, affiliation, email, address, telephone, fax)

*[Note: Please keep to the word limits as that will be taken into account in the scoring process.]*

1. Executive Summary (300 words)
   Please describe the rationale, who is the target population, what was done (strategies or activities), when was it implemented, and the achievements.

2. Background (350 words)
   a. Please describe why this project or intervention was proposed. Please describe the results from surveys, situation analysis, interviews, focus groups, needs assessment or consultation conducted to identify the problem/need being addressed.

   b. Please describe the problem being addressed.

   c. Please describe other existing programmes, challenges and impact.

   d. Please describe the social and cultural context in relation to the problem.

3. Objectives
   Please specify the proposed objectives (i.e. the anticipated outcome) and the period/timeline of the project.
4. Planning structure (Maximum 1 page)
   Please describe the core planning team; the settings where the project was carried out; the target population; and the activities, tasks, milestones, timeline, budget and source of funding.

5. Multi-stakeholder collaboration (300 words)
   a. Community participation: Please describe how the collaboration with community members including the target population, took place in the planning, implementation and/or evaluation phase of the initiative.
   
   b. Other stakeholders (e.g. other government agencies, NGOs, private sector): Please describe how the collaboration with other sectors took place in the planning, implementation and/or evaluation phase of the initiative. Please also describe whether resources were shared (i.e. financial or technical).

6. Equity (200 words)
   Please provide evidence of the participation of marginalized and/or vulnerable groups (e.g. female or youth) during the planning and/or implementation/evaluation processes; and/or describe interventions that target them.

7. Replicability or Scalability (300 words)
   Please describe how the programme (activities, expertise and resources) can be scaled up and be applied and adapted to other settings or sites.

8. Effectiveness or impact assessment (350 words)
   a. Please provide evidence of programme achievements in relation to proposed objectives (e.g. improvement in health status, adoption of new law or policy). If possible, show or describe changes from baseline to the current status in 2016. Please provide supporting documents where available.
   
   b. Please describe how evaluation, surveys, data or routine monitoring were utilized to assess progress and outcomes.

9. Measures for sustainability (300 words)
   a. Please describe how the programme is or will be sustained. For example, through city ordinance, city government commitment, community ownership, regular budget allocation, etc.

10. Bonus (Optional): Theoretical basis (200 words)
    Please describe how theories of change (i.e., theories of behaviour change, policy development, social marketing, etc) have been utilized for programme development and implementation.