

The paper will discuss the issue of suicide in two neighboring countries in Central Europe - Poland and Czech Republic. The reason for choosing those countries are the similarities that can be noticed between them. They both have a similar history, also the one related to alcohol production and consumption. Also, the depression rates are on a rather similar level, therefore I have decided to choose only alcohol abuse and depression as selected risk factors. Considering the fact that alcohol and depression are easily comparable in the case of the two countries I believe it is possible to successfully compare them and come up with conclusions, which could be more universal in nature. The fundamental question that I will try to find an answer to in this paper is how both of the chosen suicide risk factors have been considered during the process of designing suicide prevention methods and policies. In case no consideration has been made, I will try to prove why they should be considered in order to minimize the suicide rates. As Poland and Czech Republic are members of the European Union, the paper will also take a look at the more general response and measures applied or planned by the EU in order to find out whether mentioned factors are considered in EU measures. Lastly, the paper will also contain certain recommendations regarding the issue of suicide prevention, especially considering the way in which alcohol abuse, mental health disorders and various other factor may affect the population of those two countries and the EU in general.