Suicide Prevention

Every 15 minutes someone in the U.S. takes his or her own life. And for every one suicide, there are 25 attempts. This public health issue affects everyone: families, healthcare providers, school personnel, faith communities, friends, government, and others. It's important that everyone know suicide's warning signs and how to help a person contemplating suicide. This is particularly true for healthcare providers, especially those who work in integrated health settings, which are primed to make a great difference in the lives of people at-risk of suicide.

- General Resources
- Screening Tools
- Special Populations
- Community Resources
- Trainings

General Resources

Check our edition of eSolutions which focuses on Suicide Prevention in Primary Care, containing a profile of a New York FQHC, common suicide warning signs, featured resources, and more!

The Suicide Resource Prevention Center, funded by SAMHSA, provides technical assistance, training, and materials to increase the knowledge of professionals serving people at risk for suicide.

The 2012 National Strategy for Suicide Prevention: Goals and Objectives for Action is a joint effort by the U.S. Surgeon General and the National Action Alliance for Suicide Prevention. The strategy provides clear strategic directions with specific goals and objectives to guide suicide prevention actions in the U.S. over the next ten years. Check out the National Strategy for Suicide Prevention overview.

Suicide Prevention Toolkit for Rural Primary Care, developed by Western Interstate Commission for Higher Education (WICHE) Mental Health Program, in collaboration with the Suicide Prevention Resource Center, assists rural primary care providers in effectively identifying and intervening with individuals who are suicidal.

Suicide Prevention: Not Another Life to Lose, the most recent edition of National Council Magazine, provides insights from leaders in the field, extensive community resources, and inspiring, poignant stories of survival, resiliency, and courage.

Suicide Safe: a suicide prevention, mobile-learning tool to help providers integrate suicide prevention strategies into their practice and reduce suicide risk among their patients. SAMHSA's free app is available for Android and iOS operating systems.

Screening Tools

The Columbia-Suicide Severity Rating Scale (C-SSRS) is a questionnaire used for suicide assessment. It is available in 114 country-specific languages. Mental health training is not required to administer the C-SSRS. Various professionals can administer this scale, including physicians, nurses, psychologists, social workers, peer counselors, coordinators, research assistants, high school students, teachers and clergy. Learn more about the C-SSRS and how it can be used.

PHQ-9 and SAFE-T and other regular screenings in primary care and other healthcare settings enable earlier identification of suicide risk and mental health disorders.

QPR Institute's risk audit can help in your organization's current operational and training approach to suicidal patient safety.

Stories Of Hope And Recovery is a video guide for Suicide Attempt Survivors and features inspiring stories from three people who survived an attempted suicide. Told through their voices and those of their families, the stories recount their journeys from the suicide attempt to a life of hope and recovery. Includes a video guide.

The MacArthur Depression Toolkit assists primary care clinicians with recognizing and managing depression. This toolkit includes user-friendly instruments to assist with recognizing, diagnosing, treating, and monitoring depression.

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.

A Discussion Guide for Primary Health Care Providers is 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.

**Special Populations**

The Suicide Prevention Resource Center’s [American Indian/ Alaska Natives](https://www.samhsa.gov/american-indian-alaska-natives) website helps individuals who work with Native populations to support suicide prevention and mental health promotion.

The **Rural Assistance Center** provides tools and resources to address suicide in rural and frontier areas of the U.S., where suicide is the second leading cause of death.

The **Safety Plan Treatment Manual to Reduce Suicide Risk for Veterans** is a manual describe es a brief clinical intervention, safety planning, that can serve as a valuable adjunct to risk assessment and may be used with veterans who have made a suicide attempt, have suicide ideation, have psychiatric disorders that increase suicide risk, or who are otherwise determined to be at high risk for suicide (cf. Stanley & Brown, 2008).

**Community Resources**

**Mental Health First Aid** is a public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid USA is managed, operated, and disseminated by the National Council for Community Behavioral Healthcare, Maryland Department of Health and Mental Hygiene, and Missouri Department of Mental Health.

The **Promoting Individual, Family, and Community Connectedness to Prevent Suicidal Behavior** describes a five-year vision for the Centers for Disease Control and Prevention’s (CDC) work to prevent fatal and nonfatal suicidal behavior. The proposed strategic direction is to prevent suicidal behavior by building and strengthening connectedness or social bonds within and among persons, families, and communities.

Find local prevention resources in your community and state.

**Trainings**

The California Mental Health Services Authority developed the **Training Resource Guide for Suicide Prevention in Primary Care Settings** to help guide county efforts to engage primary care in suicide prevention. It includes training materials and implementation tools, a suicide prevention toolkit for rural primary care practices and sample handouts and resources.


9/29/2017
The SPRC Training Institute has a variety of available trainings from research to practice webinars to free online trainings to workshops that focus on suicide prevention for LGBT youth and youth in juvenile justice facilities, as well as a one-day curriculum for mental health professionals on assessing and managing suicide risk.

The American Association of Suicidology offers trainings on recognizing and responding to suicide risk and recognizing the warning signs.

The QPR Institute offers a variety of trainings in suicide prevention, including an entire track dedicated to primary care providers.

The Recognizing and Responding to Suicide Risk: Essential Skills in Primary Care (RRSR-PC) is a one-hour training program that provides Physicians, Nurses/Nurse Practitioners, and Physicians Assistants with the knowledge they need in order to integrate suicide risk assessments into routine office visits, to formulate relative risk, and to work collaboratively with patients to create treatment plans.

Prevention is key to reducing suicide risk among older adults. The Suicide Prevention webinar from The National Council of Aging presented on January 16, 2013 discusses risk factors for suicide, screening tools, effective prevention interventions and provide information about suicide prevention resources available from SAMHSA.

- Recordings (synched audio and slides) remain in our archive for one year. For webinar recordings more than one year old, contact us at Integration@TheNationalCouncil.org.
1-800-273-TALK (National Lifeline)
SAMHSA.GOV
SPRC.ORG
New York State office of Mental Health (WWW.OMH.NY.GOV)
PREVENTSUICIDENY.ORG
PREVENTSUICIDELI.ORG
SUICIDE PREVENTION ORGANIZATIONS

An Organization of professionals dedicated to the study of the causes and prevention of suicide. AAS maintains a database of survivor groups around the country, (WWW.suicidology.org)

American Foundation for suicide Prevention (AFSP) 120 Wall Street, 22nd Floor New York, New York 10005. Telephone (888) 333-2377. AFSP is a nonprofit foundation that supports research and education into the causes and prevention of suicide, and provides information and support to suicide survivors. AFSP maintains a database of survivor support groups, and runs an annual Survivors of Suicide teleconference in November, with viewing sites around the nation. (www.afsp.org)

Suicide Information & Education Centre (SIEC) #210, 1615 10th Avenue SW, Calgary, Alberta Canada T3C0J7. Telephone: (403) 245-3900. Largest database and library of information related to suicide in the world. (www, siec.ca)

Suicide Prevention advocacy Network USA (SPAN USA) 4034 Odins Way, Marietta, GA. 30068. Telephone: (888) 649-1366. SPAN is a political advocacy group comprised of survivors, professional, and political leaders. The mission of SPAN is to help reduce the suicide rate in the United States by advocating for suicide prevention programs aimed at the public, and at government and other social institutions. (www.spanusa.org)