



How emergency departments can help prevent suicide among at-risk patients: Five brief interventions

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Information

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[Five brief interventions for EDs](#) [1]

This nine-minute video describes five brief interventions which can be used to prevent suicide prior to discharge from emergency departments.

- *Brief patient education* helps patients understand their condition, treatment and follow-up strategies.
- *Safety plans* are developed collaboratively with clinicians guiding patients to identify coping strategies and resources patients can use before or during a suicidal crisis.
- *Lethal means counseling* engages patients in a discussion to limit access to means of suicide until they no longer feel suicidal.
- *Rapid referral* schedules follow-up mental health appointments within 24 hours of discharge. *Caring contacts* consists of ongoing contact with discharged patients via postcards, letters, phone calls or various other media.



Suicide Prevention Resource Center

Settings: Health Care, Emergency Departments, Behavioral Health Care, Outpatient Mental Health
Planning and Implementing: Education and Training
Strategies: Effective Care/Treatment, Safety Planning, Care Transitions/Linkages, Reduce Access to
Means

Links within this resource

[1] <http://www.sprc.org/micro-learning/how-emergency-departments-can-help-prevent-suicide-among-risk-patients-five-brief>

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