**Suicide Prevention**

National and Region V Resources

Region V (2019)

* In 2017, nearly 47,173 suicide deaths (approximately one death every 12 minutes); 9.8 million adults seriously thought about suicide; 2.8 million made a plan; and 1.3 million attempted suicide (CDC, 2017).
* Suicide is the 10th leading cause of death for adults; the 2nd leading cause of death for youth (CDC, 2017).
* Suicide rates increased from 29,199 deaths in 1996 to 47,173 deaths in 2017 (CDC, 2017).

SAMHSA Suicide Prevention and Intervention

****SAMHSA’s goal is to provide individuals, families, professionals, and organizations with information and resources to seek help, provide assistance, and implement effective suicide prevention programs in their communities.

* [**National Suicide Prevention Lifeline**](http://www.suicidepreventionlifeline.org/) **(1-800-273-TALK (8255)** - a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Lifeline has more than 160 centers and is connected to the Veterans Lifeline
* ****[**National Action Alliance for Suicide Prevention**](http://www.actionallianceforsuicideprevention.org) – a public/private partnership that advances the *National Strategy for Suicide Prevention* through the work of nearly 200 organizations.
* **Preventing Suicide: A Technical Package of Policy, Programs, and Practices (CDC, 2018**) - Includes community and state strategies to prevent suicide, decrease suicide risk factors, increase protective factors, and inform a comprehensive, multi-level and multi-sectoral approaches to suicide prevention within communities and states.
* **National Strategy for Preventing Veteran Suicide (VA, 2018) -** Purpose is to provide a framework for identifying priorities, organizing efforts, and contributing to a national focus on Veteran suicide prevention.
* **National Governor’s Association, State Strategies for Averting Early Deaths: Innovations and Best Practices for Preventing Suicide (2019) –** Highlights three broad approaches that states can employ to reduce suicide: 1) taking a comprehensive, collaborative approach across relevant state agencies; 2) strategically partnering with key stakeholders across systems; and 3) shaping policies and programs to address upstream prevention.
* [**Behavioral Health Treatment Services Locator**](http://findtreatment.samhsa.gov/) **–** a directory of mental health and substance abuse treatment facilities in the United States and U.S. territories.

SAMHSA Technical Assistance Centers

* SAMHSA [Suicide Prevention Resource Center (SPRC)](http://www.sprc.org/grantees):[www.sprc.org](http://www.sprc.org)
* SAMHSA Service Member Veteran and their Families Technical Assistance Center (SMVF TAC): [www.samhsa.gov/smvf-ta-center](http://www.samhsa.gov/smvf-ta-center)
* SAMHSA Technology Transfer Centers (TTC): [www.samhsa.gov/technology-transfer-centers-ttc](http://www.samhsa.gov/technology-transfer-centers-ttc)
* SAMHSA [Tribal Technical Assistance Center (TTAC)](http://beta.samhsa.gov/tribal-ttac): [www.samhsa.gov/tribal-ttac](http://www.samhsa.gov/tribal-ttac)
* SAMHSA GAINS Center for Behavioral Health and Justice: [www.samhsa.gov/gains-center](http://www.samhsa.gov/gains-center)

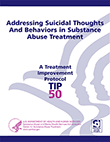
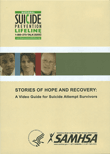
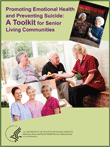
SAMHSA Funding ([www.samhsa.gov](http://www.samhsa.gov))

* *Garrett Lee Smith (GLS) Suicide Prevention/Tribal Youth Suicide Prevention Grant*
* *GLS - Campus Suicide Prevention Program*
* *Cooperative Agreements to Implement Zero Suicide in Health Systems (Zero Suicide)*
* *SAMHSA/DoD/VA: Mayor’s Challenge*
* *SAMHSA/DoD/VA: Governor’s Challenge*
* *Mental Health Awareness Training Grants*
* *Project AWARE (mental health and school violence)*
* *Tribal/Native Connections*

Resources for Engaging Veterans

* VA Suicide Prevention Coordinator and Community Resource Locator: <http://www.veteranscrisisline.net/ResourceLocator>
* Online toolkit for community health providers: [www.mentalhealth.va.gov/communityproviders/military\_resources.asp](https://www.mentalhealth.va.gov/communityproviders/military_resources.asp)
* Veterans Crisis Line [www.veteranscrisisline.net](http://www.veteranscrisisline.net)
* Military Crisis Line <http://www.veteranscrisisline.net/ActiveDuty.aspx>
* PsychArmor Institute <https://psycharmor.org/>

SAMHSA Publications (<http://store.samhsa.gov/home>)

* SAMHSA Suicide Safe Mobile app
* To Live to See the Great Day that Dawns: Preventing Suicide by American Indian/Alaska Native Youth & Young Adults
* TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment
* Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors
* Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities
* Preventing Suicide: A Toolkit for High School

Additional Resources

* National Governor’s Association [www.nga.org](http://www.nga.org)
* National Indian Child Welfare Association [www.nicwa.org/YouthSuicidePreventionToolkit](http://www.nicwa.org/YouthSuicidePreventionToolkit)
* Indian Health Services [www.ihs.gov/behavioral/index.cfm?module=BH&option=Suicide](http://www.ihs.gov/behavioral/index.cfm?module=BH&option=Suicide)
* American Academy of Suicidology [www.suicidology.org](http://www.suicidology.org)
* National Strategy for Suicide Prevention (2012) <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full-report.pdf>

Suicide and Opioids

* Numerous shared risk and protective factors exist between suicide and opioid overdose prevention; a significant number of opioid overdose deaths are unintentional coded as suicides.
* Drug poisonings accounted for 14% of suicide deaths in 2017, with 60 % of these deaths being accounted for by anesthetics and narcotics, including opioids.
* The proportion of suicides that were opioid overdoses rose from 2.2% to 4.3% between 1999 and 2014, with the highest increases occurring among people 45 to 64 years of age.
* <http://www.sprc.org/events-trainings/intersection-opioid-abuse-overdose-suicide-understanding-connections>
* <http://www.sprc.org/news/opioid-suicide-link-translating-knowledge-action>

Minnesota

* State suicide prevention coordinator
  + Amy Lopez
    - [Amy.Lopez@state.mn.us](mailto:Amy.Lopez@state.mn.us)
* State Suicide Prevention Website
  + [Minnesota Department of Health](http://www.health.state.mn.us/injury/topic/suicide/)

Ohio

* State suicide prevention coordinator
  + Tony Coder
    - [Tony.coder@ohiospf.org](mailto:Tony.coder@ohiospf.org)
* State Suicide Prevention Website
  + [Ohio Department of Mental Health & Addiction Services](http://mha.ohio.gov/Default.aspx?tabid=111)

Wisconsin

* State suicide prevention coordinator
  + Leah Rolando
    - [leahr@mhawisconsin.org](mailto:leahr@mhawisconsin.org)
* State Suicide Prevention Website
  + [Prevent Suicide Wisconsin](http://www.preventsuicidewi.org/)

Region V Suicide Prevention Activities

Illinois

* State suicide prevention coordinator
  + Jennifer L. Martin
    - [Jennifer.L.Martin@illinois.gov](mailto:Jennifer.L.Martin@illinois.gov)
* State Suicide Prevention Website
  + [Illinois Department of Public Health](http://www.dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention)

Indiana

* State suicide prevention coordinator
  + Jason Murrey
    - [Jason.Murrey@fssa.IN.gov](mailto:Jason.Murrey@fssa.IN.gov)
* State Suicide Prevention Website
  + [Indiana State Suicide Prevention](http://www.in.gov/issp/)

Michigan

* State suicide prevention coordinator
  + Patricia Smith
    - [smithp40@michigan.gov](mailto:smithp40@michigan.gov)
* State Suicide Prevention Website
  + [Michigan Department of Health & Human Services](https://www.michigan.gov/mdhhs/0,5885,7-339-71548_54879_54882_91271---,00.html)

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