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

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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.