
Suicide prevention by internet and media based mental health promotion (supreme)

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SUPREME is a mental health promotion programme, which comprises a multi-language, culturally adapted, highly interactive website accessible to the general public that is particularly aimed at adolescents. The general objective of the programme is to enhance and improve the mental health and well-being of European adolescents through developing, strengthening and sustaining Europe's scientific community. Subsequently, the contribution of the proposed project to European society is multifaceted: it provides a common goal amongst leading research centres across Europe to improve the mental health and well-being of its adolescent citizens; it supports the utilization of state-of-the-art technology for mental health promotion; and significantly enhances mental health research and collaboration amongst Europe's leading scientific centres. The project will start in 2010 and has a duration of 42 months. NASP at Karolinska Institutet is the leading center. Associated partners are based in Italy, England, Spain, Lithuania, Estonia and Hungary. The project is cofunded by DG SANCO (60%) and the consortium (40%).

The long-term benefits realized by this project comprise evidence-based information on the most effective methods in Internet-based mental health promotion to reach the most vulnerable adolescents in need; and ultimately improve adolescents' mental health and well-being by reducing depression, anxiety, conduct disorder, and other mental ill-health symptoms. The objectives of the programme are developed to be efficient and practical for successful implementation in authentic and real-life settings. The target group for the project are adolescents and young adults aged 14-24 years. This population was chosen on account that mental health problems identified in adulthood are often developed and progress during childhood and adolescent years. Research suggests that mental health problems are rapidly increasing, from being 12% of the total burden of disease, with projections of up to 15% by 2020 (WHO 2003). Mental health problems, such as depression, anxiety, and conduct disorder that persist without treatment establish a foundation for adolescents' pattern of behaviour and life choices. The transition between adolescence and adulthood is a fundamental period for ascertaining current and future health status for an individual. Therefore, targeting vulnerable adolescents and promoting mental health is vital in preventing future mortality and morbidity associated with mental health problems. During the presentations the main results of the SUPREME project will be described.