

Patient Education Tools/Other Resources

This section contains a list of additional tools to educate providers and help increase awareness in patients, families, and communities about suicide. The Public Awareness Materials include items that may be ordered for posting in your clinic as well as items that may be disseminated to patients and families. Increasing awareness is an important component of addressing the problem of stigma associated with suicidality.

Also included in this section is a list of Suicide Prevention Resources. This list includes additional resources for providers as well as for patients, families, and community members. Samples of several of the tools included in this list are provided in the front pocket of the Toolkit, along with samples of the pocket guides described in the Developing Mental Health Partnerships and Patient Management Tools sections of the Toolkit.

In This Section

Public Awareness Materials

This section lists materials you may find useful for posting in your office to promote suicide prevention awareness or for making available to patients in need of information about suicide.

Suicide Prevention Resource List

This is a guide to direct providers and staff to state-specific behavioral health resources and policies. It includes suggestions for locating information regarding crisis services and inpatient mental health care.

Public Awareness Materials

The materials below represent a sample of those that may be helpful for your clinic. Posting these materials in your waiting room, exam rooms, or office hallways will provide your patients with the suicide hotline number, an important resource for potentially suicidal patients, and may help to address the problem of stigma associated with suicidality.

National Suicide Prevention Lifeline materials:

The National Suicide Prevention Lifeline (NSPL) website contains free downloadable Warning Signs Lifeline wallet cards in English and Spanish, Risk Assessment Lifeline wallet cards, and a NSPL one-page Impact Sheet that contains information about the NSPL.

<https://suicidepreventionlifeline.org/media-resources/>

<https://store.samhsa.gov/product/SVP13-0126>

Spanish Version:

<https://store.samhsa.gov/product/SVP11-0126SP>

Additional SAMHSA suicide prevention materials:

The Substance Abuse and Mental Health Services Administration (SAMHSA) Store has a variety of free suicide prevention materials that can be ordered or downloaded, and used in health care offices.

<https://store.samhsa.gov/facet/Issues-Conditions-Disorders/term/Suicide?pageNumber=1>

The Lifeline is **FREE**, confidential, and always available.

HELP a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Learn the Warning Signs.

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

Printed 2005 • Reprinted 2011
CMHS-SVP-0126

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ♦ Talking about wanting to die or to kill oneself.
- ♦ Looking for a way to kill oneself, such as searching online or buying a gun.
- ♦ Talking about feeling hopeless or having no reason to live.
- ♦ Talking about feeling trapped or in unbearable pain.
- ♦ Talking about being a burden to others.
- ♦ Increasing the use of alcohol or drugs.
- ♦ Acting anxious or agitated; behaving recklessly.
- ♦ Sleeping too little or too much.
- ♦ Withdrawing or feeling isolated.
- ♦ Showing rage or talking about seeking revenge.
- ♦ Displaying extreme mood swings.

Suicide Is Preventable.
Call the Lifeline at 1-800-273-TALK (8255).
With Help Comes Hope

WE'VE BEEN ANGRY. WE'VE BEEN HURT. WE'VE BEEN HELPED. WE'VE BEEN THERE.

WE CAN HELP US

text **WeCanHelpUs** to 30364 or go to **reachout.com**

Help from other teens there & made it.

1568888A

Message and data rates may apply.

SAMHSA's Wellness Initiative:

SAMHSA's Wellness Initiative raises awareness of health disparities among people with serious mental and/or substance use disorders and the general population. It encourages people to improve their mental and physical health through positive lifestyle changes. This initiative includes the Eight Dimensions of Wellness and National Wellness Week.

<https://www.samhsa.gov/wellness-initiative>



LEARN THE EIGHT DIMENSIONS OF WELLNESS

WELLNESS: CONNECTING ALL ASPECTS OF BEHAVIORAL HEALTH

Each dimension of wellness can affect overall quality of life. Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The Eight Dimensions of Wellness take into account **not** only an individual's physical health, but all the factors that contribute to a person's overall wellness.

To learn more about the Eight Dimensions of Wellness, visit:
www.samhsa.gov/wellness-initiative



WELLNESS

Source: Adapted from Swanson, H. (2008). A Wellness Approach. Psychiatric Rehabilitation Journal, 29(1), 13-14.



2016 0106-10-0023

Additional state resources:

Additional suicide prevention posters and other resources may be available through the suicide prevention coordinator in your home state. State coordinator contact information is available through the Suicide Prevention Resource Center website.

<http://www.sprc.org/states>

Practitioners can also request posters and other materials from Man Therapy (<http://mantherapy.org/>) from the Office of Suicide Prevention (www.coosp.org).



*It's a physical for
your feelings,
but you get to*
**KEEP YOUR
PANTS ON.**



mantherapy.org
Therapy. The way a man does it.

Suicide Prevention Resource List

The following is a resource guide for suicide prevention in Primary Care settings. The resources are presented in the categories below; however, many of these resources could fit appropriately in more than one category.

1. Resources for Providers:

- Depression
- Improving access to health care
- Means restriction
- Substance abuse
- Suicide fact sheets
- Trainings and guides

2. Resources for Patients, Families, and Community Members:

- General resources
- Population specific resources
- American Indians and Alaska Natives
- Gay, lesbian, bisexual, transgender
- Veterans
- Trainings and guides

3. General Information on Suicide Prevention and Related Topics

1. Resources for Providers

General

Zero Suicide

<http://zerosuicide.sprc.org/>

The Zero Suicide initiative is a commitment to suicide prevention in health and behavioral health care systems as well as a specific set of tools and strategies. It is both a concept and a practice. The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable and that the bold goal of zero suicides among persons receiving care is an aspirational challenge that health systems should accept. It is a key concept of the 2012 National Strategy for Suicide Prevention, a priority of the National Action Alliance for Suicide Prevention (Action Alliance), a project of Education Development Center's Suicide Prevention Resource Center (SPRC), and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA). The Quick Guide to Getting Started with Zero Suicide (<http://zerosuicide.sprc.org/resources/quick-guide-getting-started-zero-suicide>) provides tips and strategies for how to quickly implement the initiative and has been included at the end of the Suicide Prevention Resource List.

Depression

The Columbia Suicide Severity Rating Scale (C-SSRS)

<http://cssrs.columbia.edu/>

A specialized tool for assessing suicidality that uses simple, plain-language questions to assess suicide risk that anyone can ask. The tool helps identify if someone is at risk for suicide, assesses the severity and immediacy of that risk, and gauges the level of support that the person needs. It is available free of charge.

Macarthur Depression Toolkit

<http://otgateway.com/articles/13macarthurtoolkit.pdf>

The toolkit is provided free of charge and contains detailed, evidence-based information about treating depression as well as numerous tools for primary care providers.

Patient Health Questionnaire Depression Scale (PHQ-9)

http://www.phqscreener.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf

The PHQ-9 is the 9-item depression scale of the Patient Health Questionnaire. The final item screens for the presence of suicidal ideation. May be downloaded free of charge.

Improving Access to Health Care

Behavioral Health Treatment Services Locator

<https://findtreatment.samhsa.gov/locator/home>

1-800-662-HELP (4357)

1-800-487-4889 (TDD)

The Substance Abuse and Mental Health Services Administration (SAMHSA) of the federal government provides a confidential, anonymous online service to locate treatment facilities in the U.S. and U.S. Territories for substance abuse/addiction and/or mental health problems.

Federally Funded Community Health Center Locator

http://findahealthcenter.hrsa.gov/Search_HCC.aspx

A locator for federally funded health centers – search by zip code. These Health Centers work in communities, providing access to high quality, family oriented, comprehensive primary and preventive health care, regardless of patients' ability to pay.

Means Restriction

Lock It Up Campaign

<http://www.kingcounty.gov/depts/health/violence-injury-prevention/violence-prevention/gun-violence/LOK-IT-UP.aspx>

LOK-IT-UP raises awareness about the importance of safe firearm storage, informs the public about safe storage options, and promotes the availability of safe storage devices. The Public Health Seattle King County website contains information for healthcare providers, including brochures and answers to important questions regarding gun storage.

Means Matter

<http://www.hsph.harvard.edu/means-matter/>

The Means Matter website, created by the Harvard Injury Control Research Center at the Harvard School of Public Health, contains information on means reduction and why it is important. Means reduction statistics and programs are provided by state.

Safe Use of Prescription Pain Medication Brochure

http://here.doh.wa.gov/materials/safe-use-of-prescription-pain-medication/33_PainMeds_E15L.pdf

A 3.5 x 8.5 informational brochure describing how to use prescription pain medication safely, dangers of not following the directions, possible signs of overdose, and how to safely dispose of unwanted or expired medication. May be downloaded free of charge in English and Spanish.

Substance Abuse

Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment. A Treatment Improvement Protocol (TIP) 50

<https://store.samhsa.gov/product/SMA15-4381>

A manual developed by SAMHSA that offers guidelines for working with suicidal adults living with substance use disorders. It covers risk factors and warning signs for suicide, core competencies, and clinical vignettes. A PDF copy can be downloaded and printed copies can be ordered at the URL above.

Alcohol Screening and Brief Intervention

http://www.integration.samhsa.gov/clinical-practice/Alcohol_screening_and_brief_interventions_a_guide_for_public_health_practitioners.pdf

A printable guide for public health practitioners produced by the American Public Health Association.

Helping Patients Who Drink Too Much: A Clinician's Guide and Related Professional Support Resources

<http://www.niaaa.nih.gov/guide>

A guide for clinicians produced by the National Institute on Alcohol Abuse and Alcoholism. Includes the downloadable guide, a medications update, a PowerPoint presentation, and a 10-minute interactive video course. The downloadable and video courses include free CME/CE credits.

Screening, Brief Intervention, and Referral to Treatment (SBIRT)

<https://www.samhsa.gov/sbirt>

SBIRT services are an evidence-and community-based practice designed to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.

Screening for Tobacco, Alcohol and Other Drug Use

<http://www.drugabuse.gov/nmassist/>

A web-based interactive tool produced by the National Institute on Drug Abuse to guide clinicians through a short series of screening questions and, based on the patient's responses, generate a substance involvement score that suggests the level of intervention needed. Also provides links to resources for conducting a brief intervention and treatment referral, if warranted.

Suicide Fact Sheets

Risk and Protective Factors for Suicide

<http://www.sprc.org/resources-programs/understanding-risk-and-protective-factors-suicide-primer-preventing-suicide>

This primer provides a brief overview of the importance of risk and protective factors as they relate to suicide and offers guidance about how communities can best use them to decrease suicide risk.

State Suicide Fact Sheets

<https://afsp.org/about-suicide/state-fact-sheets/>

The American Foundation for Suicide Prevention developed fact sheets for each state that provide state-specific data related to suicide, state-specific suicide prevention programs and initiatives, and ways to get involved in addressing suicide.

U.S. Suicide Fact Sheet

<https://www.cdc.gov/violenceprevention/pdf/suicide-datasheet-a.pdf>

This 2-page fact sheet provides a basic overview of suicide, developed by the Centers for Disease Control and Prevention.

Trainings and Guides

After an Attempt: A Guide for Medical Providers in the Emergency Department Taking Care of Suicide Attempt Survivors

<http://store.samhsa.gov/product/A-Guide-for-Medical-Providers-in-the-Emergency-Department-Taking-Care-of-Suicide-Attempt-Survivors/SMA08-4359>

Brochure intended to provide medical professionals with tips on how to enhance care in the emergency department for people who have attempted suicide. The guide also contains information on HIPAA, patient discharge, and resources about suicide for medical professionals, patients and their families.

At-Risk in Primary Care

<https://kognito.com/products/at-risk-in-primary-care/>

An online, interactive, self-paced, role-play simulation offered by Kognito that prepares primary care professionals to screen patients for substance use and mental health conditions, conduct brief interventions using motivational interviewing techniques, and coordinate referrals or follow-up care. It is listed in the Substance Abuse Mental Health Services Administration (SAMHSA) National Registry for Evidence-based Programs and Practices (<http://nrepp.samhsa.gov/ProgramProfile.aspx?id=212>).

Caring for Adult Patients with Suicide Risk: A Consensus Guide for Emergency Departments

<http://www.sprc.org/resources-programs/caring-adult-patients-suicide-risk-consensus-guide-emergency-departments>

Full Guide: http://www.sprc.org/sites/default/files/EDGuide_full.pdf

Quick Guide: http://www.sprc.org/sites/default/files/EDGuide_quickversion.pdf

A manual designed to assist Emergency Department (ED) health care professionals with decisions about the care and discharge of patients with suicide risk. It helps ED caregivers intervene effectively while the patient is in the ED, decide if the patient can be discharged or if further evaluation is needed, and ensure that the patient will be safe after leaving the ED.

Continuity of Care for Suicide Prevention: The Role of Emergency Departments

<http://www.sprc.org/resources-programs/continuity-care-suicide-prevention-role-emergency-departments>

A six-page paper highlighting key steps emergency department (ED) providers can take to establish continuity of care for patients at risk for suicide. Includes recommendations to help organizations implement national standards and goals relevant to ED care for patients with suicide risk.

Counseling on Access to Lethal Means (CALM)

<http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

A free online course, designed for providers who counsel people at risk for suicide, that aims to reduce access to lethal means, particularly (but not exclusively) firearms. An in-person training is also available. For more information see: <http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means-0>.

Detecting and Treating Suicide Ideation in all Settings-Sentinel Event Alert 56

https://www.jointcommission.org/sea_issue_56/

Sentinel Event Alerts identify specific types of sentinel and adverse events and high-risk conditions, describes their common underlying causes, and recommends steps to reduce risk and prevent future occurrences. Event Alerts are published by The Joint Commission for Joint Commission-accredited organizations and interested health care professionals. The goal of this alert is to help health care organizations that provide inpatient and outpatient care to better identify and treat individuals with suicide ideation.

Is Your Patient Suicidal?

<http://www.sprc.org/resources-programs/your-patient-suicidal>

A four-color poster that provides Emergency Department practitioners with information on recognizing and responding to acute suicide risk. It is designed to be hung in staff-only areas. The poster features the most common and noticeable warning signs of acute risk for suicide as well as simple questions clinical staff can ask to uncover suicide risk when warning signs are noticed or suspected. The poster and Clinical Guide can be ordered as a kit from SPRC at <http://www.sprc.org/webform/emergency-department-poster-kit-request>. Online versions of the poster and guide can also be downloaded and printed from the SPRC website at: <http://www.sprc.org/for-providers/emergency-department-resources#general>.

Preventing Suicide in Emergency Department Patients

<http://www.sprc.org/resources-programs/preventing-suicide-emergency-department-patients>

This interactive online course, developed by SPRC, teaches healthcare professionals who work in an ED how to conduct screening, assessment, and brief interventions. It also covers patient-centered care, patient safety, and including suicide prevention in discharge planning.

Recognizing and Responding to Suicide Risk in Primary Care

<http://www.suicidology.org/training-accreditation/rrsr-pc>

A training developed by the American Association of Suicidology in collaboration with primary care practitioners specifically for primary care physicians and staff.

SAFE-T Pocket Card

<http://www.sprc.org/resources-programs/suicide-assessment-five-step-evaluation-and-triage-safe-t-pocket-card>

The SAFE-T Card guides mental health clinicians through five steps which address the patient's level of suicide risk and suggest appropriate interventions. It is intended to provide an accessible and portable resource to the professional whose clinical practice includes suicide assessment. The card lists key risk and protective factors that should be considered in the course of completing the five-steps. Quantities of the SAFE-T cards are available for order through Screening for Mental Health, Inc at <https://shop.mentalhealthscreening.org/products/safe-t-cards> or through the SAMHSA Store at <https://store.samhsa.gov/product/SMA09-4432>.

Safety Planning Guide

<http://www.sprc.org/resources-programs/safety-planning-guide-quick-guide-clinicians>

The pocket-sized safety planning guide reminds clinicians of the most important points to cover in collaboratively developing a safety plan with a patient. The guide was adapted from content developed by the Department of Veterans Affairs. Note this content is included in Tab 4 of this Toolkit.

Safety Planning Intervention for Suicide Prevention

<http://zerosuicide.sprc.org/resources/safety-planning-intervention-suicide-prevention>

A free online training from the New York State Office of Mental Health and Columbia University that describes the Safety Planning Intervention and how it can help individuals, explains when to work with individuals to create a safety plan, and describes the steps in creating a safety plan.

State Suicide Prevention Coordinators

<http://www.sprc.org/states>

Contact your state suicide prevention coordinator to determine whether there are additional suicide prevention posters and other materials available in your state.

Suicide Safe

<https://store.samhsa.gov/apps/suicidesafe/index.html>

A free suicide prevention app developed by SAMHSA for mobile devices and optimized for tablets that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. It was based on the SAFE-T card. It is available for iOS® and Android™ devices.

Talking with Your Adult Patients About Alcohol, Drug, and/or Mental Health Problems: A Discussion Guide for Primary Health Care Providers

<http://store.samhsa.gov/shin/content/SMA15-4584/SMA15-4584.pdf>

An online guide to equip primary health care providers with questions to begin discussions with their patients about alcohol, illicit drug, and mental health problems, as well as co-occurring disorders. This brief guide also includes resources for patients who need an evaluation based on positive screening results.

Telebehavioral Health Training and Technical Assistance

<http://www.integration.samhsa.gov/operations-administration/telebehavioral-health>

The Substance Abuse and Mental Health Services Administration (SAMHSA)-Health Resources and Services Administration (HRSA) Center for Integrated Health Solutions Telebehavioral Health Training and Technical Assistance Series helps safety net providers and rural health clinics understand and adopt telebehavioral health services. It is divided into six sessions and provides tools and resources necessary to identify and implement a telebehavioral health program.

2. Resources for Patients, Families, and Community Members

General Resources

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

AFSP raises awareness, funds scientific research, provides resources and aid to those affected by suicide, trains clinicians in suicide prevention, and advocates for policy that will save lives. AFSP has local chapters in all 50 states with programs and events nationwide.

Find Your Words

<https://findyourwords.org/welcome>

A public health awareness campaign designed to encourage conversations about mental health and decrease the stigma of mental illness. The website contains spots for TV, theater, digital, and radio featuring lyrics that talk about depression in an honest and inspiring way. The campaign is a joint effort of Kaiser Permanente, the National Alliance on Mental Illness, National Suicide Prevention Lifeline, Crisis Text Line and Mental Health America.

Make It Ok

<http://makeitok.org/>

A website that aims to help reduce the stigma of mental illness. Contains a variety of information related to mental illnesses, what stigma is, tips for having conversations about mental illness, and a variety of resources and tools, such as posters, flyers, PowerPoints, fact sheets, newsletter templates, and links to the podcast, The Hilarious World of Depression, which uses humor as a way to start a conversation about mental illness.

Man Therapy

<https://mantherapy.org/>

A web-based campaign designed to show working age men that discussing their problems, seeking help, and fixing themselves is masculine. It is designed to help men cope with issues like depression, anxiety, and suicidal thoughts, with the goal of helping men at risk for suicide get the help they need. Users can interact with fictional "therapist", Dr. Rich Mahogany, who lets men know talking honestly and openly about their problems is how they will start to solve them. Men with high levels of distress are referred to the National Suicide Prevention Lifeline or "the Pros" (a vetted list of professional mental health service providers). The website also has a section, that provides tips for individuals who are worried about the mental health of a man in their life. Practitioners can also request posters and other materials from Man Therapy (<http://mantherapy.org/>).

Mental Health America

<http://www.mentalhealthamerica.net/>

A community-based nonprofit organization that addresses the needs of individuals with a mental illness and promotes mental health as a critical part of overall wellness. Provides advocacy, education, research, and services. There are over 200 affiliates in 41 states.

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/>

Mental Health First Aid (MHFA) is a national program that teaches the skills to respond to the signs of mental illness and substance use. The 8-hour, evidence-based MHFA course empowers individuals to identify, understand, and respond to others who might experience a mental health or substance abuse crisis. A 5-day training to become a certified instructor is also available.

National Alliance on Mental Illness (NAMI)

<http://www.nami.org>

An association of hundreds of local affiliates, state organizations and volunteers who work to raise awareness about mental illness and provide support and education that was not previously available to those in need. NAMI advocates for public policy, provides education programs, and public awareness events, including Mental Illness Awareness Week and NAMIWalks, and has a toll-free NAMI HelpLine (1-800-950-NAMI [6262] or info@nami.org) that provides information, support, and referrals.

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

1-800-273-TALK (8255)

1-800-799-4889 (TTY)

The National Suicide Prevention Lifeline offers a free 24-hour hotline available to anyone in suicidal crisis or emotional distress. Calls are routed to the caller's nearest crisis center.

National Suicide Prevention Lifeline Resources

<http://www.suicidepreventionlifeline.org/GetInvolved/Promote>

The National Suicide Prevention Lifeline offers free resources and online materials. Materials are available in Spanish and English and all materials contain the Lifeline's phone number.

National Behavioral Health Treatment Services Locator

<https://findtreatment.samhsa.gov/locator/home>

The Substance Abuse and Mental Health Services Administration (SAMHSA) of the federal government provides a confidential, anonymous online service to locate treatment facilities in the U.S. and U.S. Territories for substance abuse/addiction and/or mental health problems.

Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

1-800-662-HELP (4357)

1-800-487-4889 (TTY)

SAMHSA provides free and confidential treatment and referral information about mental health and/or substance use disorders, prevention, and recovery, in English and Spanish, 24 hours a day, 7 days a week.

Suicide Proof

<http://www.suicideproof.org/suicide-proof.html>

The Suicide-Proofing Initiative aims to educate parents about simple steps they can take to reduce the risk of suicide in their homes. The Initiative is the result of a partnership between the Rhode Island Department of Health and Brady Center to Prevent Gun Violence and is based in part on research conducted by the Harvard School of Public Health.

Population Specific Resources

American Indians and Native Alaskans

[American Indian and Alaska Native Suicide Prevention Website](#)

<https://www.ihs.gov/suicideprevention/>

The Indian Health Services provides information about suicide prevention programs and resources for providers and American Indian and Alaska Native community members.

Gay, Lesbian, Bisexual, Transgender

[The Trevor Project](#)

www.thetrevorproject.org

The Trevor Project operates the nation's only 24-hour toll-free suicide prevention helpline for gay, lesbian, transgender and questioning youth (1-866-488-7386).

[Suicide Risk and Prevention for Lesbian, Gay, Bisexual, and Transgender Youth](#)

http://www.sprc.org/sites/sprc.org/files/library/SPRC_LGBT_Youth.pdf

This publication addresses the special concerns related to suicide prevention among lesbian, gay, bisexual, and transgender (LGBT) youth. It summarizes the current state of knowledge about suicidality in this population, and outlines twenty-one recommendations for helping to reduce suicidal behavior among LGBT youth. Includes a resource appendix and an extensive bibliography.

Veterans

[RESPECT-Mil Primary Care Clinician's Manual](#)

<http://www.usafp.org/wp-content/uploads/2013/12/PTSD-in-primary-care-RESPECT-mil.pdf>

Designed for primary care providers, this manual describes the RESPECT-Mil program for soldiers using a systematic primary care approach to the management of depression and PTSD.

[Veterans Administration Suicide Prevention Coordinators](#)

<http://www.veteranscrisisline.net/GetHelp/ResourceLocator.aspx>

Suicide prevention coordinators are licensed mental health professionals who ensure that veterans at high risk for suicide get the care they need. This website contains information about the VA's suicide prevention coordinators and how to locate the coordinator nearest you.

[Veterans Crisis Line/ Military Crisis Line](#)

<https://www.veteranscrisisline.net/>

1-800-273-TALK (8255), Veterans Press 1

The Department of Veterans Affairs' (VA) Veterans Health Administration (VHA) founded a national suicide prevention hotline to ensure veterans in emotional crisis have free, 24/7 access to trained counselors. To operate the Veterans Hotline, the VA partnered with the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Suicide Prevention Lifeline. Veterans can call the Lifeline number, 1-800-273-TALK (8255), and press "1" to be routed to the Veterans Suicide Prevention Hotline. Veterans can also send a text message to [838255](text:838255) or chat online.

Trainings and Guides

[After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department](#)

<http://store.samhsa.gov/product/A-Guide-for-Taking-Care-of-Your-Family-Member-After-Treatment-in-the-Emergency-Department/SMA08-4357>

Brochure intended as a guide for families of suicide attempt survivors on what to expect in the emergency department and after release from the hospital. Includes information on national resources and organizations and contains advice for safety planning, ongoing support and learning about mental illness. (Also available in the Spanish Language Materials category).

[After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department](#)

<http://store.samhsa.gov/product/A-Guide-for-Taking-Care-of-Yourself-After-Your-Treatment-in-the-Emergency-Department/SMA08-4355>

Brochure intended as a guide for individuals on how to move forward after being treated in an emergency department for attempting suicide. Includes information on national resources and organizations and contains advice for safety planning, ongoing support and learning about mental illness. (Also available in Spanish in the Spanish Language Materials Category).

[Applied Suicide Intervention Skills Training \(ASIST\)](#)

<http://www.livingworks.net/programs/asist/>

A workshop designed for caregivers of individuals at risk of suicide. Training dates and locations are provided on the website. Also online are a text and audiovisual overview of the workshop, research and evaluations on the program, and suicide awareness facts.

[At-a-Glance: Safe Reporting on Suicide](#)

<http://www.sprc.org/resources-programs/recommendations-reporting-suicide>

The research-based recommendations include suggestions for online media, message boards, bloggers, and "citizen journalists." Released in 2011.

[Question, Persuade, Refer \(QPR\)](#)

<http://www.qprinstitute.com/>

A gatekeeper training program for suicide prevention based upon three basic steps. The website also includes literature, evidence for QPR, helpful links, and a QPR Gatekeeper Trainer Certification Course to certify individuals to become QPR instructors.

[Mindfulness Training](#)

<http://www.nowmattersnow.org/skill/mindfulness>

A free online training that provides skills and support for coping with suicide. Mindfulness skills taught in the training are part of Dialectical Behavior Therapy (DBT), which research has shown to help individuals who are considering suicide.

[SafeTALK](#)

<http://www.livingworks.net/programs/safetalk/>

SafeTALK is a half-day training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide.

3. General Information on Suicide Prevention and Related Topics

American Association on Suicidology (AAS)

<http://www.suicidology.org>

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/injury/>

Bureau of Health Workforce

<https://bhw.hrsa.gov/>

National Alliance on Mental Illness (NAMI)

<http://www.nami.org>

National Rural Health Association (NRHA)

<http://www.ruralhealthweb.org>

National Institutes of Health (NIH), National Institute on Mental Health (NIMH)

<http://www.nimh.nih.gov/>

National Rural Recruitment and Retention Network

<http://www.3rnet.org>

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

<http://www.suicidepreventionlifeline.org/>

Rural Health Information Hub (RHIH)

<https://www.ruralhealthinfo.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

<http://www.samhsa.gov/>

Suicide Prevention Resource Center (SPRC)

<http://www.sprc.org>



WHAT IS ZERO SUICIDE?

Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems, and also a specific set of tools and strategies. It is both a concept and a practice.

» LEAD

» TRAIN

» IDENTIFY

» ENGAGE

» TREAT

» TRANSITION

» IMPROVE

Its core propositions are that suicide deaths for people under care are preventable, and that the bold goal of zero suicides among persons receiving care is an aspirational challenge that health systems should accept. The Zero Suicide approach aims to improve care and outcomes for individuals at risk of suicide in health care systems. It represents a commitment to patient safety—the most fundamental responsibility of health care—and also to the safety and support of clinical staff, who do the demanding work of treating and supporting suicidal patients.

The challenge of Zero Suicide is not one to be borne solely by those providing clinical care. Zero Suicide relies on a system-wide approach to improve outcomes and close gaps rather than on the heroic efforts of individual practitioners. This initiative in health care systems also requires the engagement of the broader community, especially suicide attempt survivors, family members, policymakers, and researchers. Thus, Zero Suicide is a call to relentlessly pursue a reduction in suicide for those who come to us for care.

The programmatic approach of Zero Suicide is based on the realization that suicidal individuals often fall through multiple cracks in a fragmented and sometimes distracted health care system, and on the premise that a systematic approach to quality improvement is necessary. The approach builds on work done in several health care organizations, including the Henry Ford Health System (HFHS) in Michigan. Like other leading health care systems, HFHS applied a rigorous quality improvement process to problems such as inpatient falls and medication errors. HFHS realized that mental and behavioral health care could be similarly improved. This insight led to the development of HFHS's Perfect Depression Care model, a comprehensive approach that includes suicide prevention as an explicit goal. The approach incorporates both best and promising practices in quality improvement and evidence-based care and has demonstrated stunning results—an 80 percent reduction in the suicide rate among health plan members.

Using these successful approaches as the basis for its recommendations, the Clinical Care and Intervention Task Force of the National Action Alliance for Suicide Prevention identified essential elements of suicide prevention for health care systems (i.e., health care plans or care organizations serving a defined population of consumers, such as behavioral health programs, integrated delivery systems, and comprehensive primary care programs). These elements include:

- 1 LEAD** » Create a leadership-driven, safety-oriented culture committed to dramatically reducing suicide among people under care. Include suicide attempt and loss survivors in leadership and planning roles.
- 2 TRAIN** » Develop a competent, confident, and caring workforce.
- 3 IDENTIFY** » Systematically identify and assess suicide risk among people receiving care.
- 4 ENGAGE** » Ensure every person has a suicide care management plan, or pathway to care, that is both timely and adequate to meet his or her needs. Include collaborative safety planning and restriction of lethal means.
- 5 TREAT** » Use effective, evidence-based treatments that directly target suicidality.
- 6 TRANSITION** » Provide continuous contact and support, especially after acute care.
- 7 IMPROVE** » Apply a data-driven quality improvement approach to inform system changes that will lead to improved patient outcomes and better care for those at risk.

If we do not set big goals, we will never achieve them. In the words of Thomas Priselac, president and CEO of Cedars-Sinai Medical Center:

“It is critically important to design for zero even when it may not be theoretically possible. When you design for zero, you surface different ideas and approaches that if you’re only designing for 90 percent may not materialize. It’s about purposefully aiming for a higher level of performance.”

Better performance and accountability for suicide prevention and care should be core expectations of health care programs and systems. While we do not yet have proof that suicide can be eliminated in health systems, we do have strong evidence that system-wide approaches are more effective.

To assist health and behavioral health plans and organizations, the Suicide Prevention Resource Center (SPRC) offers an evolving online toolkit that includes modules and resources to address each of the elements listed above. SPRC also provides technical assistance for organizations actively implementing this approach.

Learn more at www.zerosuicide.com.



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