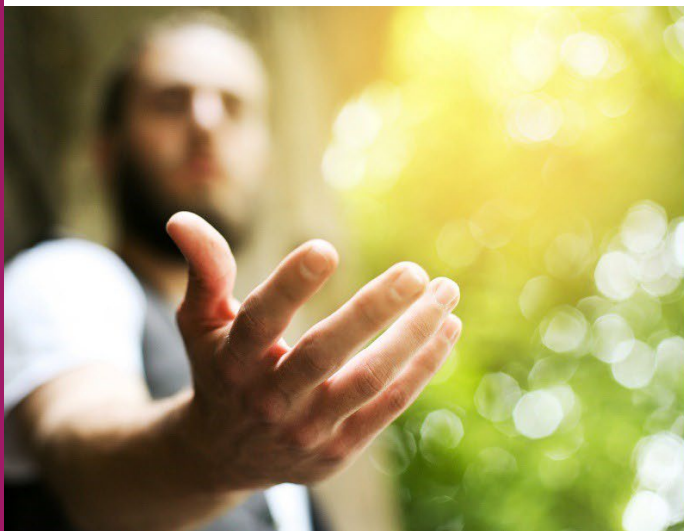


Suicide Awareness & Prevention Toolkit 2022

Patient Safety Awareness
*Your guide to raising awareness
among staff, patients, and families*



**Preventing suicides
in Indiana**
is everyone's
business.



**Indiana Patient
Safety Center**

of the Indiana Hospital Association

Per Suicide Awareness Voices of Education ([Suicide Statistics and Facts - SAVE](#)), suicide is the 12th overall cause of death in the United States. Over 1,000 Hoosiers died by suicide in 2020: 39% of people who die by suicide visit an emergency department in the year prior to their death, and up to 45% of people who die by suicide visit their primary care physician in the month prior to their death. Coordinated suicide prevention strategies can have a dramatic impact on lives saved.

Suicide prevention is everyone's business. The following toolkit will provide you with observance dates to push out focused and targeted communications, social media messages that have up-to-date statistics and information, graphics you can pull out, a resource list, and printable patient education.



Calendar Dates:

September is [Suicide Prevention Awareness Month](#)

September 10 is [World Suicide Prevention Day](#)

November 19 is [International Survivors of Suicide Loss Day](#)

Suicide Awareness & Prevention – Use these images, messages, and links in your public social media and internal staff education.

Clinical Messages

Message 1: 39% of people who die by suicide visit an emergency department in the year prior to their death, and up to 45% visit their primary care physician in the month prior to their death. Coordinated suicide prevention strategies can have a dramatic impact on lives saved. Learn more at [Project 2025](#). #SaferHoosiers #PatientSafetyAwareness

Message 2: Conducting a suicide inquiry and determining risk level and interventions can be uncomfortable for many providers, especially if providers have not received specific training and education in suicide prevention. Using the [SAFE-T](#) resource provides a guide to suicide safer care. Available in app form as well. #SaferHoosiers #PatientSafetyAwareness

Message 3: Words *can* transmit stigma. Studies have shown that people with psychiatric and/or substance use disorders often feel judged, outside and inside the health care system. This can lead them to avoid, delay, or stop seeking treatment. The way we talk about mental health can change lives – in either a positive or negative manner. Use this guide [People Matter, Words Matter](#) to practice safe and compassionate care. #SaferHoosiers #PatientSafetyAwareness

Message 4: The [Dr. Lorna Breen Health Care Provider Protection Act](#), (S. 610 and HR 1667) helps promote mental and behavioral health among those working on the frontlines by providing training programs and increases awareness and education about suicide and mental health concerns among health care professionals.

RESOURCES

- Download this card and additional resources at <http://www.spc.org>
- Resource for implementing The Joint Commission 2007 Patient Safety Goals on Suicide <http://www.spc.org/library/jcsafetygoals.pdf>
- SAFE-T** drew upon the American Psychiatric Association Practice Guidelines for the Assessment and Treatment of Patients with Suicidal Behaviors http://www.psychiatryonline.com/practguides/practguide/topic_14.aspx
- Practice Parameter for the Assessment and Treatment of Children and Adolescents with Suicidal Behavior. Journal of the American Academy of Child and Adolescent Psychiatry, 2001, 40 (7 Supplement): 24s-31s

ACKNOWLEDGMENTS

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

<http://www.spc.org>

SAMHSA
A Life in the Community for Everyone

SAFE-T
Suicide Assessment Five-step Evaluation and Triage

- 1 IDENTIFY RISK FACTORS**
Note those that can be modified to reduce risk
- 2 IDENTIFY PROTECTIVE FACTORS**
Note those that can be enhanced
- 3 CONDUCT SUICIDE INQUIRY**
Suicidal thoughts, plans, behaviors, and intent
- 4 DETERMINE RISK LEVEL/INTERVENTION**
Determine risk. Choose appropriate interventions to address identified risk
- 5 DOCUMENT**
Assessment results, treatment intervention, and follow up

[Click to download image](#)

PEOPLE MATTER, WORDS MATTER

HOW DO YOU PERCEIVE MENTAL HEALTH CONDITIONS?

Language matters in compassionate care, including what you say behind closed doors with co-workers, friends or family. Understanding the prevalence of mental health conditions is an important step in how you perceive individuals and in designing mental illness. Consider the following scenarios to educate yourself and others on how to fight stigma with facts.

| IF YOU HEAR THIS... | CONSIDER RESPONDING WITH... |
|---|--|
| <ul style="list-style-type: none"> I don't know many people with mental health disorders. Not that many people can have serious — even if they do, they should just get a grip. I don't need to work with them. They have some crazy disorder. Please don't lecture them in the office hallway. They are so overreacted and won't come anyway. We should focus more on physical ailments and not mental health. They don't act depressed. | <ul style="list-style-type: none"> Almost everyone knows someone who has or had a mental illness. Research shows 1 in 5 people have a mental health condition. An estimated 25% of Americans experience anxiety at some point in their lives. It can be difficult to control without the appropriate tools and resources. Great stress comes from all sorts of people. There are lots of examples of CEOs, celebrities and respected leaders with a mental health diagnosis. We should try to include her/him/they. Many people with behavioral diagnoses are included at work and in social settings. Mental illness is a physical brain disorder. Consequences are dire if we don't treat the whole person. A person's lifespan can be diminished by up to 20 years compared to peers without mental illness. Millions of people are living with depression, and it affects each person differently. |

[THESE WORDS PROPAGATE STIGMA AND DON'T RECOGNIZE A PERSON'S VALUE.]

[THESE WORDS SHOW COMPASSION AND COMBAT STIGMA.]

Source: Includes CDC and the National Institute of Mental Health. Thank you to Alina Health and its Be the Change initiative for developing talking points on this topic.

June 2021

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It's Okay to Ask for Help
Mental Health Resources for Yourself and Your Friends

- National Suicide Prevention Lifeline**
1-800-273-TALK (8255)
Veterans: Press 1
- Crisis Text Line**
Text TALK to 741741 to text with a trained counselor for free
- The Trevor Project**
TrevorLifeline: 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org
- RAINN**
National Sexual Assault Hotline
Lifeline: 1-800-656-4673
Chat: Via hotline.rainn.org
- TWLOHA**
Connect to mental health resources in your community
twloha.com/find-help
- National Eating Disorders Association**
Helpline: 1-800-931-2237
Chat: Via myeds.org
- Seize the Awkward**
seizetheawkward.org
[@seizetheawkward](https://www.instagram.com/seizetheawkward)
- My3 App**
Define your network and your plan to stay safe
my3app.org

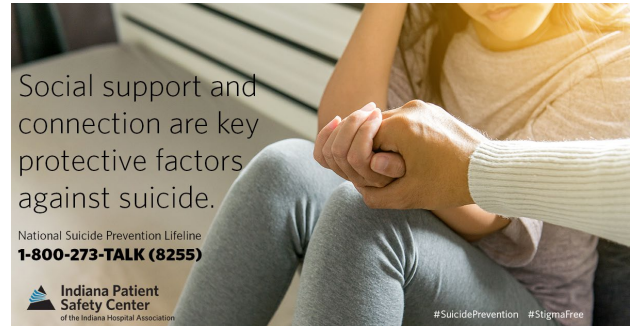
afsp.org/resources

American Foundation for Suicide Prevention

[Click to download image](#)

Community Messages

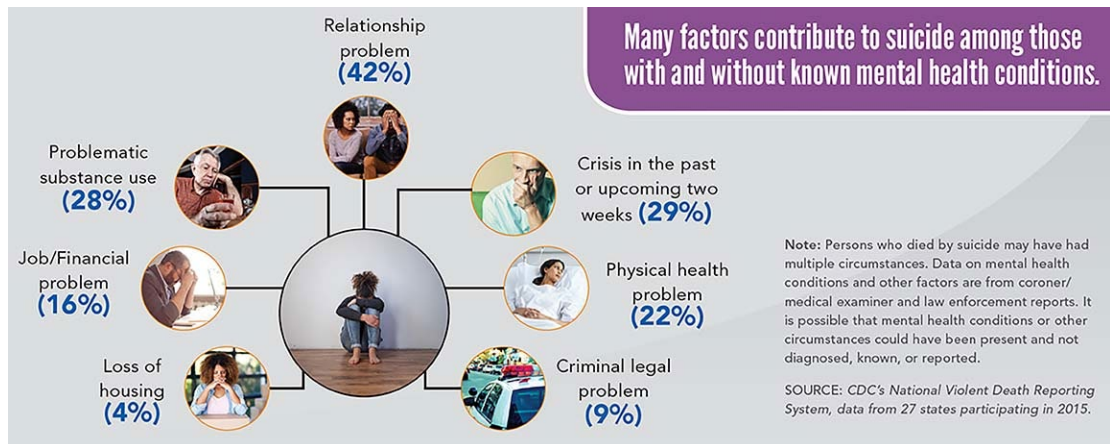
Message 5: Social isolation, increased anxiety, increased substance use, increased anger, expressing hopelessness, changes in sleep or diet, talking about wanting to die, and making plans for suicide are all warning signs of suicide. Learn more at [CDC Vital Signs: Suicide rising across the US](#)
#SaferHoosiers #PatientSafetyAwareness



[Click to download image](#)

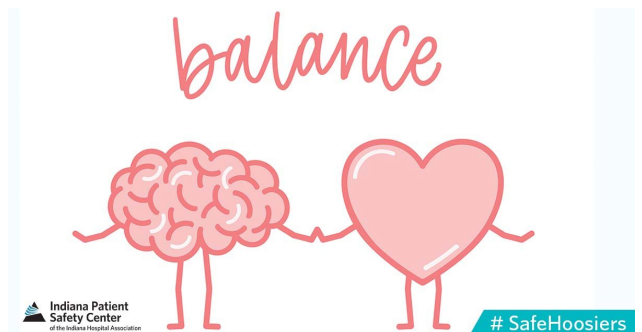
Message 6: Over 1,000 Hoosiers died by suicide in 2020, that is almost 5 times the number of Hoosiers that died in alcohol related motor vehicle accidents. Learn more on the [AFSP Indiana Fact Sheet](#) #SaferHoosiers #PatientSafetyAwareness

Message 7: Many factors contribute to suicide. Learn more [here](#)



[Click to download image](#)

Message 8: Increased stress and anxiety is common during this unprecedented time but remember that prioritizing your mental health is just as important as your physical health. Learn more at [seizetheawkward.org](#).



[Click to download image](#)

Message 9: Suicide prevention is everyone's business. Learn how to help prevent suicide at [QPR Institute](#) #SaferHoosiers #PatientSafetyAwareness



Message 10: Talking with and finding help for someone that may be suicidal can be difficult. Here are some tips.

- Do talk openly and matter-of-factly about suicide.
- Do listen. Allow expressions of and accept feelings.
- Do get help - call 1 800-273-TALK (8255) or text IN to 741741
- Do act. Remove means, like weapons or pills.
- Don't debate if suicide is right or wrong, or if feelings are good or bad.
- Don't lecture on the value of life.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.

For training information go to: [QPR Institute](#) #SaferHoosiers #PatientSafetyAwareness



Message 11: 59.5% of Indiana deaths by suicide used a firearm. Asking about firearms in the home is asking about Patient Safety. Read more about what you need to know [About Suicide Prevention](#). #SaferHoosiers #PatientSafetyAwareness



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Additional Resources

A variety of resources are available to support your Patient Safety Awareness Week campaign. Check out the websites below for information and tools and use the video links in your education and social media.

suicidepreventionlifeline.org/

www.cdc.gov/violenceprevention/suicide/index.html

www.in.gov/issp/

afsp.org/about-suicide/state-fact-sheets/#Indiana

suicidology.org/facts-and-statistics/

zerosuicide.sprc.org/

www.sprc.org/comprehensive-approach/social-connectedness

[Asking About Suicide in Health care Settings](#)

[Indiana Suicide Prevention Resources Toolkit](#)

Dos and Don'ts of Helping a Suicidal Friend

- Do talk openly and matter-of-factly about suicide.
- Do listen. Allow expressions of feelings. Accept the feelings.
- Do get help from people or agencies specializing in crisis intervention and suicide prevention. **1 800 273 TALK** (8255) or **text IN to 741741**.
- Do offer hope that alternatives are available but do not offer glib reassurance.
- Do take action. Remove means, like weapons or pills.
- Don't debate whether suicide is right or wrong, or whether feelings are good or bad.
- Don't lecture on the value of life.
- Don't dare him or her to do it.
- Don't act shocked. This will put distance between you.
- Don't be sworn to secrecy. Seek support.

Preventing suicides in Indiana
is everyone's business.

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Resources to Share with the Community

Taking a [mental health screening](#) is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions include depression or anxiety. They are real, common, and treatable conditions and recovery is possible!

The [Centers for Disease Control and Prevention](#) provides insight into the public health problem surrounding suicide and the lasting impacts and effects of suicide on individuals, families, and communities.

The [American Foundation for Suicide Prevention](#) provides information around suicide and prevention efforts.

Visit the [Indiana Suicide Prevention website](#) to obtain hotline numbers, resources for the LGBTQ+ community, resources for parents, and more.

[Seize the Awkward Campaign](#) – A resource for individuals looking to help friends through mental health issues.

[Asking about Suicide in Health care Settings](#) – The National Institute of Mental Health provides a video capturing the importance of asking questions in the health care setting related to suicide.

[What is suicide?](#) – The Centers for Disease Control and Prevention video presents an overview of suicide.

[Suicide-Proof Your Home](#)

[Counseling on Access to Lethal Means](#) – the online Counseling on Access to Lethal Means (CALM) course will be accessible at zerosuicidetraining.edc.org. The content of the course will remain the same and continues to be free of charge. Please address any questions to ZSonline@edc.org

Hotline Numbers

- [National Suicide Prevention Lifeline](#)
800-273-TALK (8255)
- Teen Suicide Hotline
800-SUICIDE (784-2433)
- Text IN to 741741 for Suicide Prevention



Resources for Caregivers and Providers

Resources through the Zero Suicide Institute

<http://zerosuicide.edc.org/>¹

The Zero Suicide framework is a system-wide commitment to supporting safe, suicide care for patients in the community and hospital settings. This organizational commitment has been inspired by health care systems across the Country working to improve their quality of care. The Indiana Hospital Association partnered with the Academy in 2019 to conduct a 3-day, immersive training to hospitals. Although your organization may not have attended the Academy, we recommend reviewing these resources below to enhance your suicide care:

Resources for Pandemics

- [Telehealth and Suicide Care during a Pandemic](#)—Resource providing information to help hospitals adapt to using telehealth by providing safe and effective suicide care
- [Psychological Effects of Quarantine During a Pandemic](#) – A briefing from the Center for the Study of Traumatic Stress outlines the stressors of quarantine and the psychological impact on a population and provides tips for health care providers in supporting these patients
- [Managing Health care Workers’ Stress Associated with a Pandemic](#)— The National Center for Posttraumatic Stress Disorder outlines the background of traumatic stress and how to support health care workers and their stress during a pandemic and beyond

Zero Suicide Framework Resources

LEAD a system-wide culture change committed to reducing suicides

- Conduct the [Zero Suicide Organizational Self-Study](#) to assess the core elements of suicide care currently in place at your organization
- Lived Experience – People with lived experience can support hospitals in developing, implementing, and evaluating efforts for suicide care. [The Suicide Attempt Survivors Task Force issued a report supporting the insights of those with lived experience.](#)

TRAIN a competent, confident, and caring workforce

- Conduct an [organization-wide workforce survey](#) to assess staff knowledge and comfort interacting with patient who may be at risk for suicide



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IDENTIFY patients with suicide risk via comprehensive screenings and assessment

- Identify your organization's assessment/screening tool
 1. [PHQ-9 \(Patient Health Questionnaire Depression Scale\)](#)² – A short assessment asking about recent feelings and thoughts surrounding the question, “Over the past two weeks have you been bothered by...”
 2. [C-SSRS \(Columbia-Suicide Severity Rating Scale\)](#) – For use in the clinical setting to allow practitioners the ability to gather a lifetime history of suicidality, along with recent suicidal ideation and behavior.

² <https://www.apa.org/depression-guideline/patient-health-questionnaire.pdf>

ENGAGE all individuals at-risk of suicide using a suicide care management plan

- Create a [hospital-wide safety plan](#) for standardization of practice
- [Counseling on Access to Lethal Means \(CALM\)](#) the online Counseling on Access to Lethal Means (CALM) course will be accessible at zerosuicidetraining.edc.org. The content of the course will remain the same and continues to be free of charge. Please address any questions to ZSionline@edc.org

TREAT all suicidal thoughts and behaviors using evidence-based treatments

- [Interactive Screening Program \(ISP\)](#): Medical and professional degree schools, hospitals and health systems across the country are using ISP to offer physicians, medical students, residents, and trainees a safe and confidential way to connect with mental health services.
- [National Suicide Prevention Lifeline's #BeThe1To Movement](#) 5 steps to save a life. Use the hyperlink to download graphic kits, poster's, and postcard's in English and Spanish
 1. Ask
 2. Keep them Safe
 3. Be There
 4. Help them Connect
 5. Follow Up

TRANSITION individuals through care with warm hand-offs and supportive contacts

- [National Suicide Hotline](#), free, confidential, 24/7 support by phone 1-800-273-TALK (8255)
- Crisis Text Link, free, confidential, 24/7 support by text Text HOME to 741741



IMPROVE policies and procedures through continuous quality improvement efforts

- [Measure patient-care outcomes](#) across your organization and share with leadership and staff on progress goals for patient care, along with implemented patient assessment goals



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