



## 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...

### **Links within this resource**

[1] <https://sprc.org/effective-suicide-prevention>

[2] <https://sprc.org/effective-prevention/strategic-planning>

[3] <https://sprc.org/effective-prevention/keys-success>

[4] <https://sprc.org/effective-prevention/comprehensive-approach>

[5] <https://sprc.org/resources-programs/strategic-planning-approach-suicide-prevention>

[6] <https://sprc.org/news/getting-comprehensive-our-suicide-prevention-efforts>

[7] <https://sprc.org/resources-programs/transforming-communities-key-elements-implementation-comprehensive-community>

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