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Preventing Suicide: CDC Technical Package of Policies, Programs, and Practices

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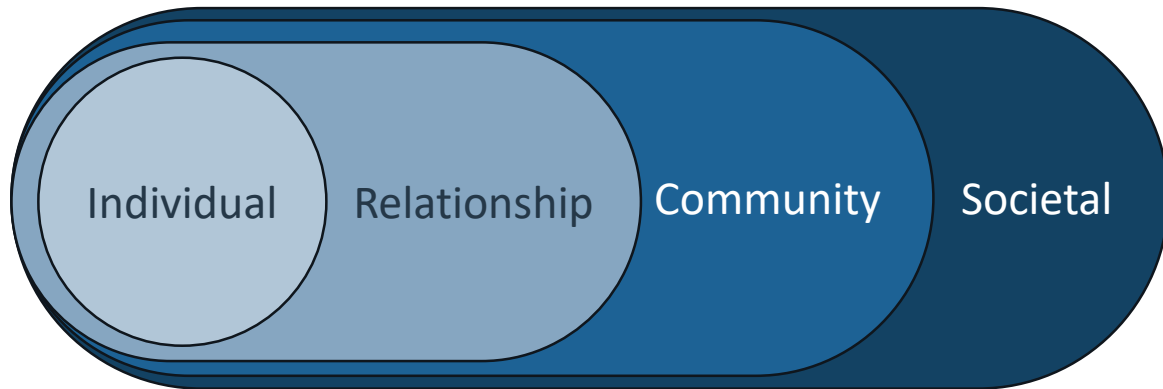


CDC24/7

CDC developed a technical package to help states and communities use the best available evidence to prevent suicide.



Preventing suicide requires strategies at all levels of society.



Strengthen Economic Supports

Strengthen household financial security

- Unemployment benefit programs
- Other income supports (e.g., transfer payments, family assistance)

Housing stabilization policies

- Government subsidies
- Loan Modification programs



Potential Outcomes

- Reductions in foreclosure and eviction rates
- Reductions in emotional distress
- Reductions in rates of suicide

Strengthen Access and Delivery of Suicide Care

Coverage of mental health conditions in health insurance policies

- Mental health parity laws

Reduce provider shortages in underserved areas

- National Health Service Corps
- Telemental health

Safer suicide care through systems change

- Henry Ford Perfect Depression Care (precursor to Zero Suicide)



Potential Outcomes

- Increased use of mental health services
- Lower rates of treatment attrition
- Reductions in depressive symptoms, suicide attempts, and rates of suicide

Create Protective Environments

Reduced access to lethal means among persons at risk of suicide

- Intervening at suicide hot spots
- Safe storage practices

Organizational policies and culture

- US Air Force Suicide Prevention Program

Community-based policies to reduce excessive alcohol use

- Zoning to reduce alcohol outlet density
- Taxes on alcohol



Potential Outcomes

- Increases in safe storage of lethal means
- Reductions in rates of suicide deaths and attempts, and alcohol-related suicide deaths
- Increases in help-seeking

Promote Connectedness

Peer norm programs

- Sources of Strength

Community engagement activities

- Greening vacant urban spaces
- Group physical exercise



Potential Outcomes

- Increases in healthy coping attitudes, behaviors, and help-seeking
- Increases in referrals for youth in distress and in positive perceptions of adult support

Teach Coping and Problem-Solving Skills

Social-emotional learning programs

- School and classroom-based programs
- Youth Aware of Mental Health Program

Parenting skills and family relationships

- Programs designed for parents or caregivers
- The Incredible Years



Potential Outcomes

- Reductions in suicide ideation, attempts, and behaviors
- Improvements in help-seeking behavior, social competence and emotional regulation skills, and problem-solving and conflict management skills

Identify and Support People At Risk

Gatekeeper training

- Applied Suicide Intervention Skills Training (ASIST)
- Garret Lee Smith Suicide Prevention Program

Crisis intervention

- National Suicide Prevention Lifeline

Treatment for people at risk of suicide

- Improving Mood – Promoting Access to Collaborative Treatment (IMPACT)

Treatment to prevent re-attempts

- Emergency department brief intervention with follow-up visits

**Veterans
Crisis Line**



1-800-273-8255
PRESS 1

Potential Outcomes

- Reductions in suicidal ideation, attempts, rates, and re-attempts
- Reductions in depression and feelings of hopelessness
- Improvements in coping skills
- Increases in treatment engagement

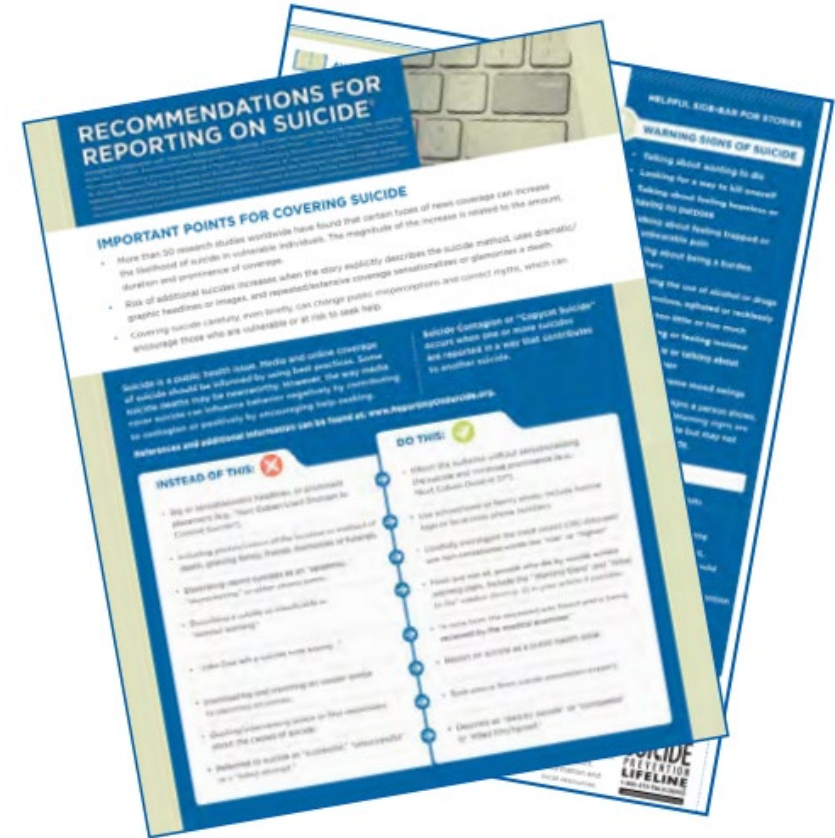
Lessen Harms and Prevent Future Risk

Postvention

- StandBy Response Service

Safe reporting and messaging about suicide

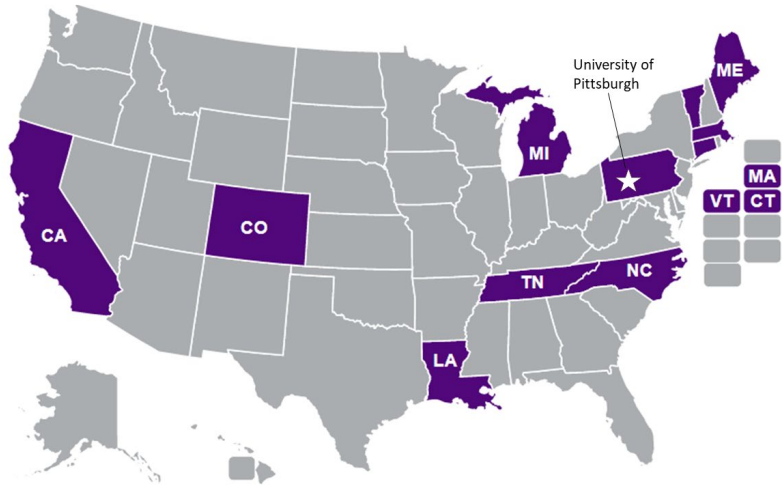
- Recommendations for Reporting on Suicide



Potential Outcomes

- Reductions in suicidal ideation, attempts, contagion effects, and rates
- Reductions in psychological distress
- Improvements in reporting following suicide

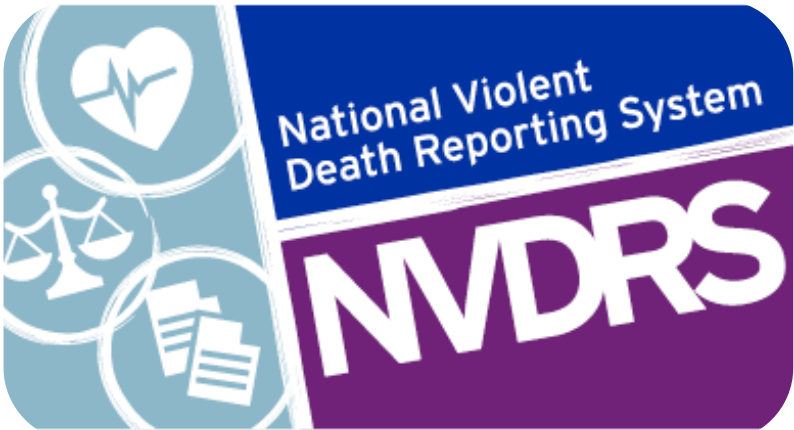
CDC Suicide Prevention



Comprehensive Suicide Prevention Program



Emergency Department Surveillance
of Nonfatal Suicide-Related Outcomes



National Violent Death Reporting System

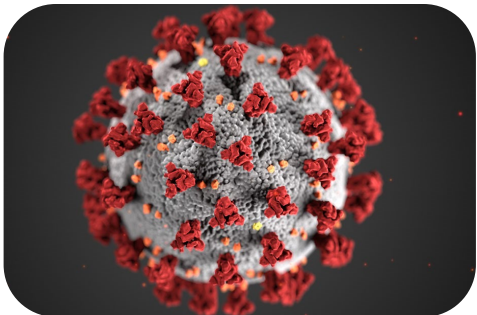
DATA | SCIENCE | ACTION | COLLABORATION



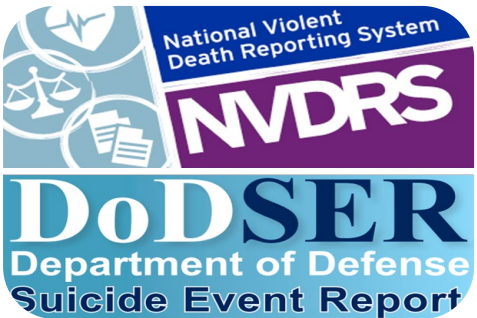
CDC Foundation Grants to Help
Combat Veteran Suicide



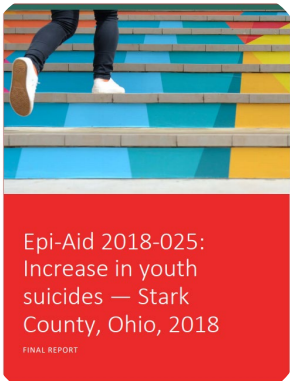
Tribal Suicide Prevention



COVID-19 and Suicide, ACEs,
and IPV Prevention

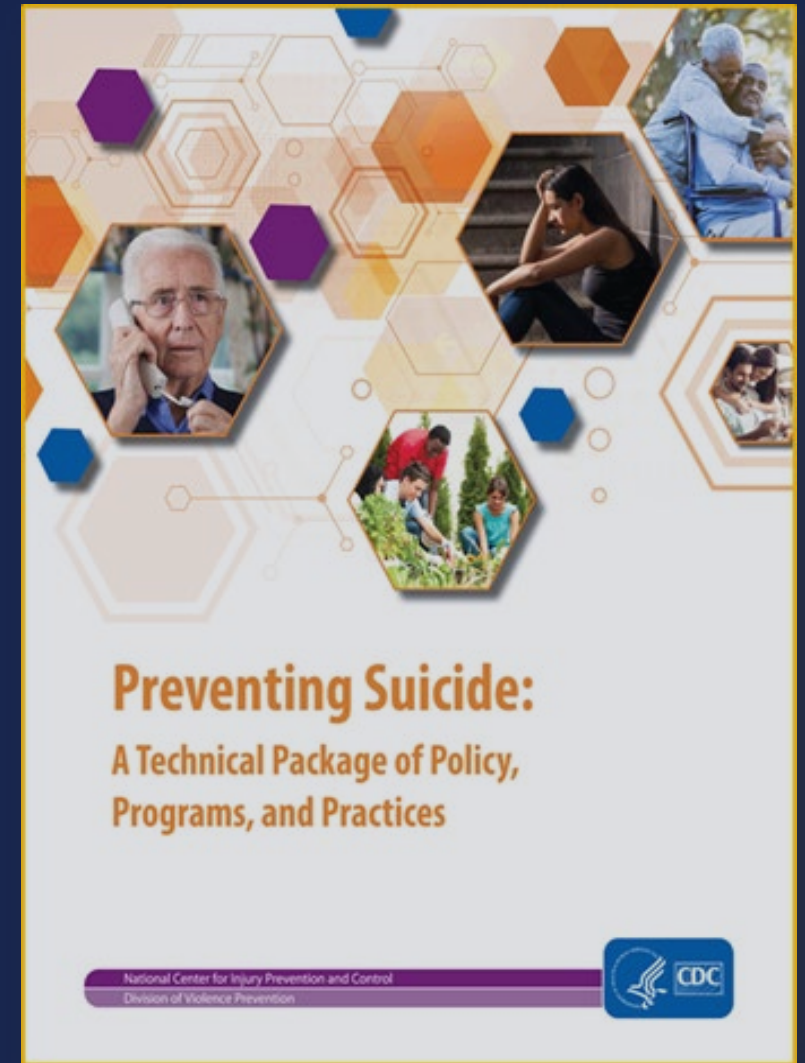


NVDRS and DoDSESR Linkage



Suicide Cluster Epi-Aids

Thank you.



**Centers for Disease
Control and Prevention**
Office of the Director

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.