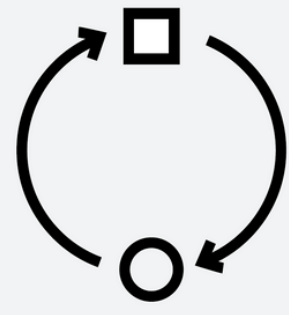


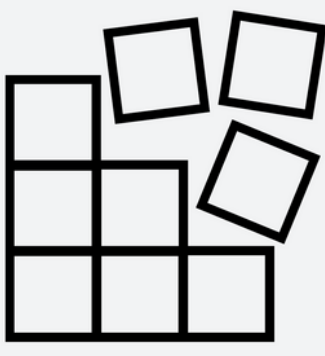
10 CHALLENGES TO TREATMENT-RESISTANT DEPRESSION AND SUICIDAL BEHAVIOUR

2



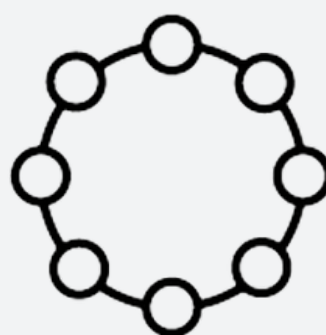
Therapeutic inertia
Comprehensive approach to treatment-resistant depression considering factors such as psychological and social support, avoiding exclusive dependence on medication or lack of accessibility.

1



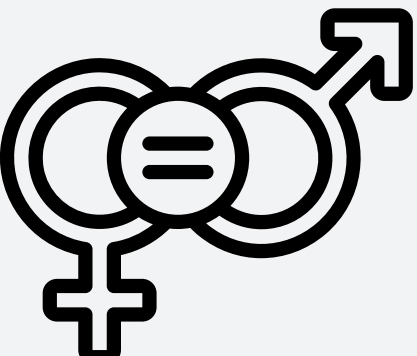
Multidisciplinary strategy
Given the complexity of the problem, it is necessary to combine approaches to find an effective response.

5




Interdepartmental approach
The responsibility for suicide prevention must be tackled collectively and efficiently. With the involvement of the health system, education, justice, universities, the state and society in general.

3




Gender mainstreaming
Suicide prevention must take into account gender differences by designing strategies that address life moments of vulnerability.

6




Caring for survivors
Enhance the role of mutual aid groups (GAMs) in suicide prevention and survivor support.

4




Integration of new actors
The role of the *patient peer* can provide emotional support and share valuable experiences that help people in crisis feeling understood and less isolated.

8



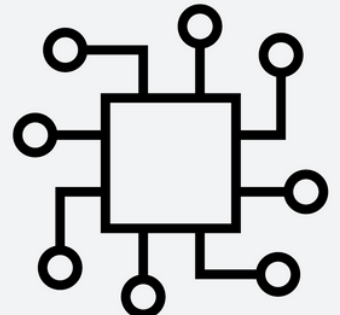
Primary care
Reinforce with initiatives the crucial role of primary care in suicide prevention, integrating proactive and collaborative interventions to identify and treat people at risk of suicide.

7




Informal support networks
It is essential to design specific preventive policies for different types of populations, fostering resilience and emotional management from the earliest stages of life.

9



Access to innovation
Innovation applied to pharmacological treatments, circuits and services. Accessibility and efficiency of depression and suicide prevention and treatment services is important.

10



Identifying risk factors
Develop strategies to address risk factors, enhance protective factors and achieve social awareness.