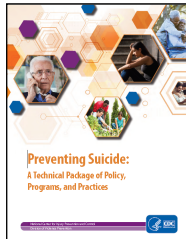


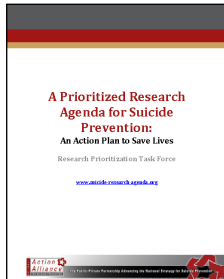
Suicide Awareness & Prevention Resource Guide

Community Strategic Planning for Suicide Prevention:



Preventing Suicide: A Technical Package of Policy, Programs, and Practices was published by the Centers for Disease Control in 2017 and outlines six evidence-based strategies for approaching suicide prevention at the community and state level. This technical package supports the goals and objectives of the *2012 National Strategy for Suicide Prevention* and focuses on evidence-based approaches.

<https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf>



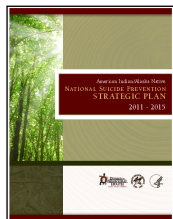
The ***2012 Revised National Strategy for Suicide Prevention*** emphasizes the role individuals can play in helping friends, family members, and colleagues to not die by suicide. Gives guidance for schools, businesses, health systems, clinicians, and other sectors while taking into account newer research and advancements in the field since the previous document was published.

<https://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full-report.pdf>



Transforming Communities: Key Elements for Comprehensive Community-Based Suicide Prevention presents seven key elements for comprehensive community-based suicide prevention, identified via a review of relevant programs, guidance, and models. The elements are key considerations that should guide community-based suicide prevention efforts and aim to help communities create policies, programs, and services that reduce suicide and improve individual, family, and community health.

<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/TransformingCommunitiesPaper.pdf>



The ***American Indian/Alaska Native National Suicide Prevention Strategic Plan 2011-2015*** provides information about the U.S. Indian Health Service mission and six goals with specified objectives to address suicide in American Indian/Alaska Native populations.

https://www.ihs.gov/suicideprevention/includes/themes/responsive2017/display_objects/documents/AIANNationalSPStrategicPlan.pdf



Choosing a Suicide Prevention Gatekeeper Training Program is a 2018 publication of the Suicide Prevention Resource Center that can be used to identify suicide gatekeeper trainings that are most appropriate for particular settings, populations, and community needs. The document compares various programs and provides information about “training objectives, audiences, training format and highlights, and links to the training developer’s website and the SPRC listing on the training.”

<https://www.sprc.org/resources-programs/choosing-suicide-prevention-gatekeeper-training-program-comparison-table>



National Advisory Committee on Rural Health and Human Services is a 21-page policy brief published in late 2017 by the Health Resources and Services Administration National Advisory Committee on Rural Health and Human Services. This resource addresses the impact of suicide in rural areas and state- and federal-level prevention strategies. <https://www.hrsa.gov/sites/default/files/hrsa/advisory-committees/rural/publications/2017-impact-of-suicide.pdf>

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Data & Statistics:



https://ibis.health.state.nm.us/indicator/view/SuicDeath.Year.NM_US.html NM IBIS.
For youth risk information, access <https://ibis.health.state.nm.us/ibisph-view/query/selection/yrrs/YRRSSelection.html>



<https://www.nimh.nih.gov/health/statistics/suicide.shtml>



<https://www.cdc.gov/violenceprevention/suicide/statistics/index.html>
<https://www.cdc.gov/vitalsigns/suicide/index.html>



This tool, developed by the national Suicide Prevention Resource Center, is designed for individuals wanting to access data from state youth-serving systems (juvenile justice, child welfare, and public behavioral health state systems) for purposes of surveillance, planning, political and community support-building, quality improvement, and program assessment. Materials include an overall guide to accessing state data, a technical report, and a worksheet designed to direct a needs assessment and planning. <http://www.sprc.org/resources-programs/breaking-down-barriers-using-youth-suicide-related-surveillance-data-state>

Suicide Crisis and Warm Lines:



The National Suicide Prevention Lifeline: 1-800-273-TALK (8255). Free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Calls are routed to the crisis center closest to the caller. Online Chat services are available at <https://www.suicidepreventionlifeline.org>. Texting services are available by texting **HOME** to **741 741**. Services are also available for those hearing and speech impaired.
Spanish: 1-888-628-9454 para obtener asistencia en español
Hearing and Speech Impaired with TTY Equipment: 1-800-799-4TTY (4889)



A free, 24/7 texting service from anywhere in the U.S. for crisis support with a trained Crisis Counselor is available by texting **HOME** or **CONNECT** to **741741**.
https://www.crisistextline.org/textline?gclid=EAlaIqObChMI7Kqzh53h3wIVRRx9Ch3g9QkxEAAAYASAAEgLpx_D_BwE



Veterans Crisis Line: 1-800-273-8255, Option 1. Confidential help line is available to veterans or persons concerned about a veteran. Callers are connected 24/7 with trained responders with the Department of Veterans Affairs. Texts can also be sent 24/7 to 838255; deaf or hard of hearing at 1-800-799-4889; or an on-line chat service. <https://www.veteranscrisisline.net/>

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The Veterans Administration's Caregiver Support Line: 1-855-260-3274. Line is staffed by licensed social workers who assist veterans and families in need of immediate assistance and answer questions about services for which the veteran is eligible. This includes connecting the caller with the Caregiver Support Coordinator at a nearby VA Medical Center.



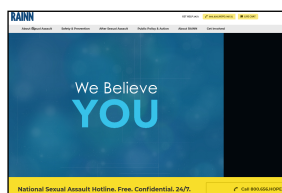
Agora Crisis Center provides free, confidential emotional support (via phone and online chat), referrals, and community education throughout New Mexico and beyond. Located at the University of New Mexico, Agora serves the community by offering support to vulnerable populations locally and nationally through the National Suicide Prevention Lifeline network. **Agora** trains volunteers to become phone and chat specialists using a nationally-accredited training program. Agora's training in the community includes suicide awareness, prevention, and intervention skills training (such as QPR & ASIST) to local organizations, schools, and institutions. Phone 505-277-3013 or 855-505-4505; On-line chat available at www.agoracares.org/, click [Chat Online](#)



New Mexico Crisis and Access Line (NMCAL): 1-855-662-7474 (1-855-NMCRISIS). Available for individuals to call and talk to a counselor 24 hours a day, 7 days a week, 365 days a year. Was developed as a result of NM House Bill Memorial 17 in 2011 to improve securing immediate support for people with a mental health crisis. Is not just related to suicide, but other mental health issues and concerns as well. <http://www.nmcrisisline.com>



New Mexico Peer to Peer Warmline: 1-855-466-7100 (1-855-4NM-7100). The **Warmline** has in-person and texting services to support individuals who want to call or text and talk about any mental health and substance use concern before that person gets to the point of crisis. The services can also be used when individuals want to talk about a mental health or substance use concern for themselves or to learn how to help another. Calls are free and anonymous. NMCAL also provides crisis call services for various groups after-hours and weekends. <http://www.nmcrisisline.com>



Rape, Abuse & Incest National Network (RAINN) is the nation's largest anti-sexual violence organization. It created and operates the confidential National Sexual Assault Hotline 24/7 in partnership with 1000+ local sexual assault service providers across the country and operates the Safe Helpline site for the Department of Defense (DOD). **1-800-656-4673 (1-800-656-HOPE).** Access to live chat services is also available at <https://rainn.org/>, Spanish at <https://rainn.org/es>.



Trans Lifeline is a grassroots peer-support hotline offering direct emotional support to trans people in crisis. Developed for and by the trans community, it is staffed by trans individuals, and has a policy against non-consensual active rescue due to perceptions of vulnerability with police. US: 877-565-8860 /Canada: 877-330-6366. <http://www.translifeline.org/>



The **Suicide Attempt Survivors** website is designed for individuals with "...lived experience of suicidal thoughts and behaviors." The site includes stores of hope and recovery and self-care tips from attempt survivors. <http://lifelineforattemptsurvivors.org/#n>

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The **Trevor Project** has phone, instant messaging, and texting services for gay, lesbian, transgender, and questioning (GLBTQ) youth under age 25 years for individuals in need of emotional or crisis support. The **TrevorLifeline** is a 24-hour, 7 days/week, 365 days/year toll-free suicide prevention helpline available at 1-866-488-7386. The Lifeline is staffed by trained counselors who can access a public resource directory (www.glbtnearme.org) to locate local, vetted gay-friendly resources using zip code and the distance individuals are willing to travel for referrals for youth services. (Note: Referral services may be more limited for more rural or isolated communities.) The **TrevorChat** is an online instant messaging service with a **TrevorChat** counselor who is available 7 days/week between 1 pm-8 pm MT. **TrevorText** service is available by texting START to 678678 Mon-Friday between 1 pm and 8 pm MT. Other resources include: Fact and Resource sheets; **The Lifeguard Workshop**, a free online learning module with video, curriculum, and teacher resources for MS and HS classrooms; and **Trainings for Professionals** which include in-person **Ally** and **CARE Trainings** for adults who work with GLBTQ youth about discussing LGBTQ-competent suicide prevention. <https://www.thetrevorproject.org/>

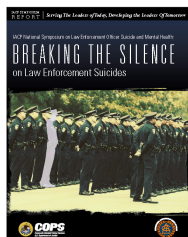


Department of Defense Safe Helpline: 1-877-995-5247 is a crisis support service designed to provide live, 1-on-1 support to sexual assault survivors, their loved ones, and anyone within the DoD community looking for more information. Services are available 24/7 and are confidential, anonymous, secure, and available worldwide to provide survivors with needed help. The phone number is the same in the U.S. and worldwide via DSN. Also includes an online Helpline for 1-on-1 assistance through a secure instant-messaging platform at <https://safehelpline.org> and a moderated, 24/7 Safe HelpRoom for live chat for survivors to talk with other survivors.



The **Stories of Hope and Recovery** website includes short written stories and videos by individuals who attempted suicide and their experiences with recovery. <https://suicidepreventionlifeline.org/stories/>

Resources - Law Enforcement, First Responders, & Crisis Care Providers:

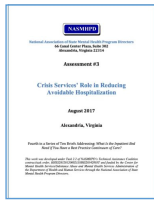


Breaking the Silence: A National Symposium on Law Enforcement Officer Suicide and Mental Health was published in 2014 and addresses mental health stigma within law enforcement. Included is a discussion of a national strategy as a means to address officer mental health wellness and suicide prevention is discussed. [http://www.theiacp.org/Portals/0/documents/pdfs/Suicide Project/Officer Suicide Report.pdf](http://www.theiacp.org/Portals/0/documents/pdfs/Suicide%20Project/Officer%20Suicide%20Report.pdf)



The Ruderman White Paper on Mental Health and Suicide of First Responders, published in spring of 2018, presents information about the need for improved mental health services for First Responders who die by suicide at higher rates than dying while in the line of duty. http://rudermanfoundation.org/white_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/

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Crisis Services' Role in Reducing Avoidable Hospitalization was published in August of 2017 by members of the National Association of State Mental Health Program Directors. Major premises in this document include the importance of matching clients in need of care with appropriate, available, and accessible health crisis services to avoid use of the Emergency Department as a default crisis service provider. <http://crisisnow.com/>



Be the Change-- Ensuring an Effective Response to All in Psychiatric Emergency Equal to Medical Care, a 20-page document, lists recommendations developed by an international panel to better address the needs of individuals needing crisis care using an integrated, systematic approach to behavioral health crisis care.

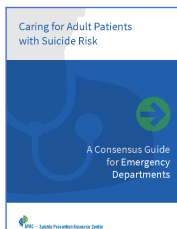
<http://bhltest2.com/wp-content/uploads/2018/10/Be-the-Change.pdf>

Resources – Emergency Departments:



How Emergency Departments Can Help Prevent Suicide among At-Risk Patients: Five Brief Interventions is a 9-minute video available on the Suicide Prevention Resource Center website. It describes action steps and tools Emergency Department staff can implement prior to a patient's discharge to prevent suicide. Five topic areas include: Brief Patient Education; Safety planning; Lethal Means Counseling; Rapid Referral; and Caring Contacts. (Note: These interventions are covered more in-depth in a companion resource titled *Caring for Adult Patients with Suicide Risk: A Consensus Guide for Emergency Departments*).

<http://www.sprc.org/micro-learning/how-emergency-departments-can-help-prevent-suicide-among-risk-patients-five-brief>



Caring for Adult Patients with Suicide Risk: A Consensus Guide for Emergency Departments is a resource guide for those who provide services to patients in the Emergency Department. Content includes a decision tree for care of patients along the continuum of suicidal experiences (ideation, attempts), suicide risk screening tools, brief suicide prevention interventions, patient education and safety planning and lethal means counseling, referral processes, discharge planning, and information to support EDs and ED staff (e.g., telepsychiatry, reducing liability concerns). Included also are sample caring contact letters to patients, a community resource list template, and extensive list of suicide-related educational resources. http://www.sprc.org/sites/default/files/EDGuide_full.pdf



Preventing Suicide in Emergency Department Patients is an on-line course located on the Suicide Prevention Resource Center website which teaches Emergency Department professionals how to conduct screening, assessment, and brief interventions in patients at risk for suicide. <https://training.sprc.org/enrol/index.php?id=8>

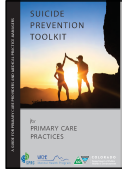


Crisis Now: Transforming Services is Within Our Reach, a 2016 publication of the National Alliance for Suicide Prevention Crisis Services Task Force, provides recommendations for improving crisis mental health care services. Evidence-based and evidence-informed strategies address four common core elements of comprehensive crisis care. These include: developing regional statewide crisis call centers; centrally deploying mobile crisis on a 24/7 basis; using

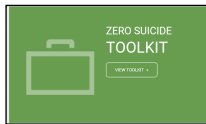
Suicide Awareness & Prevention Resource Guide

residential crisis stabilization programs; and applying essential crisis care principles and practices. <https://theactionalliance.org/sites/default/files/crisisnow.pdf>

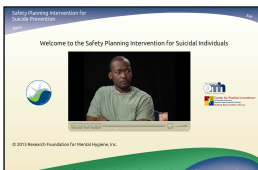
Resources – Primary Care Clinics and Health Facilities:



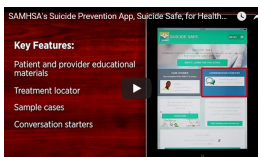
Suicide Prevention Toolkit for Primary Care Practices is a web-based resource with information and tools to implement suicide prevention practices in primary care settings. The Toolkit was a collaborative project between the Suicide Prevention Resource Center and the Western Interstate Commission for Higher Education Mental Health Program. \$25 for hard copies, downloads free: <https://www.wiche.edu/mentalhealth/suicide-prevention-toolkits>



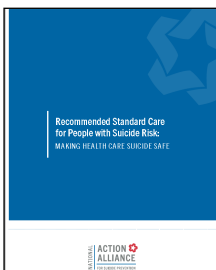
The Zero Suicide Toolkit was designed for use by individuals in health care systems working with individuals at risk for suicide. Content includes information, tools, resources, and activities for health and behavioral health care leaders and leadership teams in primary care, integrated delivery systems, EDs, hospitals, physician practices, juvenile justice, senior living facilities, and veteran-serving health care organizations. zerosuicide.sprc.org



Safety Planning Intervention for Suicide Prevention is a 27-slide web-based introduction to the *whys* and *hows* of creating a safety plan for individuals who express suicidal ideation. The program was developed by two behavioral health clinicians and provides a clear description of the 7-step process for developing a Safety Plan. Designed for use by clinicians. Available at <http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/sp/course.htm>



Suicide Safe: The Suicide Prevention App for Health Care Providers is a free mobile phone application sponsored by the Substance Abuse and Mental Health Services Administration and available for iOS® and Android™ devices through Google Play or the App Store. Includes patient and provider educational materials, a treatment locator, sample cases, and conversation starters. <https://store.samhsa.gov/apps/suicidesafe/>

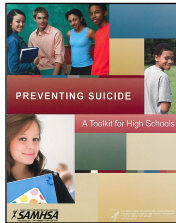


Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe was published in 2018 by the National Action Alliance for Suicide Prevention. The document provides recommendations for implementing health care standards for people at risk for suicide. Standards of care are offered for providers and systems who care for individuals presenting to outpatient mental health and substance use settings, EDs, and primary care offices. The document also lists suicide and behavioral health screening tools and suggested tools for use in planning for a patient's safety and stabilization.

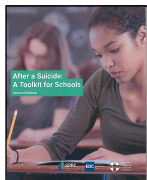
<http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org>

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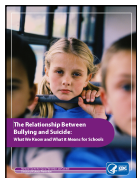
Resources – School and University Settings:



Preventing Suicide: A Toolkit for High Schools was published in 2012 and provides information about suicide awareness, prevention, intervention, and postvention strategies and activities. It includes a comprehensive set of tools, protocols, sample notification letters, and materials that can be used by school personnel, parents, and high school students. Developed by the Substance Abuse and Mental Health Services Administration under the US Department of Health. <https://www.samhsa.gov/capt/tools-learning-resources/preventing-suicide-toolkit>

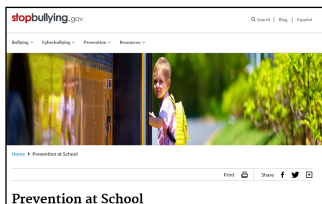


After a Suicide: A Toolkit for Schools Second Edition was written in 2018 by staff of the American Foundation for Suicide Prevention and the Suicide Prevention Resource Center Education Development Center. It can be used as a guide for postvention services for middle and high school students by administrators, school staff, parents, and community members after a suicide. <https://www.sprc.org/resources-programs/after-suicide-toolkit-schools>



The Relationship Between Bullying and Suicide: What We Know and What It Means for Schools is a short, user-friendly publication that provides information for school personnel and parents about risk factors for bullying and specific actions that school staff can take to address this issue.

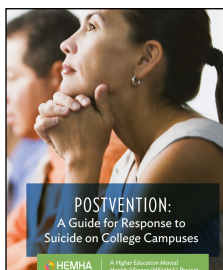
<https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>



Misdirections in Bullying Prevention and Intervention defines bullying and identifies evidence-based strategies for intervening with those who are bullied and perpetrators. It is one of a series of resources available on this federally-sponsored website; other resources include a summary of each state's anti-bullying laws, model anti-bullying legislation, definitions and interventions for cyberbullying, tips for teachers, and prevention strategies. <https://www.stopbullying.gov>



The Coalition to Support Grieving Students offers a series of videos and downloadable user-friendly materials for use by teachers and others who work with children to learn about children's grief and means to support grieving students, families, and school personnel. 1-877-536-2722. <https://grievingstudents.org/>

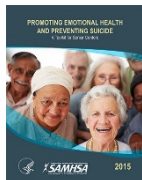


Postvention: A Guide for Response to Suicide on College Campuses is a 2014 document published by the Higher Education Mental Health Alliance comprised of professional counseling and higher education groups. It offers practical information and sample materials such as announcements of a student's death, suggestions for using social media, protocols, and "what to do" steps for campus administrators and faculty following a suicide on campus.

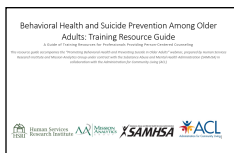
<https://www.sprc.org/sites/default/files/resource-program/Hemha-postvention-guide.pdf>

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Resources –Facilities for Seniors:

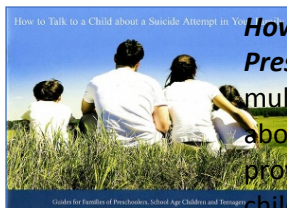


Promoting Emotional Health and Preventing Suicide: A ToolKit for Senior Centers, 2015 is designed for senior center staff and volunteers to use to promote emotional health in the elderly toward the goal of preventing suicide. Content includes an overview of suicide in older adults; strategies and specific tools for promoting emotional well-being and preventing suicide; fact sheets; and resources to share. Also in Spanish. <http://store.samhsa.gov>



Behavioral Health and Suicide Prevention Among Older Adults: Training Resource Guide provides a listing of resources for suicide gatekeeper trainings focused on suicide prevention in the elderly. [https://sagelink.ca/sites/default/files/clinical-resources/Resource Guide Behavioral Health and Suicide Prevention FINAL 0.pdf](https://sagelink.ca/sites/default/files/clinical-resources/Resource%20Guide%20Behavioral%20Health%20and%20Suicide%20Prevention%20FINAL%200.pdf)

Resources – Families:

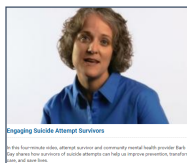


How to Talk to a Child about a Suicide Attempt in Your Family: Guide for Families of Preschoolers, School Age Children and Teenagers is a user-friendly, in-depth, multimedia publication which informs and guides adults when they talk to children about a suicide attempt in the family. The publication consists of a booklet and DVD and provides suggestions about how adults can to talk to preschoolers, school-aged children, and teenagers. Information is included for each age group about when and where to talk with children, examples of what to say, what reactions to expect, how to handle their responses, and other ways to support those affected by an attempted suicide in the family. <https://bookstore.gpo.gov/products/how-talk-child-about-suicide-attempt-family-booklet-and-dvd-set-kit>. Published by Veterans Affairs, \$29, GPO Stock #: 051-000-00261-0, ISBN: 9780160937811.



How to Talk to a Child About a Suicide Attempt in Your Family is found on the U.S. Department of Veterans Affairs and is designed as an adjunct to support received by a mental health professional working with families that have lost a member to suicide or a member who has made a suicide attempt. Content includes why talking with children about a suicide attempt is important, suggestions for when and where to have this discussion and how much information to share, and age-appropriate means to support preschoolers, school age youth, and adolescents. Written material and videos can be accessed on the website in both English and Spanish. <https://www.mirecc.va.gov/visn19/talk2kids/>

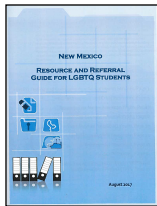
Resources –Suicide Survivors and Family Members of Attempters:



Engaging Suicide Attempt Survivors is a 4-minute clip which discusses, from a survivor's perspective, how and why suicide attempt survivors should be included in community planning efforts to address suicide. <http://www.sprc.org/video/attempt-survivors>

Resources – GLBTQ Youth and Adults:

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New Mexico Resource and Referral Guide for LGBTQ Students was developed with the New Mexico Youth Education on Sexual Health (YESH) Advisory Council to serve as a resource for teachers and school staff to help refer middle and high school students to services in New Mexico. It was published in 2017. PDF access can be obtained by contacting Anne Marlow-Geter at Anne.MarlowGeter@state.nm.us



The Trevor Project is a national non-profit organization offering crisis line, educational, and resource services for GLBTQ youth and those who work with GLBTQ individuals. Resources include: Fact and Resource sheets; **The Lifeguard Workshop**, a free online learning module with video, curriculum, and teacher resources for MS and HS classrooms; and **Trainings for Professionals** which include in-person **Ally** and **CARE Trainings** for adults who work with GLBTQ youth and awareness if LGBTQ-competent suicide prevention discussions. <https://www.thetrevorproject.org/>



The ***Trans Lifeline*** organization provides, in addition to a peer-support crisis hotline for transgender people, low-barrier microgrants for trans individuals who need financial support to secure such items as legal name changes and updated government identification documents. The organization also assists incarcerated or undocumented trans people. US: 877-565-8860 /Canada: 877-330-6366. <http://www.translifeline.org/>

Resources –Veterans:



Community Provider Toolkit Serving Veterans Through Partnership provides useful resources for veterans and those who provide services to them. Site includes interactive resource locators for VA Suicide Prevention Coordinators, VA Medical Centers, crisis call and chat lines, PTSD Smartphone Apps to aid with emotional regulation and coping with stress, on-line training programs, and safety planning information for those at risk for self-harm. https://www.mentalhealth.va.gov/communityproviders/clinic_suicideprevention.asp



Rocky Mountain Mental Illness Research, Education and Clinical Center (MIRECC) is an entity within the U.S. Department of Veterans Affairs. The Center's mission is to support and disseminate research about suicide with the goal of reducing suicidal ideation and behaviors among veterans. The research compiled focuses on three phases of care: understanding suicide, screening and assessment, and treatment and provides those working with grants and policies access to vetted or juried research.

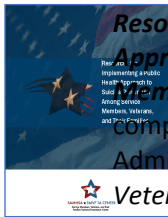
<https://www.mirecc.va.gov/index.asp>

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Treatment Works for Vets is an on-line user-friendly program for veterans and family members which provides information about effective options for ways to both feel better and to sleep better as means to improve the health and well-being of veterans given that veterans have higher rates of suicide than the general population.

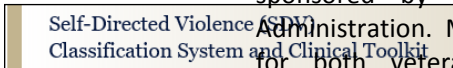
<https://www.treatmentworksforvets.org/>



Resources for Implementing a Public Health Approach to Suicide Prevention Among Service Members, Veterans, and Their Families is a companion resource guide to the Veteran Administration's *National Strategy for Preventing Veteran Suicide 2018-2025* <https://emma-assets.s3.amazonaws.com/qsdcb/aff3d32e917c81129d50867eb16a886a/SMVFToolkitrevised.pdf>

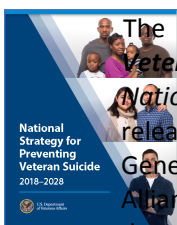


The **Self-Directed Violence (SDV) Classification System and Clinical Toolkit** is included on the Rocky Mountain Mental Illness Research, Education and Clinical Center website sponsored by the Veterans Affairs Administration. Materials are designed for both veterans and those who



provide behavioral health care services to them and includes the CDC's definition of Self-Directed Violence, a classification system, and a protocol for clinicians to use in interviewing veterans about self-directed violent behaviors, including suicidal ideation and risk.

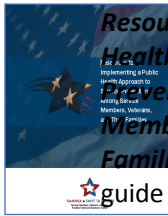
<https://www.mirecc.va.gov/visn19/education/nomenclature.asp>



The **National Strategy for Preventing Veteran Suicide 2018-2028** is based on the *National Strategy for Suicide Prevention* released in 2012 by the US Surgeon General's Office and the National Action Alliance for Suicide Prevention. This document details a multi-faceted approach to the complex issue of suicide and includes a broad range of strategies for use with service members, veterans, and family members toward the national goal of reducing suicide in the US by 20% by 2025.

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The toolkit also includes facts about veteran suicide, discusses the prevention framework, actions to increase community awareness and prevention, and gives a comprehensive list of resources for use with service members, veterans, and family members. <https://emma-assets.s3.amazonaws.com/qsdcb/aff3d32e917c81129d50867eb16a886a/SMVFToolkitrevised.pdf>



Resources for Implementing a Public Health Approach to Suicide Prevention Among Service Members, Veterans, and Their Families is a companion resource guide to the Veteran Administration's *National Strategy for Preventing Veteran Suicide 2018-2025*. <https://emma-assets.s3.amazonaws.com/qsdcb/aff3d32e917c81129d50867eb16a886a/SMVFToolkitrevised.pdf>

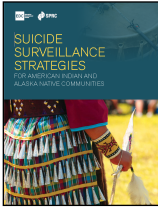
Resources – Rural Communities:



National Advisory Committee on Rural Health and Human Services is a 21-page policy brief published in late 2017 by the Health Resources and Services Administration National Advisory Committee on Rural Health and Human Services. It addresses the impact of suicide in rural areas and state- and federal-level prevention strategies. <https://www.hrsa.gov/sites/default/files/hrsa/advisory-committees/rural/publications/2017-impact-of-suicide.pdf>

Resources – Native American/American Indian Populations:

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Suicide Prevention Strategies for American Indian and Alaska Native Communities provides information about how American Indian and Alaska Native communities can gather information about suicide in a culturally-appropriate way to inform both prevention and evaluation efforts in local tribal communities. <https://www.sprc.org/sites/default/files/resource-program/TribalSurveill%20final%20and%20508%20compliant.pdf>



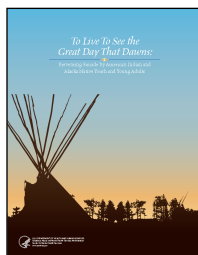
Suicide Prevention and Care Program information is offered on the Indian Health Service website. On-line content includes topics such as how to talk about suicide with Native American populations, warning signs and risk factors, and resources for the general population, Native American Youth, and Native American veterans, including those living with PTSD. <https://www.ihs.gov/suicideprevention/>



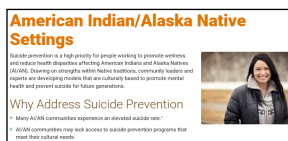
Administration for Native Americans --Native American Veterans Storytelling for Healing includes links to stories by Native American veterans about their experiences in World War II, Vietnam, the Gulf War and Operation Iraqi Freedom. Also included on this website are links for learning more about the services (e.g., Veterans Affairs or TRICARE) for which Native Americans are eligible. <https://www.acf.hhs.gov/ana/resource/native-american-veterans-storytelling-for-healing-0>



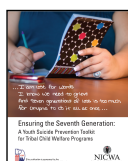
Suicide Prevention Resources, sponsored by the Substance Abuse and Mental Health Services Administration, lists a variety of resources focused on native-specific suicide prevention and resiliency among Native Americans, particularly for youth. <https://www.samhsa.gov/prevention/suicide.aspx>



To Live to See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults was published in 2010 by the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration. It provides a comprehensive overview of issues related to suicide and suicide-related behaviors in American Indian/Alaska Native Youth, and includes such content as historical trauma and risk factors, culture as a protective factor, historical barriers to effectively addressing suicide in tribal communities, and frameworks that can be used in addressing this significant public health issue in native population groups. <http://www.samhsa.gov/shin>



The ***American Indian/Alaska Native Settings website*** is also sponsored by the Substance Abuse and Mental Health Services Administration. The site provides data, lists of resources, and culturally-relevant links addressing historical trauma and trauma-informed resources. <http://www.sprc.org/settings/aian>

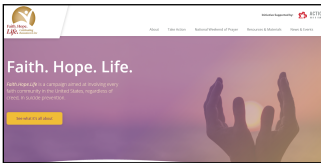


Ensuring the Seventh Generation: A Youth Suicide Prevention Toolkit for Tribal Child Welfare Programs focuses on youth suicide prevention for child welfare workers and administrators involved with Native American children and families. <http://www.icctc.org/August2013/PMM%20Handouts/Youth%20Suicide%20Prevention%20Too>

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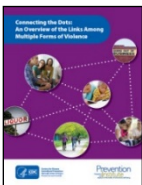
[lkit.pdf](#)

Resources – Faith-based Communities:

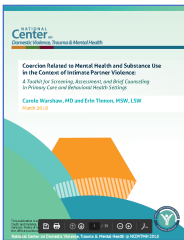


Faith.Hope.Life. website and campaign, developed by the National Alliance for Suicide Prevention's Faith Communities Task Force, provides resources for faith communities, regardless of creed, to use in support of suicide prevention with Native American, Buddhist, Christian, Hindu, Jewish, Muslim, and Interfaith groups. <https://theactionalliance.org/faith-hope-life>

Resources – Links Among Various Forms of Violence, Mental Health, and Suicide:



Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence. This 2014 publication focuses on overlapping cause of violence and what individuals and communities can do to better prevent all forms of violence. Available as a downloadable document and includes a set of slides for presentations. https://www.cdc.gov/violenceprevention/pub/connecting_dots.html



Coercion Related to Mental Health and Substance Use in the Context of Intimate Partner Violence: A Toolkit for Screening, Assessment, and Brief Counseling in Primary Care and Behavioral Health Settings. This 2018 publication focuses on overlapping cause of violence and what individuals and communities can do to better prevent all forms of violence. Information is available as a downloadable document and includes a set of slides for presentations about related topics. https://www.cdc.gov/violenceprevention/pub/connecting_dots.html

Resources - Suicide Means Reduction:



Limiting Access to Means of Suicide is a Suicide Prevention Resource Center web-based resource that provides information about means reduction as part of a comprehensive approach to suicide prevention for clinicians and interested others. <https://www.sprc.org/comprehensive-approach/reduce-means>



Counseling on Access to Lethal Means (CALM) is an on-line course found on the Suicide Prevention Resource Center website which educates about means restriction as an important component of suicide prevention efforts. Content includes the role of impulsivity, ambivalence, lethality of means, how to ask suicidal patients/clients about their access to lethal means, and strategies to work with patients and family members to reduce their access to means for suicide. <https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>



The Giffords Law Center provides a variety of resources for individuals interested in the topic of gun violence. Provides Fact Sheets about firearms, state rankings related to gun laws, and strategies for mitigating gun violence, including Safe Storage suggestions for the purpose of preventing suicide by firearm. <http://lawcenter.giffords.org/>

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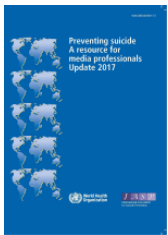


Rocky Mountain Mental Illness Research, Education and Clinical Center (MIRECC) provides information about lethal means reduction (e.g., medications, firearms, sharp objects) in addition to material about suicide-related research and content about self-directed violence among veterans. <https://www.mirecc.va.gov/lethalmeanssafety/>

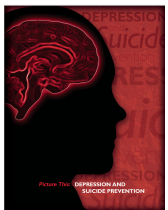
Resources – Media Guidelines for Suicide Reporting:



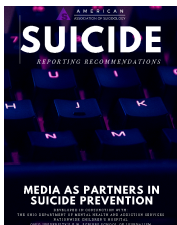
This website includes a 2-page **Recommendations for Reporting on Suicide** infographic which provides a user-friendly set of guidelines, resources, and list of Dos and Don'ts for responsible reporting about suicide, including giving specific examples illustrating helpful and non-helpful approaches. Included also are suggestions for online media, message boards, bloggers, and citizen journalists about what they can do to help reduce the risk of contagion and to provide helpful information about links to care. <http://www.ReportingOnSuicide.org> or <http://afsp.org/wp-content/uploads/2016/01/recommendations.pdf>



Preventing Suicide: A Resource for Media Professionals–Update 2017 was published by the World Health Organization to help in addressing suicide as a global health concern. It provides specific suggestions for members of the media regarding responsible reporting, including a quick-reference, 1-page summary of Dos and Don'ts, to enhance suicide prevention initiatives and to avoid weakening suicide prevention efforts. http://www.who.int/mental_health/suicide-prevention/resource_booklet_2017/en/



Picture This: Depression and Suicide Prevention is a co-publication of the Entertainment Industries Council, Inc. and the Substance Abuse and Mental Health Services Administration. It presents guidelines for onscreen depictions and responsible reporting on depression and suicide in film and television. http://www.eiconline.org/resources/publications/z_picturethis/Disorder.pdf



Suicide Reporting Recommendations: Media is an 18-page toolkit published in 2018 and available for download from the American Association of Suicidology. It provides specific tips and recommendations for media leaders about how to address suicide and suicide prevention to limit contagion. The kit also includes suggestions for terms and phrases that should and should not be used when writing about this topic and ideas for how to formulate story ideas that avoid sensationalizing the topic and avoid identifying suicide as a criminal behavior. <https://aas.dream.press/wp-content/uploads/2018/12/Suicide-Media-Reporting-Extended-4-merged-1.pdf>

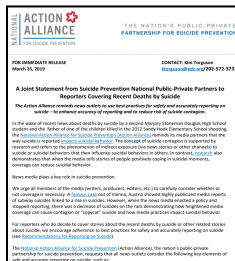
National Recommendations for Depicting Suicide in entertainment content was jointly produced by the Substance Abuse and Mental Health Services Administration and the Entertainment Industries Council. This recent publication was developed in support of Goal 4 of the National Strategy for Suicide Prevention which concerns responsible

Suicide Awareness & Prevention Resource Guide



reporting in the media about suicide. Available at:

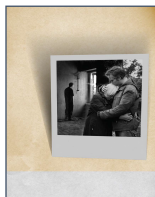
<https://theactionalliance.org/messaging/entertainment-messaging/national-recommendations>



Joint Statement to Reporters Covering Recent Suicide Deaths is a March 2019 4-page statement from the National Action Alliance for Suicide Prevention with specific and concise recommendations for ways members of the media can avoid contributing to social contagion of suicide.

https://theactionalliance.org/sites/default/files/action_alliance_a_joint_statement_to_reporters_re_suicide_contagion_march_2019.pdf?utm_source=Weekly+Spark+3%2F29%2F19&utm_campaign=Weekly+Spark+March+29%2C+2019&utm_medium=email

Resources –Funeral Services:



Supporting Survivors of Suicide Loss – A Guide for Funeral Directors was published by the Substance Abuse and Mental Health Services Administration in 2009. It gives explanations for the common responses and behaviors of family members and other survivors of suicide experiencing loss. The guide also provides specific suggestions for how best to communicate with survivors and tips for funeral services staff to avoid compassion fatigue.

<https://store.samhsa.gov/product/A-Guide-for-Funeral-Directors-Supporting-Survivors-of-Suicide-Loss/SMA09-4375>

Resources – National Suicide Prevention Resources and Advocacy Sources:

American Foundation for Suicide Prevention (AFSP): Provides suicide prevention education, training, funding, and resources for the general public and health care professionals. <http://www.afsp.org>

Suicide Prevention Resource Center (SPRC): Provides a wide variety of print, on-line, and web-based instructional webinars and programs for the general public and health care professionals. <https://www.sprc.org/>

Centers for Disease Control and Prevention (CDC): Federal website providing comprehensive suicide-related information. Content includes suicide definitions, data sources, risk and protective factors, prevention strategies, lists of resources, and an interactive query and reporting system for data about suicide and suicide attempts. <https://www.cdc.gov/violenceprevention/suicide/index.html>

National Alliance of Mental Illness (NAMI): NAMI is the largest grassroots mental health organization which works to improve the lives of the millions of Americans affected by mental illness. The organization's activities include advocacy, shaping public policy, promoting public awareness and countering stigma, and providing a HelpLine for referral, support, and information. <https://www.nami.org/About-NAMI>

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State Resources:

School-Based Health Center Directory and Map: This document identifies the location of various individual school-based health centers across New Mexico. An interactive map provides the clinic name, school district and county information, address, and phone number. Types of services available can be obtained by calling each clinic. Printable copy is available. (Note: Due to be updated 1.19)
http://www.nmasbhc.org/SBHC_Locator.html

Behavioral Health Services Across New Mexico Interactive Map: *Pulltogether.org* is an interactive website of a map of New Mexico. It identifies various types of behavioral health services available to children, youth, and families across the state and is regularly updated. To access: On the Home page, **click on “View Publicly-funded Services Map”** and then the small icon in the middle titled “Content.” **Click the individual boxes** for the service or treatment area(s) you are interested in locating (e.g., Adolescent Intensive Outpatient Programs, Day Treatment Programs, Residential Treatment Centers, School Based Health Centers, Youth Support Services), then **click on the dots that appear on the map** for specific information about each site. The name of the resource, address, city, state, ages served, if medicaid is accepted, and contact information.
<https://pulltogether.org/resources-by-county/statewide-resource-map>.

Note: Please let me know if you find errors or have recommendations for additions for this document. Contact jacalyn.dougherty@state.nm.us