

**Facing depression and suicidality**  
**FOR EXPERTS, PATIENTS AND FAMILY MEMBERS**  
**A new handbook for family doctors was published in the  
framework of MOČ project**

**Ljubljana, April 2016. – In the past days a new handbook aimed at medical personnel in outpatient clinics for family medicine was published in the framework of MOČ project, which is supported by the sources of Norwegian Finance Mechanism 2009-2014 and is carried out at National Institute of Public Health in cooperation with other partners in order to improve services in the field of mental health. The handbook was edited by Nuša Konec Juričič, MD, specialist in social medicine and public health; assist. prof. dr. Saška Roškar, psychologist; and Petra Jelenko Roth, MD, specialist of psychiatry.**

The handbook describes the circumstances, which are associated with depression. Described are the physical, emotional, behavioural and mental symptoms of depression. It includes all the most important information on treating and the possibilities of treating depression. The chapter on suicidality includes the characteristics of suicidal behaviour as well as the presentation of communication with the patient. The doctors are also given screening questionnaires for assessment of depression and a practical algorithm for the assessment and treatment of suicidality. The handbook will aid the family medicine team in outpatient clinics in their everyday work, where the time intended for meeting with individual patient is very limited. Patient's mental problems, such as depression and suicidality, often stay hidden in such meetings. It is important that individuals in mental distress honestly speak with their doctors on their thoughts, intentions and current living conditions.

The handbook is available [here](#), while the algorithm for the assessment and treatment of depression and suicidality is available [here](#).