Strengthen Schools Against Suicidality and Self-Injury

**Acronym**
4S

**Keywords**
Suicidal behavior, Non-suicidal self-injurious behavior, NSSV, School, Gatekeeper

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Project Term

Until 31.12.2018

Link Project Website

www.projekt-4S.de

Background & Aim of the Project

Suicidality and Nonsuicidal Self-Injury (NSSI) are widespread phenomena among German adolescents. It can be assumed that about a third of all adolescents have at least once had experience with self-harming behavior, and about a third of German adolescents also report experiences with suicidal thoughts in studies. Schools are often the first place where self-harming or suicidal behavior becomes apparent, for example by schoolmates talking to each others about it or teachers identifying young people with problems. Teachers are therefore in an important position when it comes to making initial contact with troubled pupils and initiating further steps.

The Project "Strengthen Schools Strong Against Suicidality and Self-Injury (4S)" addresses all schools in Baden-Württemberg. It has set itself the goal of providing teachers and counselors working in schools with the necessary skills and to strengthen them as contact persons for adolescents. It is put into pratice by the Department of Child and Adolescent Psychiatry/Psychotherapy of the University Hospital Ulm on behalf of the Baden-Württemberg Stiftung as part of the "Aktionsprogramm Psychische Gesundheit von Jugendlichen" (program for mental health of adolescents).
Description of the Project

As part of the project, monthly multiplier training courses are held at different places within Baden-Württemberg. In addition, school protocols can be carried out on site for schools, and we offer parent-teacher conferences and a website with up-to-date information on NSSI within the program. Participants of our workshops can obtain anonymous advice via a telephone hotline and an e-mail address. Currently, more than 760 multipliers have been trained, the remaining multiplier trainings for the entire year 2018 are already fully booked.

Publications and created materials


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Funded by

Baden-Württemberg Stiftung