

# Suicide Awareness & Prevention Member Toolkit 2024

## EXECUTIVE SUMMARY

Preventing harm and improving health outcomes for all Hoosiers is a cornerstone of the Indiana Hospital Association (IHA). Suicide prevention is included in IHA's harm prevention strategies as suicide remains a significant health challenge in Indiana.

- Per Suicide Awareness Voices of Education ([Suicide Statistics and Facts – SAVE](#)), suicide is the 11th overall cause of death in the United States.
- Indiana had 1,152 Hoosiers die by suicide in 2022 (an increase from 2021).
- The most common lethal means used by individuals who die by suicide in Indiana was firearms, accounting for 60% of all suicide deaths. ([2020-2021-Suicide-and-Overdose-Report.pdf \(in.gov\)](#)).
- 27.7% of 9<sup>th</sup> through 12<sup>th</sup> graders who participated in the 2021 Indiana Youth Risk Behavior Survey reported having seriously considered attempting suicide. [2021-YRBS-Presentation.pdf \(in.gov\)](#).
- 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.

IHA believes suicide prevention is everyone's responsibility. Awareness, identification, treatment, and recovery are clinical priorities every day for our members. The following toolkit will provide you with prevention, identification, treatment, and recovery tools to improve the care and education you provide to patients. Observance dates are included to push out focused and targeted social media communications as a means of community engagement in suicide prevention efforts.

WHAT is suicide? [Topics and Terms – Suicide Prevention Resource Center \(sprc.org\)](#)

- Suicide: A death resulting from an action taken by a person with the intent or reasonable expectation that the action will result in their death. [Centers for Disease Control and Prevention. (2022). *Suicide prevention resource for action: A compilation of the best available evidence*. National Center for Injury Prevention and Control. <https://www.cdc.gov/suicide/pdf/preventionresource.pdf>]
- Suicidal ideation: A broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide. [Harmer, B., Lee, S., Duong, T. vi H., & Saadabadi, A. (2023). *Suicidal ideation*. StatPearls. <http://www.ncbi.nlm.nih.gov/books/NBK565877/>]
- Suicide plan: An individual's thinking about a suicide attempt that includes elements such as a timeframe, method, and place.
- Suicide attempt: When someone harms themselves with an intent to end their life, they do not die as a result of their actions.[Centers for Disease Control and Prevention. (2023, May 8). *Facts about suicide*. <https://www.cdc.gov/suicide/facts/index.html>]

## CALENDAR DATES

September is [Suicide Prevention Awareness Month](#)

- Suicide Prevention Month flyer – [English](#) and [Spanish](#)
- [Suicide prevention proclamation](#)

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

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

Read more about what you need to know [About Suicide Prevention](#) in Indiana.



## TOOLS

### PREVENTION:

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.



**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 destigmatizing 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"> <li>I don't know many people with mental health disorders.</li> <li>Not that many people can have anxiety — even if they do, they should just get a grip.</li> <li>I don't want to work with them. They have some crazy disorder.</li> <li>Please don't invite them to the office party. They are so weird and won't come anyway.</li> <li>We should focus more on physical ailments and not mental health.</li> <li>They don't act depressed.</li> </ul> <p>[ THESE WORDS PROPAGATE STIGMA AND DON'T RECOGNIZE A PERSON'S VALUE. ]</p>	<ul style="list-style-type: none"> <li>Almost everyone knows someone who has or had a mental illness. Research shows 1 in 5 people have a mental health condition.</li> <li>An estimated 31% of Americans experience anxiety at some point in their lives. It can be difficult to control without the appropriate tools and resources.</li> <li>Great ideas come from all sorts of people. There are tons of examples of CEOs, celebrities and respected leaders with a mental health diagnosis.</li> <li>We should try to include her/him/them. Many people with behavioral diagnoses feel excluded at work and in social settings.</li> <li>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.</li> <li>19 million people are living with depression, and it affects each person differently.</li> </ul> <p>[ THESE WORDS SHOW COMPASSION AND COMBAT STIGMA. ]</p>

Sources include CDC and the National Institute of Mental Health.  
Thank you to Allina Health and its Be the Change initiative for developing talking points on this topic.

 American Hospital Association  
Advancing Health in America

June 2021

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### PREVENTION:

Increased stress and anxiety is common during times of increased difficulty but remember that prioritizing your mental health is as important as your physical health. Learn how to comfortably start a conversation about mental health at [seizetheawkward.org](http://seizetheawkward.org).



**IDENTIFICATION:**

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 safer care. Available in app form as well.

[SAFE-T Pocket Card: Suicide Assessment Five-Step Evaluation and Triage for Clinicians | SAMHSA Publications and Digital Products](#)

**RESOURCES**

- Download this card and additional resources at <http://www.sprc.org>
- Resource for implementing The Joint Commission 2007 Patient Safety Goals on Suicide <http://www.sprc.org/library/psaiftrgoals.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/pracGuide/pracGuideTopic\\_14.aspx](http://www.psychiatryonline.com/pracGuide/pracGuideTopic_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-51s

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



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**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**  
Social history, stress, behavior, and intent
- 4 DETERMINE RISK LEVEL, INTERVENTION**  
Determine risk. Choose appropriate intervention to address and reduce risk
- 5 DOCUMENT**  
Assessment of risk, rationale, intervention, and follow up



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
www.samhsa.gov

**IDENTIFICATION:**

Suicide screenings should occur where patients are seen, in hospitals and physician practices. No matter which suicide screening tool your organization uses, becoming comfortable with the conversation is as important as screening. Question. Persuade. Refer training can help staff and providers be more adept at these interactions. [QPR Institute](#)



**IDENTIFICATION:**

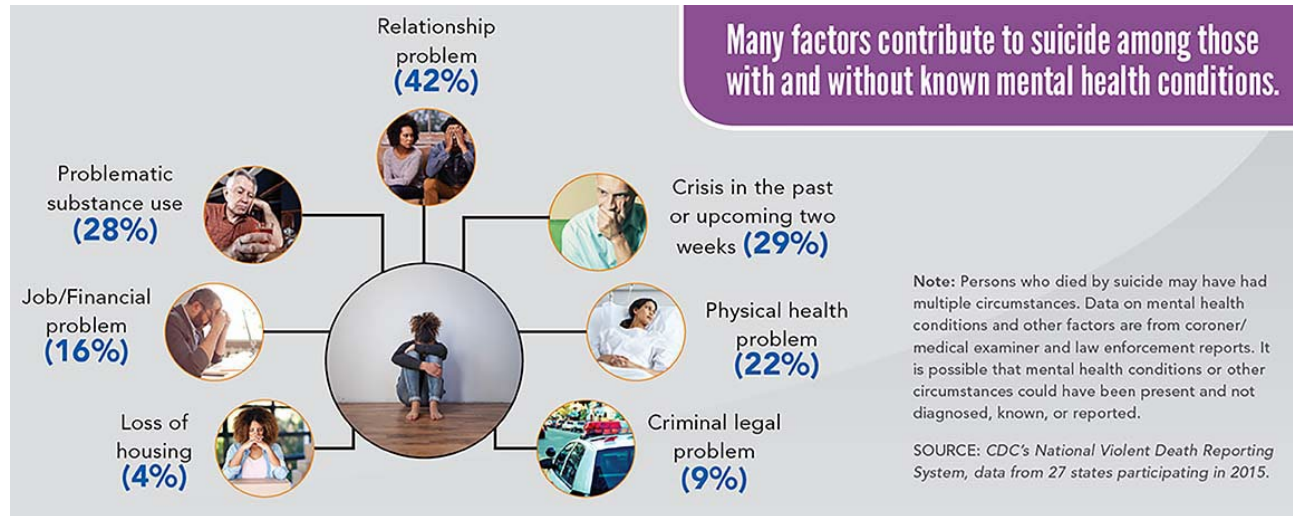
59.5% of Indiana deaths by suicide involved a firearm. Asking about firearms in the home is asking about patient safety. Learn how using this free training resource at [Zero Suicide.org](#).



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**IDENTIFICATION:**

It's not just one thing. Many factors contribute to suicide which is why screening for social drivers of health (SDOH) is so important. Learn more about SDOH screening here [CMS Framework for Health Equity](#)



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**TREATMENT:**

Someone to contact. Someone to respond. Somewhere to go. These are the three pillars of Indiana's crisis response system. Become familiar with the 988 emergency number, mobile crisis teams and crisis stabilization services to better serve our communities and patients. [FSSA: DMHA: 988 Indiana](#)

## Indiana's Crisis Response System

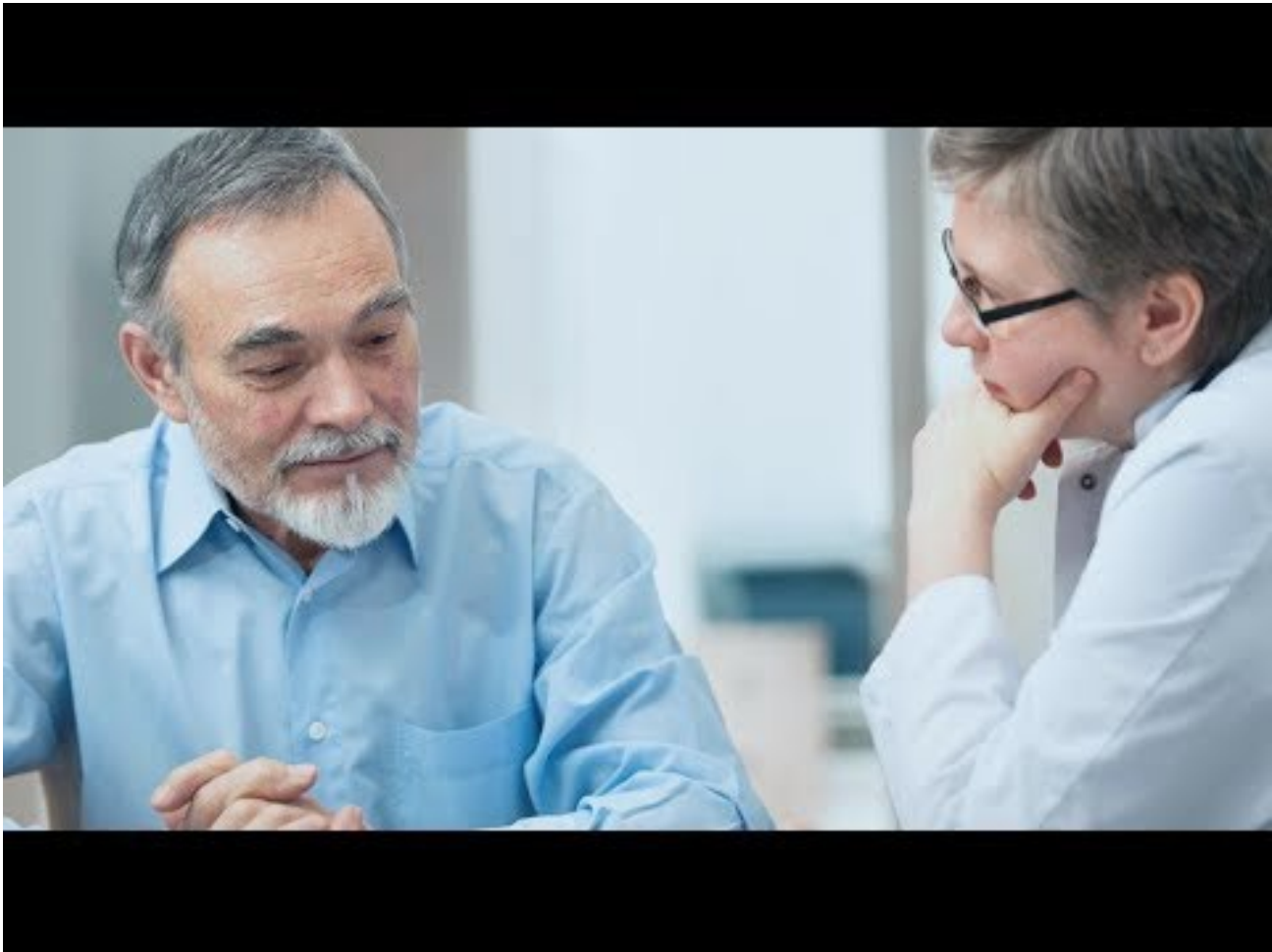


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**TREATMENT:**

[2024 National Strategy for Suicide Prevention \(hhs.gov\)](https://www.hhs.gov) is a bold new 10-year, comprehensive, whole-of-society approach to suicide prevention that provides concrete recommendations for addressing gaps in the suicide prevention field. Goal 8 of this strategy is to implement effective suicide prevention services as a core component of health care. Incorporating brief interventions delivered within routine emergency department (ED) care and paired with a telephone follow-up contact post-discharge can significantly reduce suicide thoughts.

[How emergency departments can help prevent suicide among at-risk patients: Five brief interventions – Suicide Prevention Resource Center \(sprc.org\)](https://www.sprc.org)



**RECOVERY:**

Each survivor of suicide loss (someone who has lost a loved one to suicide) grieves in their own way, and on their own timeline. Connecting with others who have lost a loved one to suicide and hearing how they have navigated the pain of that loss, is a fundamental step toward hope and healing. Consider hosting/facilitating a [Living with Suicide Loss AFSP](#) group in your organization.



## Living with Suicide Loss

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### About the Series

**RECOVERY:**

The power of peers highlights the supportive rather than directive nature of the peer relationship (Promise Resource Network 2016). The National Alliance on Mental Illness (NAMI) Indiana Chapter offers several peer supported and led programs. Consider working with your local NAMI affiliate in bringing these resources to your organization and community. ([Home \(namiindiana.org\)](http://Home(namiindiana.org)))



National Alliance on Mental Illness

**NAMI** | **Indiana**



**RECOVERY:**

Out of the Darkness Walks are journeys of remembrance and events that unite a community – a time to acknowledge the ways in which suicide and mental illness have affected our lives and our loved ones. Hospitals are often the pillars of communities; consider hosting an Out of the Darkness Walk for your community. [Get Involved with AFSP](#)



If your organization is interested in doing a system-wide assessment and implementing a full suicide prevention model, the Zero Suicide framework is a system-wide commitment to supporting safe, suicide care for patients in the community and hospital settings. Conduct the [Zero Suicide Organizational Self-Study](#) to assess the core elements of suicide care currently in place at your organization.

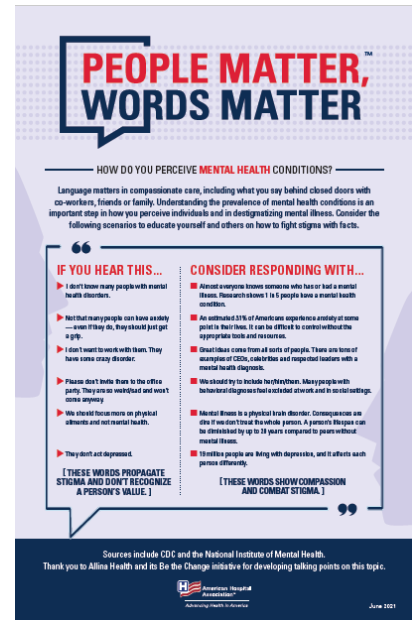


[Homepage | Zero Suicide \(edc.org\)](#)

## COMMUNITY ENGAGEMENT SOCIAL MEDIA MESSAGES

### PREVENTION SOCIAL MEDIA MESSAGE: *(153 characters with spaces)*

Talking is the first step to preventing suicide and the way we talk about people with behavioral disorders can change lives. People Matter, Words Matter.



[Download sharable PDF](#)

### PREVENTION SOCIAL MEDIA MESSAGE: *(93 characters with spaces)*

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



[Download social media image](#)

### IDENTIFICATION SOCIAL MEDIA MESSAGE: *(285 characters with spaces)*

Your mental health is as important as your physical health. Taking a [mental health screening](#) is one of the easiest ways to determine if you are experiencing symptoms of a mental health condition. Mental health conditions are real, common, and treatable and recovery is possible!



[Download social media toolkit](#)

**IDENTIFICATION SOCIAL MEDIA MESSAGE:** *(109 characters with spaces)*

Reducing access to firearms and medication can determine whether a person at risk for suicide lives or dies.



[Download example graphic](#)

**TREATMENT SOCIAL MEDIA MESSAGE:** *(263 characters with spaces)*

Did you know, Indiana has a new emergency number? **988** is a direct connection to compassionate, accessible care, and support for anyone experiencing a mental health crisis. People can also dial 988 if they are worried about a loved one who may need crisis support. [FSSA: DMHA: 988 Indiana](#)



[Download social media image](#)

**RECOVERY SOCIAL MEDIA MESSAGE:** *(249 characters with spaces)*

Each survivor of suicide loss grieves in their own way, and on their own timeline. Connecting with others who have lost a loved one to suicide and hearing how they have navigated the pain of that loss, is a fundamental step toward hope and healing. [Living with Suicide Loss | AFSP](#)



[Download social media sharables](#)