Effective Suicide Prevention

Video:

This four-minute video provides a brief overview of SPRC’s Effective Suicide Prevention Model [1], which can help you carry out suicide prevention efforts that are most likely to be effective. It will guide you through the three elements of the model—Strategic Planning [2], Keys to Success [3], and the Comprehensive Approach [4]. As described in the model, effective suicide prevention efforts should:

- Help you understand the suicide problem in your community or setting, set clear goals, and prioritize actions that are most likely to make a difference, using a strategic planning [2] process.
- Use a number of guiding principles, or keys to success [3].
- Combine multiple efforts that work in sync to create change rather than relying on standalone programs to do so. See SPRC’s comprehensive approach to suicide prevention [4].

Recommended Resources

A Strategic Planning Approach to Suicide Prevention [5]

This free online course will teach you how to apply a strategic planning approach to your suicide prevention efforts.
Getting Comprehensive in Our Suicide Prevention Efforts [6]

Just one program isn’t enough—it takes multiple strategies working together to reduce despair and death in our states, communities, workplaces, health care systems, and schools.

Transforming communities: Key elements for the implementation of comprehensive community-based suicide prevention [7]

Developed by the Action Alliance, this resource presents seven key elements that should guide program planning and implementation. It is being...