Treating Suicidal Patients during COVID-19: Best Practices and Telehealth Webinar
Supplemental Resources

- Suicide Prevention Resource Center and Zero Suicide Resources
  The Suicide Prevention Resource Center (SPRC) has created and gathered a variety of resources related to behavioral healthcare delivery during the COVID-19 pandemic.
  - Providing Suicide Care During COVID-19: [http://zerosuicide.edc.org/covid-19](http://zerosuicide.edc.org/covid-19)
  - Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe: [https://theactionalliance.org/resource/recommended-standard-care](https://theactionalliance.org/resource/recommended-standard-care)

- Safety Planning Intervention
  A fill-in-the-blank template for developing a safety plan with a patient at increased risk for a suicide attempt. It is available via the links below for print-out, as well as in app format for both Apple and Android devices.

- Collaborative Assessment and Management of Suicide Risk (CAMS)
  CAMS, the Collaborative Assessment and Management of Suicidality, is an evidence-based suicide-specific clinical intervention that has been shown through extensive research to effectively assess, treat and manage suicidal patients in a wide range of clinical settings.
  - Access on-demand presentations related to the use of CAMS, specifically in telemental health settings is available by visiting the CAMS-care website: [https://cams-care.com/](https://cams-care.com/)
  - For more information regarding the CAMS approach:

- Crisis Intervention/Response Tools and Resources
  There are a variety of resources available for behavioral health practitioners that can provide guidance on providing care to those experiencing crises and/or increased risk of suicide during the COVID-19 pandemic, as well as resources for use by patients, clients, and anyone who may be in need from which support can be accessed 24/7.
  - The below resources were created by Dr. Ursula Whiteside and provide guidance to behavioral health practitioners who are providing mental health services and supports to patients and clients experiencing crises via telehealth, but are also applicable during in-person visits.

April 2020
Suicide Prevention Resource Center


- The Now Matters Now website provides information, skills, and training that can be helpful for both practitioners and individuals who are experiencing crises and/or increased risk of suicide: [https://www.nowmattersnow.org/skills](https://www.nowmattersnow.org/skills)

- There are a variety of services providing 24/7/365 crisis services for those experiencing crises and/or increased suicide risk:
  - SAMHSA’s Disaster Distress Helpline
    - Call: 800-985-5990
    - Text/SMS: Text TalkWithUs or Hablanos (for Spanish) to 66746 (subscription-based)
    - Full details at: [https://www.samhsa.gov/find-help/disaster-distress-helpline](https://www.samhsa.gov/find-help/disaster-distress-helpline)
  - National Suicide Prevention Lifeline: 800-273-8255
  - The Trevor Project
    - TrevorLifeline: 866-488-7386
    - TrevorText: Text START to 678678
    - TrevorChat: [https://www.thetrevorproject.org/get-help-now/](https://www.thetrevorproject.org/get-help-now/)
  - Crisis Text Line: Text HOME to 741741

- **Telepsychology/Telemental Health**
  Below are a number of resources containing practice guidelines for practitioners providing behavioral health services in telehealth settings.

- **Telecommunications Information**