



Centre for **A**ppled **R**esearch & **E**valuation
International **F**oundation

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PRESS RELEASE

Careif-Global Suicide and Suicide Prevention Essay Competition

WINNERS

Careif is delighted to announce the winners of our open competition, an essay on *Suicide and Suicide Prevention*. The prize was open to all people from any organisation and professional discipline who are engaged with these issues and to explore its socio-religious context, cultural meaning and its association with stigma.

The independent judges, all of high standing and experts in this field, said that the essays gave an incisive and synoptic synthesis of the world literature, focussing on improving knowledge about the ethno-aetiology of suicide and suicide prevention and its implications for practice. The literature took into account the evidence for the assessment, recognition and treatment of suicide and suicide prevention in diverse cultural contexts, diverse ethnic and cultural groups, and in diverse communities,

First Prize: Gunjan Sharma
Third Year Medical Student at Cardiff University
Title: Suicide Prevention in the UK and India

Second Prize: Gary Hodge
Registered Mental Health Nurse
Plymouth Community Healthcare
Title Suicide in an Ageing UK Population: Problems and Prevention

Third Prize: Kenneth Okpomo
Independent Researcher & Scholar
Title: Global Suicide and Suicide Prevention

Professor Kam Bhui:
Co-Founder & Director of Careif
Professor of Cultural Psychiatry and Epidemiology
President World Association of Cultural Psychiatry

Professor Edgar Jones:
Trustee of Careif
Professor of the History of Medicine and Psychiatry
Institute of Psychiatry, Psychology & Neuroscience

share knowledge change lives

Background Notes for editors & press:

The Centre for Applied Research and Evaluation-International Foundation (careif)

Careif is a charity registered with the Charity Commission for England and Wales (registered number 1121374) and a company limited by guarantee registered at Companies House (registered number: 06231733). Careif is an international charity based at the Barts & The London School of Medicine and Dentistry, Wolfson Institute of Preventive Medicine, London, England (QMUL). Careif has a number of relationships and interests in the UK, Asia, Middle- East, Europe, Africa, New Zealand, the Americas and the Caribbean. We work to preserve and protect good mental health (www.careif.org)

The main aim of Careif is to share knowledge about mental health in order to improve people's wellbeing. This includes how to live healthily and ensure that working practices and services are suited to different cultures and societies across the world. It delivers its work through four distinctive building blocks, which are

- High quality learning and teaching locally, nationally and internationally
- Research, evaluation and practice development into culture and wellbeing
- Provide international volunteering, exchange and twinning schemes
- Promote and develop positive practice on sports, young people and wellbeing of individuals and communities.

The careif essay competitions has become a defining pillar of the charity's work- it aims to gather clues to better understand some of the most critical health and social issues across the globe; Previous essays featured subjects like Postnatal Depression, Personality Disorder and Young People in Care;

Careif gathers support from a number of like-minded people and organisations throughout the world. Over the years, Careif has focused on work that its trustees can have greatest impact on: establishing better access to education and qualifications in transcultural psychiatry; sharing knowledge on wellbeing through a series of high-impact events; and fostering strategic links, nationally and internationally, with like-minded organisations.

Some key facts about suicide:

Suicide is complex with psychological, social, biological, cultural and environmental factors involved. Every year, almost one million people worldwide die from suicide; this roughly corresponds to one death every 40 seconds. 75% of world's suicides are in low & middle income countries. In some countries- suicide is the second leading cause of death in 15–29-year-olds; in richer countries, three times as many men die of suicide than women.

For further information please contact Lisa Kass: tel: 0207 882 6118 email: psychiatry@qmul.ac.uk

Careif - Centre for Applied Research and Evaluation International Foundation – is an **International Mental Health Charity based in London.**