

Cross and Metsätähti (private operator). The units are e.g. in disused apartment houses, elderly homes or schools: tents have not been needed. Since the EHUs has been set up urgently, the hygienic and health facilities are not optimal. The major infectious risks in crowded facilities were considered to be tuberculosis and measles. Common diseases, e.g. influenza and acute gastroenteritis, would be largely transmitted in the circumstances. Also parasites, such as scabies, were likely to be seen.

**Effects/changes** The staff was informed and offered the recommended vaccines. Guidelines for infectious diseases were set. A nurse and a doctor visited in the EHUs in regular basics, and emergency cases were referred to hospital. The people with symptoms of tuberculosis were screened. All the children and pregnant women were offered the same health care services as Finnish citizens.

**Conclusions** As of January 2016, no imminent health risks have been seen. By the conference we will have some data available of the process and health in our emergency centres.

## Self-Harm and Drunk Driving

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### 53 INJURIES AMONG UNIVERSITY STUDENTS – SELF-HARM AND DRUNK DRIVING

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Deliberate self-harm has received considerable attention during the last years. Researchers consider it to be a coping strategy used to manage emotional distress and release tension. University students often encounter these feelings. Studies also suggest that self-harm might be more common than previously expected, one study indicating that 14% of the sample of 500 university students had engaged in self-harm at least once during their lifetime. In addition to self-harm, alcohol impaired driving is also common among university students, and maybe unsurprisingly, driving under the influence of alcohol is one of the main causes of road traffic accidents among young drivers. Such risky and self-destructive behaviours deserve attention.

The aim of this workshop is to give more insights into the types of injuries young adults and university students in particular are likely to encounter. Two keynote speakers will provide the background for this workshop. Timo Partonen, adjunct professor of Psychiatry at the University of Helsinki and a research professor at National Institute for Health and Welfare, will talk about the ways in which direct and indirect self-harm can be detected and what are the most common risk factors behind these incidents. He will also give suggestions on how to deal with such cases and where to find help. The second speaker, M.Sc. (Psychology) Inkeri Parkkari, Chief Adviser at Finnish Transport Safety Agency, is going to discuss the types of risk factors that contribute to traffic accidents among young people by giving examples of different case studies. She will also address young people's perceptions of the most effective interventions to reduce

these casualties. The workshop will provide several opportunities for participants to interact with speakers and with each other.

### 54 SUICIDE PREVENTION AMONG ADOLESCENTS AND YOUNG ADULTS

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**Background** In Finland the suicide mortality has decreased by 51% from 1990 to 2014 (from 30.0 to 14.6 per 100,000). However, within Finland, there are still disparities in the distribution of deaths from suicide by age, gender and region.

Current activities for suicide prevention among children, adolescents and young adults are, e.g., KiVa school which includes about 90% of all comprehensive schools in Finland and targets against bullying, Good Hunting Mate! which provides psychosocial support targeted at members of hunting clubs, and Time Out! which provides psychosocial support targeted at men exempted from military or civil service. In addition, the Current Care Guidelines by the Finnish Medical Society DUODECIM which in 2013–2015 have been published for bipolar disorder, borderline personality disorder, depression, eating disorders, insomnia, post-traumatic stress disorder, and schizophrenia support these activities. Further support has been provided by EUGENAS which exchanged the best practices for suicide prevention in 2012–2014 and produced the general and school-based guidelines, and the toolkits for the workplace and for media professionals.

The aim of this workshop is to meet and have discussion on problems and suicide prevention measures which target at adolescents and young adults. The most effective interventions to reduce deaths from suicide are also to be discussed.

### 55 RISK FACTORS AMONG YOUNG DRIVERS IN FINLAND

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**Background** It is commonly known that young drivers, especially male drivers, have a higher risk of being involved in an accident. In Finland, all fatal motor vehicle accidents are investigated in-depth by multi-professional Road Accident Investigation Teams. An investigation folder is compiled from each accident and the data is also coded into a fatal accident data base. Members of the investigation teams use standardised investigation forms, which ensures the systematic acquisition of data. Based on this data, the background factors of young male and female driver's accidents differ from each other in several ways, e.g. accident type, time of year, time of week, driving under the influence of alcohol, speeding, previous traffic offences and vehicle characteristics.

The aim of this workshop is to have discussion of the types of risk factors that contribute to road accidents among young people by giving examples of different case studies. The most effective interventions to reduce these casualties are also to be discussed.