

<https://doi.org/10.15388/ESSSB21.2026>

**21st European Symposium on
Suicide and Suicidal Behaviour - ESSSB21**

Rethinking Suicide Research & Prevention

**August 26–29, 2026
Vilnius, Lithuania**

Organizing Committee

- **Chair:** Paulius Skruibis
- Austėja Agnietė Čepulienė
- Said Dadašev
- Danutė Gailienė
- Dovilė Grigienė
- Jokūbas Gužas
- Miglė Marcinkevičiūtė
- Eglė Mažulytė-Rašytinė
- Jurgita Rimkevičienė

All members of the Organizing Committee are from the Suicide Research Centre at Vilnius University. More details: <https://www.fsf.vu.lt/en/institute-of-psychology/centre-for-suicidology>

Scientific Committee

- | | |
|-------------------------------------|-----------------------------|
| • Co-chair: Paulius Skruibis | • Nav Kapur |
| • Co-chair: Danutė Gailienė | • Vaiva Klimaitė |
| • Ayesha Ahmad | • Birthe Loa Knizek |
| • Marion Aichberger | • Vitalii Klymchuk |
| • Johnny Andoh-Arthur | • Karolina Krysinska |
| • Karl Andriessen | • Matthew Large |
| • Judit Balazs | • Ian Marsh |
| • Diana van Bergen | • Miglė Marcinkevičiūtė |
| • Silvia Sara Canetto | • Trine Madsen |
| • Amy Chandler | • Konrad Michel |
| • Austėja Čepulienė | • China Mills |
| • Erminia Colucci | • Thomas Niederkrotenthaler |
| • Said Dadašev | • Merete Nordentoft |
| • Derek de Beurs | • Rory O'Connor |
| • Annette Erlangsen | • John Oliffe |
| • Dovilė Grigienė | • Alexis Palfreyman |
| • Eve Griffin | • Vita Poštuvan |
| • Jokūbas Gužas | • Martin Plöderl |
| • Simon Hatcher | • Jurgita Rimkevičienė |
| • Keith Hawton | • Merike Sisask |
| • Michael P Hengartner | • Ellen Townsend |
| • Heidi Hjelmeland | • Nida Žemaitienė |
| • Erkki Isometsa | • Przemysław Waszak |

Suicide Prevention Among Children and Adolescents: The Role of Mental Health Services at Karoliniškės Polyclinic

Šambaras, Rokas^{1,2}; Karalienė, Virginija^{1,2}

¹VŠĮ Karoliniškių Poliklinika, Lithuania; ²Clinic of Psychiatry, Institute of Clinical Medicine, Faculty of Medicine, Vilnius University

Introduction: Suicide prevention in children and adolescents remains a significant public health concern worldwide. Early detection and timely intervention by mental health professionals are crucial to reducing self-harm and suicide risk in young populations. Karoliniškės Polyclinic, one of the largest primary care institutions in the Vilnius region, operates a specialized Mental Health Center serving approximately 18,100 children and adolescents. The center provides a comprehensive network of preventive and treatment services to support young people's mental well-being.

Methods: This study presents a descriptive analysis of suicide prevention activities implemented at the Karoliniškės Polyclinic Mental Health Center over two years. Service data from 2024 and 2025 were reviewed to assess the number of new case managements initiated for suicide risk.

Results: In 2024, case management was initiated for 31 adolescents who experienced a suicidal crisis. By 2025, this number had increased to 48, indicating a growing demand for suicide prevention interventions. Most adolescents in crisis were identified while receiving psychological counseling or services from child and adolescent psychiatry. At the Mental Health Center, these adolescents had access to a variety of support services, including daycare services, consultations with psychologists, care from child and adolescent psychiatrists, and assistance from social workers. The establishment of a Youth Center within the Mental Health Center has further improved early detection of suicide risk, allowing young people to seek anonymous psychological assistance.

Conclusions: The Mental Health Center of Karoliniškės Polyclinic plays a vital role in suicide prevention among children and adolescents by providing easily accessible, multidimensional mental health care. The observed increase in case management highlights both growing needs and improved identification of at-risk youth. Future development should focus on enhancing data monitoring, strengthening intersectoral collaboration with schools and community services, and expanding preventive outreach initiatives.