

Conclusions: The suicide prevention program has been very successful as the press promotes of the telephone number for immediate relief. His survey highlighted the need to create a specific suicide treatment and prevention program.

Disclosure: No significant relationships.

Keyword: suicide treatment

EPV1584

Antisuicidal (protective) factors in recovery from schizophrenia

E. Lyubov¹ and N. Semenova^{2*}

¹Moscow Research Institute of Psychiatry — Branch of The Serbsky National Medical Research Center for Psychiatry and Narcology, Suicidology Department, Moscow, Russian Federation and ²Moscow Research Institute of Psychiatry, Clinical Psychology Counseling, Moscow, Russian Federation

*Corresponding author.

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Introduction: Determination of antisuicidal factors (AF) in balance with risk factors for suicidal behavior (SB) is essential for treatment and prophylactic measures.

Objectives: Study AF in a sample of schizophrenic recovered patients (F.20, ICD-10) according to operational criteria R.P. Liberman et al. (2002).

Methods: The content analysis of published self-reports of a sample (n = 13) of Russian and foreign psychiatrists and clinical psychologists with psychotic experience was used as a part of a more extensive qualitative analysis of «wounded healers».

Results: In the history of > ½ (i.e., 7) ex-patients, repeated SPs (aborted suicides), as well as non-suicidal self-harm (e.g., self-cutting), were noted during the active period of the disease, and in four of them – during untreated psychosis. Following AFs can be distinguished in recovery state: clinical (absence of potentially suicidogenic residual depression or/and anxiety, according to criteria N.C. Andreasen et al. (2005) social (professional goals, coping with stigmatization), and existential (e.g., hope, gaining a whole Self).

Conclusions: AF is an important integral component of recovery in schizophrenia as a process of personality development despite a burden of severe mental disorders.

Disclosure: No significant relationships.

Keywords: schizophrenia; Recovery; self-reports; antisuicidal factors

EPV1586

A Multidisciplinary Approach to Suicide Prevention in an Outpatient Setting

H. De Diego Ruiz*, M. De Matteis, M. Mallo Caño, I. Vicente Sánchez and L. González Hernández

Hospital General Universitario Gregorio Marañón, Institute Of Psychiatry And Mental Health, Madrid, Spain

*Corresponding author.

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Introduction: The incidence of suicide is much higher in people with mental health disorders, estimating that up to 9 out of 10 people who commit suicide suffer from at least one of them. For this reason, suicide is considered by many authors as the most serious complication of psychiatric disorders. The literature and the experience of clinicians support the potential usefulness of specific measures and programs aimed at its prevention.

Objectives: Congruently, throughout the last decade, consecutive strategic mental health plans in the Autonomous Community of Madrid, Spain, have included suicide prevention plans among their priorities, setting the objective of reducing suicidal behavior in the population of Madrid by implementing practical measures in the healthcare system.

Methods: In the presented work we aim to summarize the multidisciplinary therapeutic process in the context of this program and the results obtained during its years of experience.

Results: Retiro Community Mental Health Treatment Center launched a specific program in 2013 to meet these objectives. This initiative, that received the name PRISURE (Spanish acronym for Suicide Risk Prevention Program in Retiro), is an outpatient intervention program for immediate care, as the first appointment is scheduled within a week after referral. Intensive, comprehensive and multidisciplinary care is provided for patients with moderate to severe suicide risk.

Conclusions: All professional categories that work in the Community Mental Health Treatment Center actively participate. In parallel with clinical performance, these professionals also carry out coordination tasks with other entities that are dedicated to suicide prevention, as well as with patients' and families' associations.

Disclosure: No significant relationships.

Keywords: suicide prevention; multidisciplinary approach; Outpatient program; community mental health center

EPV1587

Formation of reflexive skills as prevention of suicidal behavior in adolescents

N. Galiutdinova^{1,2}, S. Galiutdinova^{1*} and L. Galiutdinova³

¹Bashkir State University, Department Of Psychology, Ufa, Russian Federation; ²Moscow State Psychological Pedagogical University, Faculty Of Extreme Psychology, Moscow, Russian Federation and ³Republican Clinical Psychiatric Hospital, Child Psychiatry, Ufa, Russian Federation

*Corresponding author.

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Introduction: An important task of psychiatrists and psychologists is the prevention of suicidal behavior in adolescents.

Objectives: Highlighting the stages of the formation of reflexive skills for the development of training sessions on the prevention of adolescent suicide.

Methods: Analysis of the results of theoretical and empirical studies of reflection and suicide by psychiatrists and psychologists.

Results: Reflexive skills are a system of deliberate actions aimed at understanding and evaluating "I" and one's own behavior. Theoretical analysis made it possible to distinguish three stages in the formation of reflexive skills. EMOTIONAL - evaluation of "I" as the

basis of positive emotions. COGNITIVE - understanding (awareness) of one's own capabilities for solving a problem. OPERATIONAL - solving a problem based on an assessment of the "I" and an understanding of their capabilities.

Conclusions: The identification of three stages of the formation of reflexive skills, as prevention of adolescent suicide, makes it possible to develop an effective training program for adolescents at risk in the Centers for psychiatric and psychological assistance.

Disclosure: No significant relationships.

Keywords: reflection; Suicide; teenagers

EPV1588

Ingestion of Alcohol-Based Hand Sanitizer: A case report

T. Gutierrez Higuera^{1*}, F. Calera Cortés², B. Hernández Gajate², E.D. Servin López², S. Sainz De La Cuesta Alonso¹ and S. Vicent Forés³

¹Hospital Reina Sofia Córdoba, Psychiatry, Cordoba, Spain; ²Reina Sofia University Hospital, Psychiatry, Córdoba, Spain and ³Hospital Reina Sofia Córdoba, Psychiatry, Córdoba, Spain

*Corresponding author.

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Introduction: Alcohol-based hand sanitizers containing ethanol or isopropanol are being used in order to prevent person-to-person transmission during the COVID-19. Early signs and symptoms of this ingestion include nausea, vomiting, headache, abdominal pain, blurred vision, loss of coordination, and decreased level of consciousness. After hand sanitizer ingestion we have to suspect about methanol poisoning, monitoring the start of anion-gap metabolic acidosis, seizures, and blindness is essential. Treatment includes supportive care, acidosis correction, and the administration of an alcohol dehydrogenase inhibitor. In severe cases hemodialysis may be required.

Objectives: To present a case of an 29-year-old woman who was taken to the emergency department after voluntary ingestion of alcohol-based hand sanitizer in a suicide attempt. To describe the most common side effects of hand sanitizer ingestion and the literature review.

Methods: Clinical case presentation and literature review of similar cases.

Results: A 29-year-old woman, with diagnosis of borderline personality disorder and previous suicide attempts was taken to the emergency department after 3 hours of voluntary ingestion of an unknown quantity of alcohol-based hand sanitizer. Initial laboratory findings showed laboratory a blood methanol concentration of 66 mg/dL, with an anion gap of 30 mEq/L, arterial blood pH of 7.2, serum bicarbonate concentration of 12 mEq/L. Patient complained of abdominal pain and nervousness.

Conclusions: Most common signs and symptoms of alcohol-based hand sanitizer ingestion include nausea, vomiting, headache, abdominal pain, blurred vision, loss of coordination, and decreased level of consciousness. Treatment includes supportive care, acidosis correction, the administration of an alcohol dehydrogenase inhibitor and sometimes may be required.

Disclosure: No significant relationships.

Keywords: hand sanitizer; ingestion; emergency; Suicide

EPV1589

Specialized Treatment applied for suicide prevention

J. Jaber

Clínica Jorge Jaber, Saúde Mental, Rio de Janeiro, Brazil

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Introduction: Suicide can be defined as a deliberate act performed by the individual, whose intention is the death, in a conscious, intentional, even if ambivalent way, using a means that he believes to be lethal. They are also part of what we usually call suicidal behavior: thoughts, plans and attempted suicide.

Objectives: Prevention is a critical step in treating suicidal behavior. Create strategies to reduce and treat the ideation, planning and suicide attempt.

Methods: Based on a large increase in the number of people who present ideas, plan and attempt suicide, the Clinic created techniques for the treatment of inpatients: Life Appreciation Group, Groups applying Cognitive Behavioral Therapy, Group Dynamics, Lectures, Art Therapy and Physical activities.

Results: The actions are developed by a multidisciplinary team that is divided by applying the various techniques and participating in all the proposed activities.

Conclusions: Patients who remained hospitalized fully complying with the suggested treatment and left with medical discharge had full benefit, unlike some cases of patients removed by the family against our indication.

Disclosure: No significant relationships.

EPV1590

Incidence rates of suicide attempts and self-harm in Europe. What can we learn? A systematic review and meta-analysis

S. Jakobsen^{1*}, E. Christiansen¹, P. Andersen², J. Lauritsen³ and E. Stenager⁴

¹University of Southern Denmark, Department Of Regional Health Research, Odense M, Denmark; ²University of Southern Denmark, Department Of Public Health, Esbjerg, Denmark; ³Odense University Hospital, Department Of Orthopedics And Traumatology, Odense, Denmark and ⁴The Region of Southern Denmark, The Department Of Psychiatry, Aabenraa, Denmark

*Corresponding author.

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Introduction: Definitions used for suicide attempts and self-harm have been discussed for many years and is used differently in European countries, sometimes even interchangeably. Therefore, it is difficult to compare relevant rates across nations.

Objectives: This study aims at estimating the rate of suicide attempts and self-harm in chosen European countries in the more recent years when distinguishing between applied definitions.

Methods: A systematic search for relevant articles published between 2010-2020 will be performed in databases such as PubMed, Embase, PsycINFO, and Web of Science. Only articles in English or Danish will be included. Data will be collected for all age groups above 15 years of age. The prevalence of suicide attempts and self-harm will be calculated by a random effect model. Subgroup analyses will be performed to compare the rates according to age.

Results: from the performed systematic review and meta-study will be presented at the conference.