

SUICIDE PREVENTION WE ALL HAVE A ROLE

An Introduction to Comprehensive Suicide Prevention

Presenter Name | Organization | Date

BEFORE WE BEGIN

CONVERSATIONS ABOUT SUICIDE CAN AFFECT EACH OF US DIFFERENTLY.

Suicide may have touched your life personally, professionally, or both. As we talk today, please take care of yourself in whatever way you need. You are welcome to step out, take a break, or choose not to participate in part of the conversation.

SUPPORT IS AVAILABLE

Call or text 988

988 Suicide & Crisis Lifeline

SUICIDE PREVENTION TAKES A COMPREHENSIVE APPROACH

CDC's **Suicide Prevention Resource for Action** identifies seven strategies that can work together to help prevent suicide:

1. Strengthen Economic Supports
2. Create Protective Environments
3. Improve Access and Delivery of Suicide Care
4. Promote Healthy Connections
5. Teach Coping and Problem-Solving Skills
6. Identify and Support People at Risk
7. Lessen Harms and Prevent Future Risk

There is no single strategy for preventing suicide.

Source: CDC, *Suicide Prevention Resource for Action* (2022)

TAKING A CLOSER LOOK

Three of CDC's Seven Suicide Prevention Strategies



PROMOTE HEALTHY CONNECTIONS

Strengthen supportive relationships, belonging, and opportunities for connection.



CREATE PROTECTIVE ENVIRONMENTS

Shape policies, practices, and environments in ways that can reduce suicide risk.



IDENTIFY AND SUPPORT PEOPLE AT RISK

Recognize when people may be at risk and help connect them with effective support and care.

Source: CDC, *Suicide Prevention Resource for Action* (2022)

WHAT CAN PREVENTION LOOK LIKE IN PRACTICE?

PROMOTE HEALTHY CONNECTIONS

Sources of Strength

A strength-based, upstream prevention approach that promotes connection, help-seeking, resilience, healthy coping, and belonging.

CREATE PROTECTIVE ENVIRONMENTS

CALM: Counseling on Access to Lethal Means

Training that helps people have conversations about reducing access to lethal means during periods of suicide risk.

IDENTIFY & SUPPORT PEOPLE AT RISK

QPR: Question, Persuade, Refer

Gatekeeper training designed to help people recognize suicide warning signs and connect someone with help.

Source: CDC; Sources of Strength; CALM America; QPR Institute

HOW WE TALK ABOUT SUICIDE MATTERS, TOO

The **National Action Alliance for Suicide Prevention's Framework for Successful Messaging** identifies four areas to consider when communicating publicly about suicide:

STRATEGY

What are we trying to accomplish—and with whom?

SAFETY

Could our message unintentionally cause harm or undermine prevention?

POSITIVE NARRATIVE

Does our message show that prevention, support, coping, and positive action are possible?

GUIDELINES

What additional guidance applies to this audience, topic, or communication situation?

Source: National Action Alliance for Suicide Prevention, *Framework for Successful Messaging*

988: WHAT HAPPENS WHEN YOU REACH OUT?

988 PROVIDES BEHAVIORAL HEALTH CRISIS SUPPORT.

You can call, text, or chat.

You can reach out if:

- You are experiencing suicidal thoughts, mental health distress, substance use concerns, or another emotional crisis.
- You are worried about someone else.
- You need support figuring out what to do next.

What can you expect?

A trained crisis counselor will listen, ask about your safety, provide support, and help connect you with resources when needed.

Source: 988 Suicide & Crisis Lifeline; SAMHSA

988: WHAT HAPPENS WHEN YOU REACH OUT? Continued.

IS 988 THE SAME AS 911?

- **No.**
- **988** focuses on behavioral health crisis support and de-escalation.
- **911** is designed for emergencies requiring an immediate response from law enforcement, fire, or emergency medical services.

WILL 988 AUTOMATICALLY SEND POLICE?

- **No. Most 988 contacts do not involve emergency services.**
- Emergency services may be contacted when there is an imminent physical safety threat and another safety plan cannot be worked out.

WHAT ROLE CAN YOU PLAY?

Start where you are.

IN YOUR RELATIONSHIPS

- Strengthen connection.
- Notice when someone may need support.
- Know where to turn for help.

IN YOUR ORGANIZATION

- Look at policies, practices, environments, and pathways to support.

IN YOUR COMMUNITY

- Support prevention efforts and partnerships.
- Help make resources easier to find and use.

IN YOUR COMMUNICATIONS

- Talk about suicide with care.
- Emphasize prevention, help, hope, and meaningful action.

KEEP LEARNING.
KEEP CONNECTING.

COMPREHENSIVE SUICIDE PREVENTION

CDC — Suicide Prevention Resource for Action
Evidence-informed strategies and approaches for comprehensive suicide prevention.

SUCCESSFUL & SAFE MESSAGING

National Action Alliance for Suicide Prevention — Framework for Successful Messaging
Strategy, Safety, Positive Narrative, Guidelines, and additional communication resources.

CRISIS SUPPORT

988 Suicide & Crisis Lifeline
Call or text **988** | Chat online

PRACTICAL TOOLS & PREVENTION RESOURCES

Center for Applied Research Solutions (CARS)
Training, technical assistance, and resources that support prevention and community well-being.

I'm Worried About Someone. What Can I Do?
A quick-reference conversation and resource navigation tool.

Scan Me:
GA CSP Campaign Toolkit Infographic