Suicide Prevention Resource Guide

"Suicide can be prevented... Just as suicide is not caused by a single factor, research suggests that reductions in suicide will not be prevented by any single strategy or approach. Rather, suicide prevention is best achieved by a focus across the individual, relationship, family, community, and societal-levels and across all sectors, private and public."

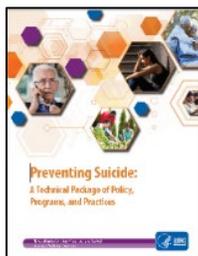-U.S. Office of the Surgeon General, National Alliance for Suicide Prevention, 2012.

NMDOH
NEW MEXICO DEPARTMENT OF HEALTH

Introduction:

This **Suicide Prevention Resource Guide** was developed in Summer 2021 by the New Mexico Department of Health Epidemiology and Response Division Injury and Behavioral Epidemiology Bureau's Office of Injury Prevention. It is intended to provide a list of national and state resources for individuals across New Mexico who are involved in promoting awareness of suicide as a significant public health issue and in suicide prevention, intervention, postvention, crisis response, and data surveillance. The initial sections provide a list of resources that can be used for strategic planning, obtaining data and information, and learning what crisis and support services are available to people interested in support and services. Subsequent sections are topic- or population-focused and are alphabetized. A companion guide is the American Indian Suicide Prevention Resource Guide by the **New Mexico Suicide Prevention Coalition: American Indian Workgroup**.

Note: *These resources are intended to inform stakeholders and community members of potential resources. Inclusion does not imply endorsement by the New Mexico Department of Health.*

Strategic Planning for Suicide Prevention: State and National Levels

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 suicide prevention at community and state levels. This technical package supports the goals and objectives of the *2012 National Strategy for Suicide Prevention* and focuses on evidence-based approaches to suicide prevention and suicide-related behaviors. 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 considering newer research and advancements in the field. https://www.ncbi.nlm.nih.gov/books/NBK109917/pdf/Bookshelf_NBK109917.pdf

The *State Suicide Prevention State Infrastructure Recommendations* developed by an expert panel convened by the Suicide Prevention Resource Center to identify "critical infrastructure elements all states need to have in place for effective and sustained suicide prevention efforts." These recommendations reflect "…current research and practice on the development of a state-level infrastructure for suicide prevention and related areas, including public health and mental health." Content is organized into six areas representing essential elements of a state infrastructure for suicide prevention. Recommendations are designed primarily for states although many may be relevant to individual tribal nations when tailored to "…fit community, context, culture, and governmental structure." https://www.sprc.org/sites/default/files/SPRC-State%20Infrastructure-Full%20Recommendations.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 documents, and models. The elements are key considerations for guiding community-based suicide prevention efforts and are aimed at helping communities create policies, programs, and services that reduce suicide and improve individual, family, and community health. https://theactionalliance.org/resource/transforming-communities-key-elements-implementation-comprehensive-community-based-suicide and http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/TransformingCommunitiesPaper.pdf

The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention. This 92-page document introduced a blueprint for suicide prevention and is built on private-public partnership to lead the implementation of its 13 goals and 60 objectives. https://www.hhs.gov/sites/default/files/sprc-call-to-action.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/sites/suicideprevention/themes/responsive2017/display_objects/documents/AIANNationalSPStrategicPlan.pdf
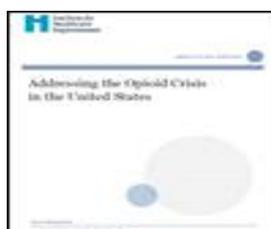
Addressing the Opioid Crisis in the United States is a 29-page document published in 2016 by the Institute for Healthcare Improvement. It provides practical information for applying strategies using a systems approach at the community level to more effectively address the opioid epidemic in the US. http://www.ihi.org/resources/Pages/Publications/Addressing-Opioid-Crisis-US.aspx

The World Health Organization's National Prevention Strategies: Programs, Examples and Indicators provides a worldwide perspective about suicide, including resources and data sheets. http://www.who.int/topics/suicide/en/

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

Preventing Suicide: A Global Imperative is a 92-page document published by the World Health Organization providing background information about the extent of suicide in the world and offering guidelines for countries about means to address suicide effectively and comprehensively. Use link below for more information about the Global Imperative https://www.who.int/publications/i/item/9789241564779
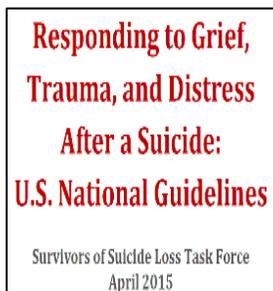
**Responding to Grief, Trauma, and Distress After a Suicide** provides national guidelines in this 67-page document developed by the National Action Alliance for Suicide Prevention: Survivors of Suicide Loss Task Force. The document calls for creating and sustaining necessary resources, infrastructure, services, and systems for communities to effectively respond to any incidence of suicide in the U.S.
https://allianceofhope.org/wp-content/uploads/2018/10/2015-GriefTraumaDistress-AfterSuicide-NationalGuidelines.pdf
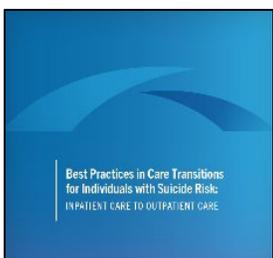
Best Practices in Care Transitions for Individuals with Suicide Risk: Inpatient Care to Outpatient Care provides an evidence-based summary of recommendations for in-patient and out-patient providers to help individuals at-risk successfully transition from hospitalization to care in out-patient settings. The document provides practical suggestions for improving collaborations and partnerships to ease transitions in this especially high-risk group.
https://theactionalliance.org/resource/best-practices-care-transitions-individuals-suicide-risk-inpatient-care-outpatient-care
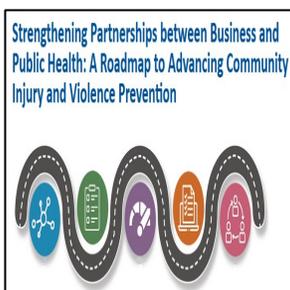
Strengthening Partnerships Between Business and Public Health: A Roadmap to Advance Community Injury and Violence Prevention includes collated findings from recommendations developed in collaboration with businesses and public health agencies by the Safe States Alliance. Included are associated resources in this publication. Partnerships among businesses and public health are essential in addressing and improving community conditions that foster suicide risk and promote resilience.
https://www.safestates.org/page/strengtheningpartnershipsroadmap
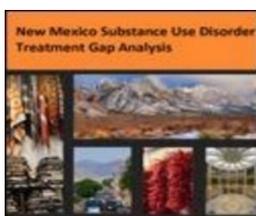
The New Mexico Substance Use Disorder Treatment Gap Analysis January 2020 details survey results gathered from treatment facilities across the state's 33 counties. Described are the number and types of treatment facilities in NM counties and the types of services they provide (e.g., Medication-Assisted Treatement (MAT), in- and out-patient care.
https://www.nmhealth.org/publication/view/marketing/5596/
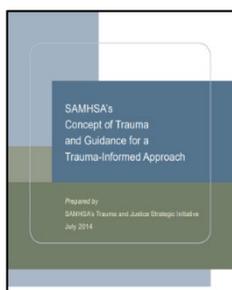
Concept of Trauma and Guidance for a Trauma-Informed Approach, published by the Substance Abuse and Mental Health Resources Administration, teaches how trauma affects many individuals regardless of their age, gender, socioeconomic status, race, ethnicity, geography, and sexual orientation. The need to address trauma is increasingly viewed as an important component of effective behavioral health service delivery. The frameworks and concepts provide keys to help providers and stakeholders better understand a trauma-informed approach to individuals affected by trauma.
https://ncsacw.samhsa.gov/userfiles/files/SAMHSA_Trauma.pdf
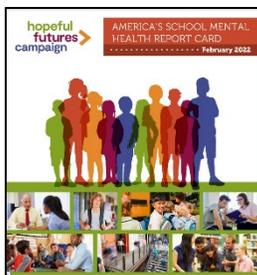
America's School Mental Health Report Card is a 238 page document released in February of 2022 and provides an extensive documentation about the state of school mental health services across the country. It includes, for example, state report cards providing information about rations of school health professional to students, sample school mental health policies, and resources. New Mexico data can be found on pages 146-149. https://hopefulfutures.us/action-center/

Data, Statistics, & Technical Assistance

The ***New Mexico Internet Based Information System (IBIS)*** provides stakeholders, public health officials, state leaders, and members of the public with access to data about suicide as well as other public health challenges in the state. https://ibisnew.health.state.nm.us/indicator/view/SuicDeath.Year.NM_US.html . Youth risk information can be accessed also. https://ibisnew.health.state.nm.us/query/selection/yrrs/_YRRSSelection.html
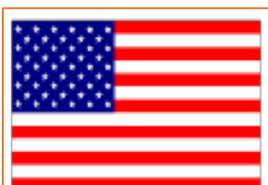
The ***National Institute of Mental Health's*** *Suicide* webpage provides both national- and state-level data about the occurrence of suicide. Information includes where suicide falls in the nation's ten leading causes of death, state rates and rankings, methods of suicide used, rates by age groups, and national survey data about suicide-related behaviors as well as definitions related to suicide and resources https://www.nimh.nih.gov/health/statistics/suicide.shtml

The ***Centers for Disease Control (CDC)*** website includes information about suicide as a national public health concern and includes fact sheets, information about trends in suicide rates over the past decade, CDC's strategic plan for suicide, and evidence-based suicide prevention programs. https://www.cdc.gov/suicide/

The ***Suicide Prevention Resource Center (SPRC)*** developed this tool for individuals wanting to access data from state youth-serving systems (juvenile justice, child welfare, and public behavioral health state systems) for surveillance, planning, political and community support-building, quality improvement, and program assessment. Included are an overall guide to accessing state data and technical report and a worksheet to direct a needs assessment and inform planning to address youth suicide. http://www.sprc.org/resources-programs/breaking-down-barriers-using-youth-suicide-related-surveillance-data-state


The ***SAMHSA Tribal Training and Technical Assistance*** **Center** provides technical assistance, resources, information, culturally appropriate guides, and fact sheets to those interested in strengthening suicide prevention efforts in American Indian populations https://www.samhsa.gov/prevention/suicide.aspx

The **New Mexico Youth Risk & Resiliency Survey (YRRS)** website provides data related related to health risk behaviors and resiliency (protective) factors in New Mexico high school and middle school students. The YRRS is part of the national CDC *Youth Risk Behavior Surveillance System* (YRBSS). The survey results provide useful information for planning efforts related to youth mental health and suicide and suicide-related behaviors which are reported at state, county, and school district levels. http://www.youthrisk.org
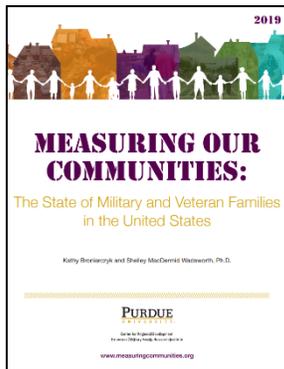
The **2019 Measuring Communities Report** is the second annual 28-page report published by the Military Family Research Institute and the Purdue Center for Regional Development documenting the state of military -connected individuals in the U.S. The report incorporates information from subject experts, data from a variety of sources (e.g., Centers for Disease Control, Department of Veterans Affairs, Department of Defense, American Community Survey) about military-connected individuals including active duty, reserve, and National Guard members; veterans; and family members for a number of topics, including demographics, employment, behavioral health, medical status, and financial health. Each sections includes a call to action. https://measuringcommunities.org/files_uploaded/2019_MeasuringCommunitiesReport-Standard.pdf

The April 2022 68-page report, **State of Mental Health in New Mexico,** provides an extensive profile of the state of mental and physical health data for New Mexicans across the age span. A variety of federal and state data sources are used for reporting data, including Centers for Disease Control WONDER, National Center for Injury Prevention and Control, the National Institutes of Mental Health, NM Youth Risk and Resiliency Survey, and New Mexico Bureau of Vital Records and Health Statistics. https://www.nmhealth.org/data/view/report/2650/

Suicide Crisis and Support Lines

988nm.org/

988 is the new 3-digit dialing system for calling and texting for help with services provided by a trained counselor for individuals needing a 24/7 lifeline for mental, emotional, or substance misuse support. **988nm.org** also links to a website for access to chat services for support. **988** services can be used by individuals who are not in crisis and by family members who want to connect with a trained counselor for support or when they need information about or referrals to local community services. **988** is part of a national system to expand access to mental health services as an alternative to law enforcement as the primary means for intervention. Calls are routed to state call centers with responses provided by compassionate behavioral health professionals who know area community mental health and substance use resources and offer messages of hope, healing, and help. Services and accessible in multiple languages. Other components of the program will include referrals as needed to crisis treatment centers and the use of mobile response teams so that persons in acute distress can be stabilized and receive care in the least restrictive environment. Services are also available to deaf, hard of hearing, deaf-blind, and speech disabled individuals through

Relay New Mexico. On rare occasions when there is imminent risk to someone's life that can't be reduced during the 988 call, the crisis counselor will share information with 911 to save that person's life.

The ***National Suicide Prevention Lifeline*** has transitioned to the **988 Suicide & Crisis Lifeline** (see https://988lifeline.org and **988** description above). The number associated with the lifeline, *1-800-273-TALK (8255)*, will continue to function indefinitely. Spanish speakers calling the **988 Suicide & Crisis Lifeline** can select Option 2. Veterans and military service members and individuals concerned about veterans or service members can select Option 1 to be linked with a counselor. LGBTQ+ individuals younger than 25 years of age can select Option 3 for specialized support.

Veterans Crisis Line: Call 988, **Option 1.** This free, 24/7 confidential support line is available to veterans, service members, or persons concerned about a veteran or active military service individual. Callers are connected 24/7 with trained responders with the Department of Veterans Affairs who can be accessed by individuals even if they are not enrolled in VA benefits or health care. Veteran and military **Text services** are available 24/7 by sending a text to **838255**. For people with hearing loss, call TTY 1-800-273-8255. Chat services are also available at https://www.veteranscrisisline.net/get-help-now/chat/

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 callers with the caregiver support coordinator at a nearby VA Medical Center. https://www.caregiver.va.gov/

Agora Crisis Center: 505-277-3013 *or* ***866-435-6166***. Free, confidential, non-judgmental help and emotional support via phone and online chat (www.agoracares.org/ , click *Chat Now*). **Agora** also provides referrals and community education throughout New Mexico. The Center is located at the University of New Mexico and serves NM by offering support to vulnerable populations locally and nationally through the National Suicide Prevention Lifeline network if and when 988 calls are routed to the Center for response. **Agora** trains volunteers using a nationally accredited training program. http://www.agoracares.org/request-materials.html

New Mexico Crisis and Access Line (NMCAL): 1-855-662-7474 (1-855-NMCrisis). Available for individuals to talk to a counselor 24 hours a day, 7 days a week, 365 days a year. The service was developed as a result of Legislation in 2011 to improve securing immediate support for people with a mental health crisis. The crisis line is not just for services related to suicide, but other mental health issues and concerns as well. https://www.nmcrisisline.com. An order for materials with information about the crisis line can be made on-line. It is also possible to print NMCAL materials from the site and to share resources digitally. http://www.nmcrisisline.com/resources/public-awarness/

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 for themselves or others before that person gets to the point of crisis. Calls are free and anonymous. NMCAL also provides crisis call services for various groups after-hours and weekends. https://www.nmcrisisline.com

New Mexico Healthcare Worker and First Responder Support Line: 1-855-5509. Caring for the self is an important first step in caring for others. This site offered as part of New Mexico Crisis and Access Line (NMCAL) Services provides support for individuals who want to talk about their experiences and feelings about what they have felt, seen, heard about, or talked about with clients related to the impact of physical distancing, the emotional impact of isolation, and feelings generated while caring for individuals during the pandemic and as part of their work experience in general.

The *NMConnect App* was developed in Spring of 2020 by ProtoCall Services at the request of the New Mexico Behavioral Health Collaborative, a legislatively-mandated collaboration between the Governor's office and behavioral health-related cabinet secretaries, state agencies, and other state government resources. The app is available to all New Mexico residents and directly connects callers to counselors or peer support workers to help individuals access resources for substance use, mental health services, and other community resources. The app is available on both IOS and Android Devices. *Information with a video tutorial* is available at https://vimeo.com/403526554/303b8436ac or for all *Apple IOS devices* at https://apps.apple.com/us/app/nmconnect/id1505881354 . For all Android-compatible devices, the app can be found inside of the *Google Play Store* at https://play.google.com/store/apps/details?id=com.nmcrisisline.app

The *5-Actions Program* is a free on-line service offered by the New Mexico Crisis and Access Line through funding from the New Mexico Human Resources Department. The program comes with 24/7 phone support from mental health professionals on the New Mexico Crisis and Access Line and Peer-to-Peer Warmline phone and text support in the evenings. The program offers learning and intervention tools for both substance and behavioral addictions (gambling, sex, food, technology), content that addresses the underlying drivers of addiction (attachment, Adverse Childhood Experiences, trauma), as well as information for those wanting to help a loved one or friend struggling with addiction. https://nm5actions.com

The Sky Center/New Mexico Suicide Intervention Project (505-473-6191) is a local non-profit organization established in 1994 to address the complex range of issues that contribute to an elevated risk for youth suicide in Santa Fe County and Northern New Mexico. Services offered include prevention, intervention, and postvention care families with children birth through 21 years, including free on-site family counseling, out-patient therapy for high risk children and adolescents under 22 years of age, programs and trainings (e.g., inner and outer life skills training, teen support groups), and postvention crisis services in schools). Supervised graduate school internships for therapists and counselors is offered as are suicide gatekeeper trainings. https://skycenter.nmsip.org

Rape, Abuse & Incest National Network (RAINN) is the largest US 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. It also operates the *Safe Helpline* for the Department of Defense (DOD). **1-800-656-4673 (1-800-656-HOPE).** Access to obtain live chat services is available at https://rainn.org/ . Available in 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 stories of hope and recovery and self-care tips from attempt survivors. http://lifelineforattempsurvivors.org/#n

The Sky Center/New Mexico Suicide Intervention Project (505-473-6191) is a local non-profit organization established in 1994 to address the complex range of issues that contribute to an elevated risk for youth suicide in Santa Fe County and Northern New Mexico. Services offered include prevention, intervention, and postvention care families with children birth through 21 years, including free on-site family counseling, out-patient therapy for high risk children and adolescents under 22 years of age, programs and trainings (e.g., inner and outer life skills training, teen support groups), and postvention crisis services in schools). Supervised graduate school internships for therapists and counselors is offered as are suicide gatekeeper trainings. https://skycenter.nmsip.org

The *Trevor Project* offers phone, instant messaging, and texting services for gay, lesbian, transgender, and questioning (GLBTQ) youth under age 25 years for those in need of emotional or crisis support. The **TrevorLifeline** is a 24-hours/day, 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 codes 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 middle and high school classrooms; and **Trainings for Professionals** which include in-person *Ally* and *CARE Trainings* for adults who work with LGBTQ youth. Includes discussions about Lesbian, Gay, Bisexual, Transgender, Questioning (LGBTQ)-competent free suicide prevention training. https://www.thetrevorproject.org/

Department of Defense (DoD) 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. Confidential, anonymous and secure services are available 24/7 and are and available worldwide via DSN. An online helper for 1-on-1 assistance through a secure instant-messaging platform is accessible at https://safehelpline.org. A moderated, 24/7 safe help room is available for live chat for attempt survivors to talk with other survivors.

The *Disaster Distress Helpline* offers 24/7, 365-days-a-year crisis counseling and support to individuals experiencing emotional distress associated with natural or human-caused disasters (such as tornadoes, severe storms, hurricanes, tropical storms, floods, wildfires, earthquakes, drought, mass violence, and the pandemic). Call **1-800-985-5990** or text **TalkWithUS** to **66746. TTY 1-800-846-8517.** Also available in Spanish at **1-800-985-5990, press "2,"** or text **Hablamos** to **66746. https://www.samhsa.gov/find-help/disaster-distress-helpline**

The *Substance Abuse and Mental Health Services Administration* website includes links to videos of three individuals who survived suicide attempts who discuss their experiences. It is useful for parents, caregivers, and individuals with substance use disorders and is accompanied by a video guide. Includes access to free downloadable material. https://store.samhsa.gov/product/Stories-Of-Hope-And-Recovery-A-Video-Guide-for-Suicide-Attempt-Survivors/SMA12-4711DVD

The Stories of Hope and Recovery website includes short written stories and videos by individuals who lost a family member to suicide or who attempted suicide and their experiences with recovery. Vignettes feature a variety of survivors and family members from different walks of life, Including veterans, youth, and others. https://suicidepreventionlifeline.org/stories/

A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department: After an Attempt, an 8-page booklet available in English and Spanish from the Substance and Mental Health Services Administration, offers practical suggestions for self-care after a suicide attempt. https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4355eng.pdf and ***Despuse de un intento de suicide***: ***Guia Para Cuidarse Despues del Tratamiento en la Sala de Emergencia***, https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4365span.pdf .
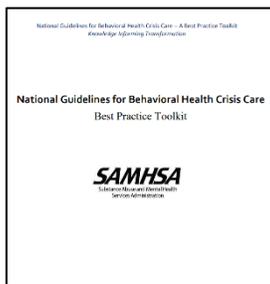
The Substance Abuse and Mental Health Services Administration's (SAMSHA) 80-page ***National Guidelines for Behavioral Health Crisis Care Best Practice Toolkit*** provides comprehensive directions for designing, developing, and implementing best practices in crisis care and for the on-going evaluation of these systems. Content includes core services and guidelines for care (e.g., core elements, crisis call hub services, services for crisis receiving and stabilization, system coordination, principles of care); ways to address challenges presenting in rural and frontier communities; funding; coding; evaluating the adequacy of system capacity; and tips for system implementation). https://www.samhsa.gov/sites/default/files/national-guidelines-for-behavioral-health-crisis-care-02242020.pdf

Asylum Seekers

Resources to Support the Mental Health of Asylum Seekers website includes links to user-friendly publications, videos, and fact sheets to educate people about issues related to the process of seeking asylum. The site includes materials and pocket cards for distribution to asylum seekers and other individuals who may be trauma exposed. Topics include *Key Concepts* for providing trauma-informed care, *Responder Self-Care Strategies*, and *Southern Border Resources to Address Immediate Needs*. https://mhttcnetwork.org/centers/global-mhttc/resources-support-mental-health-asylum-seekers

Catastrophic Events and Community Planning

Suicide Prevention Modules: Preventing Taruma and Suicide During Catastrophic Events and Beyond from by the Prevention Institute, comprises four modules: *Module 1: Making the Case*; *Module 2: A Public Health Approach*; *Module 3: Bringing Equity to Suicide Prevention*; and *Module 4: Developing Strategies,* including resources for preventing Adverse Childhood Experiences. https://preventioninstitute.org/suicide-prevention/modules

Construction Workers

The **Construction Industry Alliance for Suicide Prevention** website includes information about suicide among construction workers, and in the industry which is now being recognized as a high-risk-for-suicide occupation. https://preventconstructionsuicide.com

The **LivingWorks** section of the site includes information for industry leaders who may want to involve their employees in 60–90-minute on-line trainings to educate them about suicide risk and recognizing ways to mitigate suicide risk in workers. https://preventconstructionsuicide.com/Training. Also offered is a toolbox talk kit to educate about safety, promoting awareness, and normalizing discussions about help-seeking for suicide. https://preventconstructionsuicide.com/Toolbox_Talks

Disabled and Chronically Ill Populations

Autism Resources for Warning Signs of Suicide: Considerations for the Autism Community is a 3-page toolkit from the American Association of Suicidology (AAS) for professionals and the public co-authored by a person with autism. Includes content on how some aspects of autism might be misconstrued as warning signs of suicide, how suicidal intent might manifest in people with autism-spectrum disorder (ASD), and indications for assessing risk in people with autism. https://suicidology.org/wp-content/uploads/2020/12/Autism-Warning-Signs-3.pdf

Emergency Departments

How Emergency Departments Can Help Prevent Suicide Among At-Risk Patients: Five Brief Interventions is a 9-minute video that describes action steps and tools that Emergency Department staff can implement prior to a patient's discharge to decrease the risk of subsequent 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* Adults *Adult Patients with Suicide Risk: A Consensus Guide for Emergency Departments*). https://www.sprc.org/micro-learning/how-emergencydepartments-can-help-prevent-suicide-among-risks-patients-five-brief

**Preventing Suicide in Emergency Department Patients** is an online educational program for healthcare professionals who work in emergency departments to learn about caring for patients at risk for suicide. Content includes how to conduct screening, assessment, and brief interventions to reduce risk for suicide. Free , takes 1.2- 2 hours to complete. https://zerosuicidetraining.edu.org/enrol/index.php?id=30
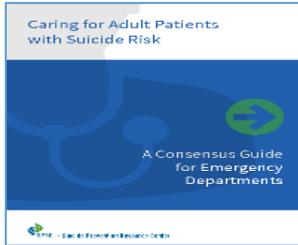
Caring for Adults with Suicide Risk: A Consensus Guide for Emergency Departments is a resource guide for people providing services to patients in the emergency department. Content includes a decision tree for care of patients along the continuum of suicidal experiences (ideation, attempts), risk screening tools, brief suicide prevention interventions, patient education, safety planning, lethal means counseling, referral processes, discharge planning, and information to support ED procedures and ED staff. (e.g., telepsychiatry, reducing liability concerns). Included also are sample caring contact letters to patients, a community resource list template, and an extensive list of suicide-related resources. https://www.sprc.org/sites/default/files/EDGuide_full.pdf
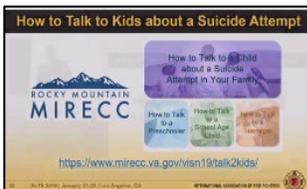
Counseling on Access to Lethal Means is an on-line, self-paced course designed to educate providers, particularly behavioral health care and emergency department staff, about strategies for reducing access to lethal means for self-harm for individuals who are at risk for suicide, particularly during acute crises when individuals are particularly vulnerable. https://zerosuicidetraining.edc.org/
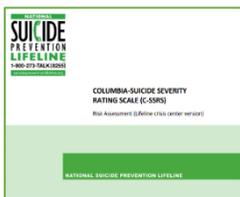
The *Columbia-Suicide Severity Rating Scale (C-SSRS)* is used for suicide risk assessment. The scale is widely used, evidence-supported, and part of a national and international public health initiative to assess suicidality. https://suicidepreventionlifeline.org/wp-content/uploads/2016/09/Suicide-Risk-Assessment-C-SSRS-Lifeline-Version-2014.pdf

Families

How to Talk to a Child About a Suicide Attempt in Your Family. This publication found on the U.S. Department of Veterans Affairs website is designed as an adjunct to the support being provided by a mental health professional working with family members who have lost someone to suicide or a family member who has made a suicide attempt. Content is available in both English and Spanish. https://www.mirecc.va.gov/visn19/talk2kids/
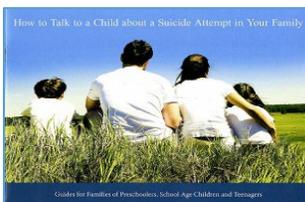
How to Talk to a Child About a Suicide Attempt in Your Family: Guide for Families of Preschoolers, School Age Children and Teenagers is a multimedia publication which is user-friendly, in-depth, and guides adults when they talk to children about a suicide attempt in the family. The publication consists of a booklet and DVD and provides suggestions about how adults can 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.

Suicide and Social Media: A Tipsheet for Parents and Providers is a 3-page, user-friendly handout published by the American Association of Suicidology which offers practical suggestions for parents and providers about monitoring use of social media by children and youth. https://suicidology.org/wp-content/uploads/2019/07/SUICIDE-SOCIAL-MEDIA.pdf

Talking to Children About Terrorist Attacks and School and Community Shooting in the News is a 2-page infographic published by the National Center for School Crisis and Bereavement. The author provides suggestions and guidance for addressing the topic of school shootings with children and adolescents. https://www.schoolcrisiscenter.org/wpcontent/uploads/2018/02/guidelines-talking-about-tragedies.pdf

Faith-based Communities

Faith.Hope.Life. This website and campaign was developed by the *National Alliance for Suicide Prevention's Faith communities Task Force* and 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
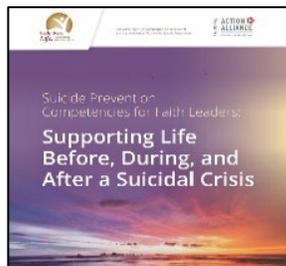
Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis is a 20-page document developed for spiritual and religious leaders of all faiths. Listed are competencies designed to help faith leaders "develop the knowledge, attitudes, and skills needed to support faith, hope, and life before, during, and after a suicidal crisis in an informed, caring, and effective way." https://theactionalliance.org/sites/default/files/fhl_competencies_v8_interactive.pdf

This site includes a series of videos about the role of church leaders and congregants in addressing and supporting individual and community mental health. Santa Fe Senior Pastor Dr. Talitha Arnold has been actively involved with national initiatives and strategic planning to address suicide in the U.S. She introduces a series of short videos under the title ***Hope for Mental Health*** that cover topics such as grief, stigma and shame, the importance of hope, the needs of combat veterans, and role of the church in addressing mental health. https://hope4mentalhealth.com/watch/media/the-role-of-the-church-for-the-mental-health-community-rev-talitha-arnold

Faith Leaders' Guide to Self-Care After a Suicide is a 7 ½ minute video designed for religious leaders who are often asked to provide care and support to individuals and groups following a death by suicide in their communities. The video features leaders of all faiths discussing the importance of self-care so that they are best prepared to help others deal with their loss and the thoughts and feelings that accompany suicide. The video, developed in conjunction with the *National Action Alliance for Suicide Prevention* and the *Alliance's Faith Communities Task Force*, provides practical suggestions to guide faith leaders' own self-care. (Note: The text for the video was authored by Santa Fe resident and faith leader Rev. Dr. Talitha Arnold). https://theactionalliance.org/faith-hope-life/take-action/provide-care-and-comfort
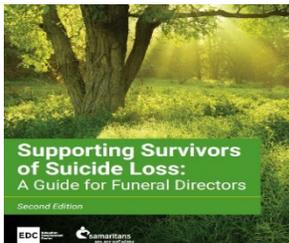
Funeral Directors

Supporting Survivors of Suicide Loss: A Guide for Funeral Directors (2ⁿᵈed). This 22-page guide, published in July 2020, provides information and advice for funeral directors serving people bereaved by suicide loss. Includes information about the experiences of and resources for family loss survivors, how directors might work with individuals and communities and a guide for communicating with loss survivors. http://www.sprc.org/resources-programs/supporting-survivors-suicide-loss-guide-funeral-directors-2ⁿᵈ-ed

Gun Violence Prevention

Public Health Approach to Gun Violence Prevention. Gun violence is best addressed by focusing both on firearm access and underlying risk factors that contribute to gun violence. The site discusses a 4-step public health approach to gun violence prevention and brings together institutions and experts across disciplines in a common effort to address this issue. https://efsgv.org/learn/learn-more-about-gun-violence/public-health-approach-to-gun-violence-prevention/

Coalition to Stop Gun Violence: Safer States Initiative works to equip gun violence prevention leaders in states and communities across the country with the financial resources, policy expertise, and capacity needed to continue to create change. This initiative is one of the nation's oldest gun violence prevention organizations. https://www.csgv.org/safer-states-initiative/

Firearm Safety: Gun Owners Can Help Prevent Suicide was developed by the Colorado Public Health and Environment Department for use in educating gun owners and others about firearm safety and safe storage options. This information, along with a 6 ½ minute clip about suicide and firearms narrated by a former Navy Seal, provides an example for materials that might be relatable and similarly developed in New Mexico. https://cdphe.colorado.gov/suicide-prevention/gun-safety-and-suicide
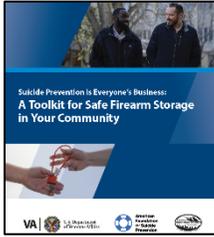
Suicide Prevention is Everyone's Business: A Toolkit or Safe Firearm Storage in Your Community is a 24-page joint publication of the US Department of Veterans Affairs, American Foundation for Suicide Prevention, and the National Shooting Sports Foundation which focuses on safe firearm storage practices. Discussed are effective means for safe storage, when to consider out-of-home storage, barriers to safe storage, strategies to engage communities, effective messaging, and resource list. https://project2025.afsp.org/wp-content/uploads/2020/03/Toolkit_Safe_Firearm_Storage_CLEARED_508_2-24-20.pdf

Law Enforcement, First Responders, and Crisis Care Providers

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
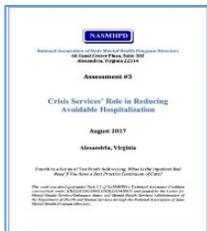
Crisis Services' Role in Reducing Avoidable Hospitalization was published in August of 2017 by members of the National Association of State Mental Health Program Directors. Major premises in this document include the importance of matching clients in need of care with appropriate, available, and accessible 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 is a 20-page document that lists recommendations developed by an international panel to better address the needs of individuals in crisis using an integrated, systematic approach to behavioral health crisis care. http://bhltest2.com/wp-content/uploads/2018/10/Be-the-change.pdf

Make Strides to Save Lives - ***Fire Service Suicide Prevention Training of Trainers*** course is offered to first-responders and provides information about suicide prevention, awareness training, and intervention techniques for use among fire/rescue service personnel to prevent suicide. https://cpsi.spcollege.edu/firefightersuicide/index.html

Critical Incident Stress Management (CISM) is a State of New Mexico website offering a wide range of programs and interventions designed to prevent stress in emergency responders and to assist them in managing and recovering from significant stress should they encounter it in their work. https://www.nmhealth.org/about/erd/emsb/cism/

In Harm's Way: Law Enforcement Suicide Prevention website was developed in the state of Florida for individuals in law enforcement and their families. The site includes a variety of resources to benefit those involved in law enforcement, including a *Law Enforcement Suicide Prevention Toolkit* for use with departmental suicide prevention trainings. Training includes suggestions for reducing stigma around help-seeking in this population group. https://policesuicide.spcollege.edu/


The ***First Responders and Disaster Responders Resource Portal***, sponsored by the Substance Abuse and Mental Health Services Administration (SAMSHA), includes resources to support first responders and disaster planners, survivors, and providers. Content includes trainings such as: *First Response* (initially developed for 1st responders during the opioid crisis); *Creating Safe Scenes* (for learning about safe, positive approaches to assist people in crises related to mental illness or substance use); *Shield of Resilience* (for law enforcement officers to help them better understand unique stressors in law enforcement); *Service to Self* (for fire and Emergency Management System personnel about occupational stressors, mental health, and substance use issues); and other free online disaster behavioral health trainings such as crisis intervention and *Psychological First Aid*. Other content mitigates the effects of disasters, like the *Crisis Counseling Assistance and Training Program* (CCP) *Toolkit* for educating stakeholders about setting up counseling assistance and training programs in response to disasters. Survivor resources include handouts for coping with anger and tip sheets for managing stress. https://www.samhsa.gov/dtac/disaster-responders?utm_source=SAMHSA&utm_campaign=5673ff5524-DTAC_Bulletin_2021_07_14_1600138&utm_medium=email&utm_term=0_ee1c4b138c-5673ff5524-168951194

Crisis Supports for the Autism Community is a 7-page resource found on the American Association of Suicidology's (AAS) website and written by the Chair of AAS's Autism and Suicide Committee, an individual with autism. The publication provides information about how suicidal intent and ideation may present in individuals with autism-spectrum disorder. It is particularly useful for individuals at crisis call centers who may receive calls from such individuals. Autism Crisis Supports (suicidology.org)

LGBTQ+ Youth and Adults
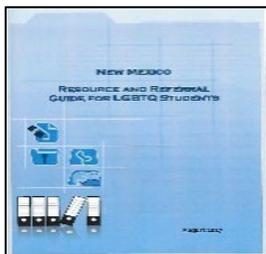
New Mexico Resource and Referral Guide for LGBTQ Students. This guide was developed with the New Mexico Youth Education on Sexual Health (YESH) Advisory Council to serve as a resource for teachers and school staff to help refer middle and high school students to services in NM. https://webnew.ped.state.nm.us/wpcontent/uploads/2017/12/SHSB_NM_LGBTQ_Student_Services_Directory.pdf

The Trevor Project is a national non-profit organization offering crisis call support, educational, and resource services for LGBTQ youth and people who work with LGBTQ 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 LGBTQ youth and want to raise awareness about 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 and undocumented trans people. US: 877-565-8860 /Canada: 877-330-6366. http://www.translifeline.org

The **MyPronouns.org** website includes information and resources related to the use of preferred pronouns for all individuals to avoid making assumptions about an individual's gender. Content includes why personal pronouns matter, how to use personal pronouns (such as they/them), handling mistakes in preferred pronoun use, strategies for sharing personal pronouns, suggestions for asking about an individual's personal pronouns, inclusive language, and print and video resources on this topic. https://www.mypronouns.org/inclusivelanguage
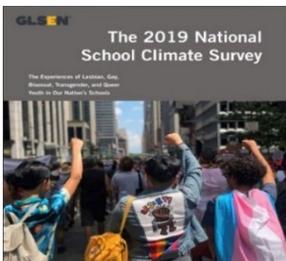
The GLSEN Report: The 2019 National School Climate Survey. The Gay, Lesbian, Straight Education Network (GLSEN) has worked to ensure that schools are safe and affirming spaces for all students, regardless of their sexual orientation, gender identity, or gender expression. Online surveys about youth school experiences are reported in the 2019 report. https://www.glsen.org/sites/default/files/2021-04/NSCS19-FullReport-032421-Web_0.pdf
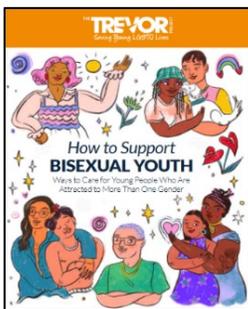
The Trevor Project How to Support Bisexual Youth: Ways to Care for Young People Who Are Attracted to More Than One Gender. This 14-page guide is an introductory educational resource that covers a wide range of topics and best practices for bisexual individuals and those wanting to learn more about supporting bisexual youth. Authors note "that education is an ongoing practice, and how individuals define and express their identity is an ongoing journey." https://www.thetrevorproject.org/wp-content/uploads/2020/09/How-to-Support-Bisexual-Youth.pdf

The **Transgender Resource Center of New Mexico** (TGRCNM) (ph: **(505) 200-9086**) is a non-profit organization and primary resource for Trans and non-binary individuals across NM. TGRCNM offers an array of services: case management, information, and referrals on name changes and medical care; help with obtaining or updating identification documents; and other services for the transgender and gender non-conforming people of New Mexico and their loved ones, including emergency financial assistance, trans-specific items (such as chest binders), clothing, general hygiene products, food assistance, peer support, and trainings for organizations and businesses on transgender lives and issues. The latter includes basic terms, definitions, and how to be an ally to transgender and gender non-conforming people. Drop-in services in the Albuquerque area include a place to rest, someone to talk to, and a site where people can "be themselves." Access is available to a computer lab and support groups, free confidential HIV testing, syringe exchange, food, and other services. TGRCNM is located at 5600 Domingo Rd NE, Albuquerque, NM, 87108 and is open Monday, Wednesday, and Friday, with drop-in hours from 1 to 6 p.m. ***www.tgrcnm.org/***

Links Among Various Forms of Violence, Mental Health, Substance Use, and Suicide

The New Mexico Substance Use Disorder Treatment Gap Analysis January 2020 details survey results gathered from treatment facilities across the state's 33 counties. The report includes the number and types of treatment facilities in New Mexico counties and the types of services they provide, such as Medication-Assisted Treatement (MAT) and in-patient and out-patient care. https://www.nmhealth.org/publication/view/marketing/5596/
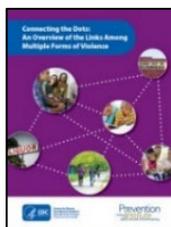
Connecting the Dots: An Overview of the Links Among Multiple Forms of Violence. This 2014 document focuses on overlapping causes of violence and what individuals and communities can do to prevent violence. Available as a downloadable document. Includes a set of slides for presentations addressing different forms of violence and solutions. https://www.cdc.gov/violenceprevention/about/connectingthedots.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 causes of violence and what individuals and communities can do to better prevent all forms of violence. http://www.nationalcenterdvtraumamh.org/publications-products/coercion-related-to-mental-health-and-substance-use-in-the-context-of-intimate-partner-violence-a-toolkit/

Means Reduction

Limiting Access to Means of Suicide is a web-based Suicide Prevention Resource Center (SPRC) resource that provides information about means reduction as part of a comprehensive approach to suicide prevention. Useful for clinicians, family members, and other stakeholders interested in learning about means reduction. *https://www.sprc.org/comprehensive-approach/reduce-means*

Counseling on Access to Lethal Means (CALM) is a free, on-line educational program designed to educate about means restrictions 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 various means for suicide. zerosuicidetraining.edc.org

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/

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 materials about suicide-related research and content about self-directed violence among veterans. https://www.mirecc.va.gov/lethalmeanssafety/
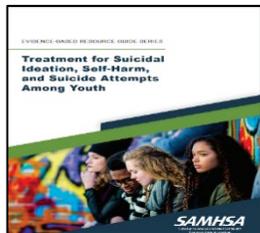
Treatment for Suicidal Ideation, Self-Harm, and Suicide Attempts Among Youth. This 64-page guide focuses on factors contributing to thoughts of suicide among this population including mental health and substance use problems, low self-esteem, peer and parental relationship problems, and academic difficulties. https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-06-01-002.pdf
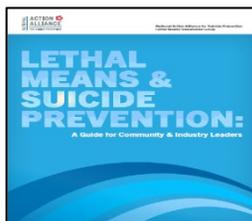
Lethal Means & Suicide Prevention: A Guide for Community & Industry Leaders. This 24-page guide describes the role and impact of reducing access to lethal means in preventing suicide. It also details strategies to reduce access to lethal means in communities, especially for those at risk. https://theactionalliance.org/resource/lethal-means-suicide-prevention-guide-community-industry-leaders

Content on the ***Taking Action to End Gun Violence*** website is focused on specific actions that communities can take to get started on ending gun violence. Included are data to inform prevention efforts and a large number of resources identifying effective policies, strategies, and interventions to address this issue. https://communitycommons.org/collections/Taking-Action-Against-Gun-Violence-Tools-Resources-and-Data
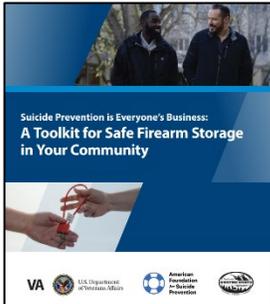
Suicide Prevention is Everyone's Business: A Toolkit for Safe Firearm Storage in Your Community is a 24-page resource guide developed by the US Department of Veterans Affairs, the American Foundation for Suicide Prevention, and the National Shooting Sports Foundation. Included are posters about various means for the safe storage of firearms, including descriptions and typical costs, and information and resources about topics such as addressing barriers to safe storage, creating community coalitions for prevention planning efforts, and resources and templates for messaging and outreach. https://www.mentalhealth.va.gov/suicide_prevention/docs/Community_toolkit_for_safe_firearm_storage.pdf


The National Shooting Sports Foundation's **Suicide Prevention Toolkit** was developed in conjunction with the American Foundation for Suicide Prevention. The kit includes educational materials for firearms retailers and shooting facilities for use in raising awareness among staff and customers about suicide prevention. Content includes recognizing at-risk individuals and safe storage practices to prevent death by suicide, including temporarily removing access to a firearm. Materials include brochures, posters, flyers, and window decals https://www.nssf.org/safety/suicide-prevention/suicide-prevention-toolkit/

Messaging and Communications About Suicide Prevention; Media Guidelines for Reporting on Suicide

Recommendations for Reporting on Suicide is a 2-page infographic which provides a user-friendly set of guidelines, resources, and a list of *Do's* and *Don'ts* for responsible reporting about suicide, including giving specific examples illustrating helpful and non-helpful approaches. Included 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
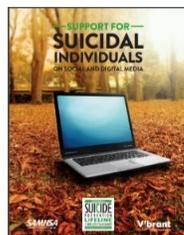
Support for Suicidal Individuals on Social and Digital Media Discusses why digital policies for those at risk for suicide are needed and provides practical tips for identifiying and responding to individuals who may be in distress and potentially suicidal and how to connect these individuals to appropriate resources. https://suicidepreventionlifeline.org/wp-content/uploads/2020/04/Lifeline-Social-Media-Toolkit-2020.pdf
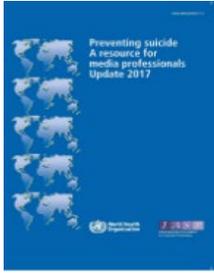
Preventing Suicide: A Resource for Media Professionals-Update 2017. This World Health Organization document provides specific suggestions for members of the media and addresses suicide as a global health concern. Includes information on responsible reporting with a quick 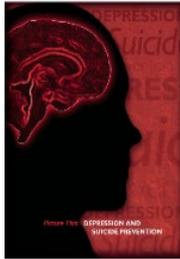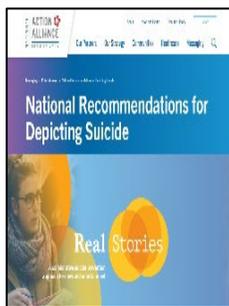reference 1-page summary of *Do's* and *Don'ts* to enchance suicide prevention inititiaves and strengthen prevention efforts worldwide. https://www.who.int/mental_health/prevention/suicide/resource_media.pdf

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. https://www.yumpu.com/en/document/view/27842472/picture-this-depression-and-suicide-prevention-entertainment-
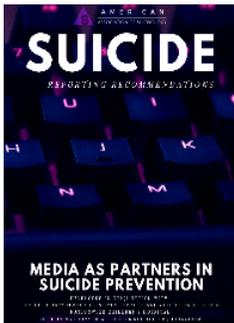
Suicide Reporting Recommendations: Media As Partners In Suicide Prevention. This 18-page toolkit provides specific recommendations and tips for media leaders about how to address suicide and suicide prevention to limit contagion. The kit also includes suggestions for terms and phases that should and should not be used when writing about this topic and ideas for how to formulate story ideas that avoid sensationalizing the topic and avoiding identifiying suicide as a criminal behavior. https://suicidology.org/wp-content/uploads/2018/12/Suicide-Media-Reporting-Extended-4-merged-1.pdf

National Recommendations for Depicting Suicide in entertainment was jointly produced by the Substance Abuse and Mental Health Services Administration and the Entertainment Insdutries Council. It supports goal 4 of the *National Strategy for Suicide Prevention* which concerns responsible reporting in various media about suicide. https://theactionalliance.org/messaging/entertainment-messaging/national-recommendations . An additional 2-page infographic that can be downloaded is also available. https://theactionalliance.org/sites/default/files/natl_recommendations_for_depicting_suicide_1.pdft
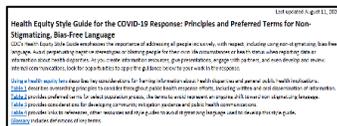
The Centers for Disease Control *Health Equity Style Guide for the COVID-19 Response: Principle and Preferred Terms for Non-Stigmatizing, Bias-Free Language* is an 11-page guide for addressing all people inclusively and with respect, verbally and in writing, using non-stigmatizing language. The principles and examples apply to providers, the public, and media who write or speak about health equity and public health. https://ehe.jhu.edu/DEI/Health_Equity_Style_Guide_CDC_Reducing_Stigma.pdf

The Action Alliance **Framework for Successful Messaging** provides evidence-based information and resources about issues to consider when messaging to the public about suicide. These sections include **Strategy** (planning for messaging that thoughtfully considers why, who, what and how messages are developed and disseminated; **Positive Narrative** (messaging that is designed to promote a positive message about suicide prevention (e.g., actions that people can take, messaging that prevention works, help is available); **Guidelines** (e.g., directions, information, and resources for successful messaging on websites; public speaking, reducing stigma, evaluating communications, on-line technologies best practices); and **Safety (**suggestions for avoiding content that is unsafe or undermines prevention.) Action Alliance Framework for Successful Messaging | Action Alliance Framework for Successful Messaging (suicidepreventionmessaging.org)
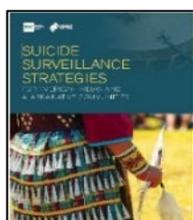
Native American/American Indian Populations

SSuicide Prevention Resources, sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), lists a variety of resources focused on Native-specific suicide prevention and resiliency among Native Americans, particulary for youth. https://www.samhsa.gov/tribal-ttac/resources/suicide-prevention
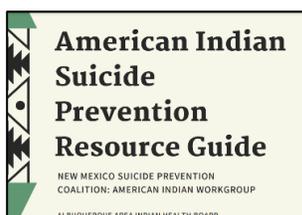
American Indian Suicide Prevention Resource Guide **is** a 12-page, user-friendly document prepared by the New Mexico Suicide Prevention Coalition: American Indian Workgroup and the Albuquerqe Area Indian Health Board in summer of 2021 and provides a list of resources available for suicide prevention with the American Indian population. Included are national, state, and tribal resources with information about where to access policy guides, strategic planning documents, and various resources for specific population groups (e.g., Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Two-Spirit [LGBTQ2S]), faith based communities, youth, schools, clinics and healthcare providers, and tribal behavioral health services). Accessed at http://www.nmhealth.org and under "A to Z," search Injury Prevention, scroll down to "Publications" and "Latest."

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/

Suicide Prevention Strategies for American Indian and Alaska Native Communities provides information about how American Indian and Alaska Native communties 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
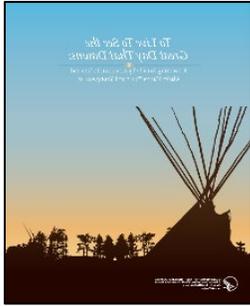
To Live to See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native and Young Adults. This resource *was published in 2010 by the US Department of Health and Human Services Substance Abuse and Mental Health Services Administration.* It prov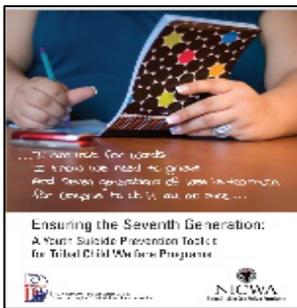ides a comprehensive overview of issues related to suicide and suicide-related behaviors in American Indian/Alaska Native Youth, and includes such content as historical trauma and risk factors, culture as a protective factor, historical barriers to effecively addressing suicide in tribal communities, and PRC
s that can be used in addressing this significant public health issue in native population groups. *https://store.samhsa.gov/product/To-Live-To-See-the-Great-Day-That-Dawns-Preventing-Suicide-by-American-Indian-and-Alaska-Native-Youth-and-Young-Adults/SMA10-4480*

Ensuring the Seventh Generation: A Youth Suicide Prevention Toolkit for Tribal Child Welfare Programs. This toolkit focuses on youth suicide prevention for child welfare workers involved with Native American children and their families. A stated intent is to stimulate a conversation and encourage tribal child welfare agencies toward action to address youth suicide. Includes information about needed policies and procedures, suggestions for their implementation, use of crisis teams, and collaborative protocols between and among service providers. http://www.icctc.org/August2013/PMM%20Handouts/Youth%20Suicide%20Prevention%20Toolkit.pdf

Primary Care Clinics and Health Facilities
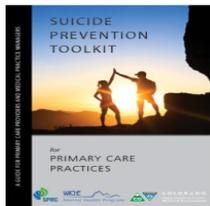
Suicide Prevention Toolkit for Primary Care Practices is a web-based resource with information and tools to implement suicide prevention practices in primary care settings. The toolkit was a collaborative project between the Suicide Prevention Resource Center and the Western Interstate Commission for Higher Education Mental Health Program. 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. The toolkit includes resources and activities for health care providers, behavioral health care providers, and leadership teams in primary care, integrated delivery systems, EDs, hospitals, physician practices, juvenile justice locales, senior living facilities, and veteran-serving health care organizations. https://zerosuicide.edc.org/toolkit/zero-suicide-toolkitsm

Safety Planning Intervention for Suicide Prevention is a 27-slide deck about the *whys* and *how's* of creating a safety plan for individuals who express suicidal ideation. The program provides a clear description of the 7-step process for clinicians developing a patient's safety plan. https://zerosuicide.edc.org/resources/resource-database/safety-planning-intervention-suicide-prevention

Suicide Safe: The Suicide Prevention App for Health Care Providers is a free phone application sponsored by the Substance Abuse and Mental Health Services Administration and is available free for iOS® and Android™ devices through Google Play, the App Store, or iTunes. https://store.samhsa.gov/apps/suicidesafe/
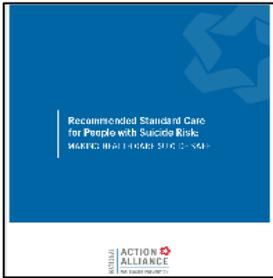
Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe was published in 2018 by the National Action Alliance for Suicide Prevention and is intended to help health systems better identify and support people at increased risk of suicide. This document provides recommendations for implementing health care standards for people at risk for suicide and is intended for providers and systems who care for individuals in outpatient mental health and substance use settings, Emergency Departments, and primary care offices. Also includes 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

**Safety Planning Guide: A Quick Guide for Clinicians** is a reference with a prioritized list of coping strategies and sources of support that patients can use who have been deemed to be at high risk for suicide. Patients can use these strategies before or during a suicidal crisis. The plan is brief, is in the patient's own words, and is easy to read. https://www.sprc.org/sites/default/files/SafetyPlanningGuide%20Quick%20for%20Clinicians.pdf
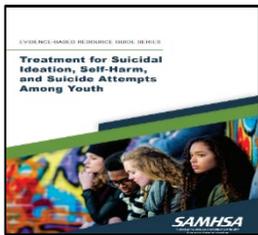
Treatment for Suicidal Ideation, Self-Harm, and Suicide Attempts Among Youth. This 64-page guide focuses on factors contributing to thoughts of suicide among this population including individuals with mental health and substance use problems, low self-esteem, peer and parental relationship problems, and academic difficulties. https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-06-01-002.pdf

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-committess/rural/publications/2017-impact-of-suicide.pdf

Schools, Youth-Serving Organizations, and University Settings
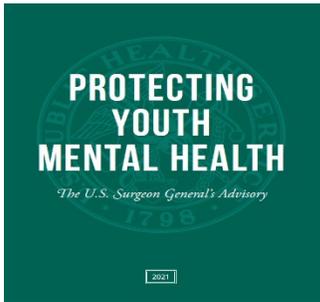
Protecting Youth Mental Health—The U.S. Surgeon General's Advisory was released in late 2021 and details recommendations for supporting the mental health of children, adolescents, and young adults particularly following the recent pandemic. Content includes factors that shape mental health and contribute to risk, populations at higher risk of mental health challenges associated with the pandemic, and specific actions that can be undertaken by youth, families, educators and other school personnel, health care providers and their organizations, the media, social media and technology companies, communities, philanthropists and foundations, employers, and federal, state, local, and tribal governments. *https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf*
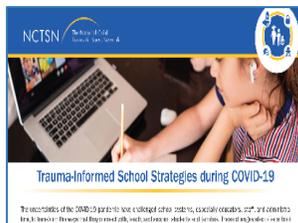
Trauma-Informed School Strategies During Covid-19. This 12-page guide was published by the National Child Traumatic Stress Network in response to the 2020 pandemic. Content includes a description of the concept of trauma-informed care and specific strategies for administrators and educators for fostering a trauma-informed school environment. https://www.nctsn.org/resources/trauma-informed-school-strategies-during-covid-19

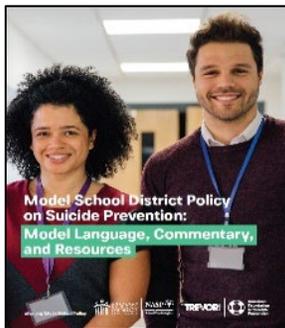*Model School District Policy on Suicide Prevention: Model Language, Commentary, and Resources, 2nd edition.* This document is jointly published by the American Foundation for Suicide Prevention (AFSP), American School Counselor Association (ASCA), the National Association of School Psychologists (NASP), and The Trevor Project advocacy group for Lesbian, Gay, Bisexual, Transgender, Questioning/Queer (LGBTQ) youth. Included are K-12 school model policies and practice recommendations for managing suicide events in school communities (e.g., creating a school action plan in advance of any suicide event). It also includes ways to communicate about suicide to avoid contagion and ways to help de-stigmatize mental health issues and promote help-seeking. A list of guidebooks, school-focused toolkits, resources for crisis and LGBTQ+ youth who are at greater risk of suicide, and student handbook information. https://afsp.org/wp-content/uploads/2019/10/13820_AFSP_Model_School_Policy_Booklet_m1_v3.pdf

The Mental Health Technology Transfer Center Network Coordinating Office (MHTTC) National School Mental Health Curriculum and Best Practices for States, Districts, and Schools. This free resource was developed by MHTTC and the National Center for School Mental Health. It provides a guide for using a comprehensive school mental health curriculum and includes trainer and participant manuals, slide decks for learning modules, and virtual recording learning sessions. https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/national-school-mental-health-projects
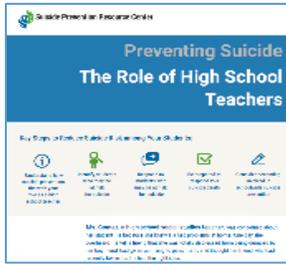
Preventing Suicide: The Role of High School Teachers is a 7-page infographic that provides information for teachers about identifying students at risk for suicide. Content includes facts about adolescent suicide, specific strategies that educators can use in responding to a student who is at-risk or following a student death, suggestions for schoolwide suicide prevention activities, and a list of resources. http://www.sprc.org/sites/default/files/resource-program/Role%20of%20High%20School%20Teachers%20Revised%20FINAL%20v2_6-14-19.pdf
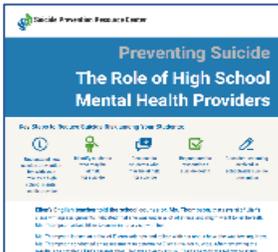
Preventing Suicide: The Role of High School Mental Health Providers is a companion infographic to the information for high school teachers about suicide prevention. This document includes a section about responding to a student who may be at risk for suicide and provides a more detailed step-by-step summary of what school mental health providers can do to help prevent student suicide. http://www.sprc.org/sites/default/files/resource-program/Role%20of%20HS%20MH%20Providers%20Revised%20FINAL%20v3_6-18-19.pdf
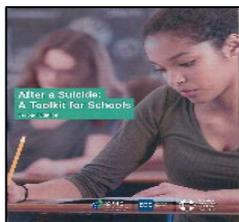
After a Suicide: A Toolkit for Schools (Second Edition) was written in 2018 by staff of the American Foundation for Suicide Prevention and the Suicide Prevention Resource Center Education Development Center. It can be used as a guide for postvention services for middle and high school students by administrators, school support personnel, staff, parents, and community members following a suicide. https://www.sprc.org/resources-programs/after-suicide-toolkit-schools

The School Resource Officers, School Law Enforcement Units, and the Family Educational Rights and Privacy Act (FERPA). This document answers a series of questions from school officials related to the disclosure of personally, identifiable information about students in education records provided to outside entities when addressing the Coronavirus Disease 2019 (COVID-19). https://studentprivacy.ed.gov/resources/school-resource-officers-school-law-enforcement-units-and-ferpa

Psychological First Aid for Schools (PFA-S) is an evidence-informed program developed by the Readiness and Emergency Management for Schools (REMS) Technical Assistance Center to assist school communities immediately following an emergency or disaster to reduce trauma-related distress. https://rems.ed.gov/K12PFAS.aspx
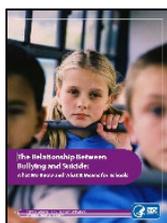
The Relationship Between Bullying and Suicide: What We Know and What It Means for Schools. This document includes information for school personnel and parents about risk factors for bullying and specific actions that school staff can take to address this issue. https://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf

The ***Stopbullying.gov website*** provides a number of resources, including training programs, handouts, and resources lists, designed to aid individual students, families, and school personnel in addressing bullying and cyberbullying. Materials include definitions of bullying, evidence-based strategies for intervening with those who are bullied and with perpetrators, and programs such as the ***Prevention: Learn how to identify bullying and stand up to it safely***. Other resources include states' anti-bullying laws, model anti-bullying legislation, definitions and interventions for both bullying and 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 ways to support grieving students, families, and school personnel. 1-877-536-2722**.** *https://grievingstudents.org/*

After a School Tragedy…Readiness, Response, Recovery, & Resources is a 7-page PDF which includes strategies, guidance, and a resource list to help schools be better prepared to support students and families after the experience of community violence or trauma. https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/after-school-tragedyreadiness-response-recovery-resources
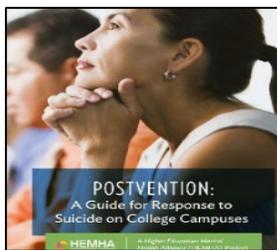
Postvention: A Guide for Response to Suicide on College Campuses is a 2014 document published by the Higher Education Mental Health Alliance. It offers practical information and sample materials, such as templates to announce a student's death, suggestions for using social media, protocols, and "what 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
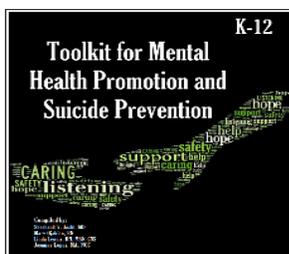
The K-12 Toolkit for Mental Health Promotion and Suicide Prevention. Developed for use by California schools as a guide for school communities to 1) promote mental health and wellness in schools; 2) intervene in a suicidal crisis; and 3) implement an effective postvention response to suicide. The toolkit also includes information about child and adolescent development, including self-care activities and handouts related to mental wellness, responsible use of social media, and suicide risk assessment tools. http://www.heardalliance.org/wp-content/uploads/HEARDToolkit2017.pdf

#chatsafe: A young person's guide for communicating safely online about suicide is a 34-page booklet for youth to educate them about talking online about suicide. Little is known about safe peer-to-peer discussion of suicide in online platforms, so this project was initiated in Australia to develop a "set of evidence-informed guidelines that could help young people to communicate safely online about suicide." The publication comprises four sections: **Section 1:** *Before you post anything online about suicide*; **Section 2**: *Sharing your own thoughts, feelings or experienced with suicidal behavior online*; **Section 3:** *Communicating about someone you know who is affected by suicidal thoughts, feelings, or behavior*; and **Section 4:** *Responding to someone who may be suicidal*. It includes a section about memorial websites, pages, and closed groups to honor the individual who died by suicide. Teachers and providers should review for appropriateness before recommending or distributing. https://www.orygen.org.au/Training/Resources/Self-harm-and-suicide-prevention/Guidelines/chatsafe-A-young-person-s-guide-for-communicatin/ChatsafeUS_guidelines_Orygen
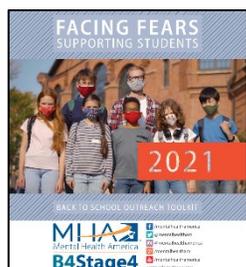
The ***Facing Fears: Supporting Students*** 22-page back-to-school toolkit was released by *Mental Health America* in 2021. It includes resources and materials that are directed at students and the people who work with and support them. The intent is to help students, families, and school personnel with the transition back to school after the pandemic. Key messaging points and samples of social media posts for sharing with the community, facts about the mental health of children and youth, downloadable poster images, and information about the effect of trauma and abuse on children's school performance. B2S 2021 - Full Toolkit.pdf (mhanational.org)

*The **Impact of the COVID-19 Pandemic on Children's Mental Health: What We Know So Far** is a* 27-page document from the Child Mind Institute which focuses on positive, tangible impacts on challenges to the mental health of children, adolescents, and youth. Major sections focus on what is known about the impact of the pandemic on children's and adolescent's mental health; findings about youth mental health and the coronavirus; teens' and educators' perspectives about the impact of the virus on children's well-being; and key conclusions. CMHR-2021-FINAL.pdf (netdna-ssl.com)

Breaking the Silence New Mexico (BTSNM) is a nonprofit organization dedicated to mental health literacy, advocacy, and well-being for teens and adults. Programs offered through BTSNM include upper presentations at elementary, middle, and high school students that help to end the shame and secrecy surrounding mental illness and suicide. Community forums for parents, community members, and for professional development are also available. www.breakingthesilencenm.org

Content on the Child Mind Institute's **Trauma & Grief** website has information for gaining a better understanding of the effects of trauma in children. Topics include the basics of trauma (e.g., helping children cope, what makes events traumatic for children, signs of trauma in children, talking about racism and violence); recognizing and managing grief in children (including parental suicide); managing trauma in school settings; acute stress disorder in children; and PTSD in children. https://childmind.org/topics/trauma-grief/
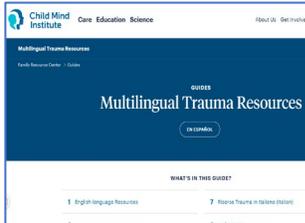
Helping Children Cope After a Traumatic Event: A Recovery Guide for Parents, Teachers and Community Leaders (2022) is a 15-page publication available in 11 languages (including English, Spanish, Arabic, Hebrew, Ukrainian, Russian and others) provided by the Child Mind Institute. It includes practical strategies for helping children deal with grief and traumatic events and includes developmentally-appropriate tips for managing the reactions of children of different ages. A section also focuses on what teachers can do to identify and support children experiencing trauma.

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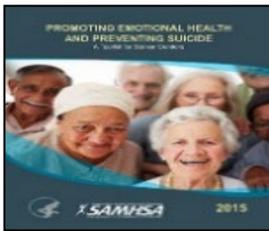
Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers, 2015 is designed for senior center staff and volunteers to use to promote emotional health in the elderly toward the goal of preventing suicide. Content includes an overview of suicide in older adults; strategies and specific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

Question, Persuade, Refer for Eldercare Workers is an on-line suicide prevention gatekeeper training designed for individuals who work with elderly individuals. The self-learning modules include content about unique risk factors for elders, QPR components, helping skills, screening and assessment tools, safety planning and information about lethal means reduction, evidence-based treatments for elders, and sample protocols for referring seniors for care.
https://qprinstitute.com/
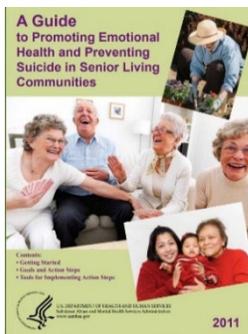
A Guide to Promoting Emotional Health and Preventing Suicide in Senior Living Communities is a 150-page guide produced by the Substance Abuse and Mental Health Services Administration for administrators and managers of departments of nursing, social work, pastoral care, wellness, and staff development in senior living communities. The guide includes tools for preventing and mitigating negative responses when a suicide occurs, including a facility assessment checklist to assess a facility's preparedness to prevent suicide and to direct a postvention response. Sample policies and procedures are framed around suicide prevention for the whole population and individuals at-risk and for responding to crises.
https://store.samhsa.gov/sites/default/files/d7/priv/guide.gettingstarted.pdf
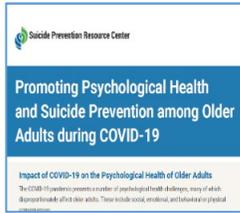
Suicide Prevention Resource Center: Promoting Psychological Health and Suicide Prevention among Older Adults during Covid-19. This 9-page document provides specific suggestions for supporting older adults dealing with challenges to their physical and emotional health associated with isolation during the Covid-19 pandemic.
https://www.sprc.org/sites/default/files/Promoting%20Psychological%20Health%20and%20Suicide%20Prevention%20Among%20Older%20Adults%20During%20COVID-19_%20FINAL.pdf

Increased Access to Mental Health Care for Older Adults: Getting Support During Covid-19. This 4-page infographic provides information about the potential social, emotional, and behavioral effects of the COVID-19 pandemic on the mental health of older adults. and what is available through tele-health and Medicare. Includes links to tools and tips for finding local mental health care providers.
https://sprc.org/sites/default/files/Increased%20Access%20to%20Mental%20Health%20Care%20for%20Older%20Adults%20Final.pdf

Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health—2019 Edition is a comprehensive, 224-page toolkit developed by the Substance Abuse and Mental Health Services Administration (SAMHSA) and National Council on Aging. It provides information for coordinators about how to use the 5-step process to initiate a program, an education curriculum about life transitions, coping, wise use of mediations, a series of fact sheets about alcohol, medications, and mental health conditions in older adults and prevention and screening guides, and various forms and resources, such as resource identification sheets, sample publicity materials, and materials to manage logistics.
https://store.samhsa.gov/product/Get-Connected-Linking-Older-Adults-with-Resources-on-Medication-Alcohol-and-Mental-Health-2019-Edition/SMA03-3824

Suicide Attempt Survivors and Family Loss Survivors

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

The Survivors of Suicide (SOS) website "….an independently owned and operated website designed to help those who have lost a loved one to suicide resolve their grief and pain in their own personal way." http://www.survivorsofsuicide.com/help_heal.shtml

The American Foudation of Suicide Prevention website includes an interactive si individuals to locate support groups in or near loss survivors' communities. https:// a-support-group

Engaging People with Lived Experience: A Toolkit for Organizations was developed to assist organizations and agencies learn how to best recruit and engage individuals with lived experience with suicide using several approaches for effectively addressing suicide prevention. These include strategic planning strategies, program implementation, practice reviews, policy development, and leadership. http://www.sprc.org/livedexperiencetoolkit/

EndSuicide.Net formerly served as the communication and information platform for the Southern New Mexico Suicide Prevention & Survivors Support Coalition. Contacts are now forwarded to Survivors of Suicide organization in Albuquerque, NM. The site includes opportunities to be involved in support groups and information about suicide resources for the public and for behavioral health care providers. https://www.sosabq.org/survivor-support

Survivors of Suicide (SOS) offers peer support after the loss of a loved one by suicide. The organization is nondenominational and based in Albuquerque, with meetings for virtual support offered simultaneously to reach statewide. A sister group is located in Santa Fe. There is no charge to participate. More information about meetings and resources is available on the website. www.sosabq.org

The Alliance of Hope is a non-profit website offering information for new loss survivors, an on-line 24/7 support forum, print resources, Skype consultations by trained trauma and loss professionals for new survivors, a blog, on-line community "healing support" groups, tips for talking with children and adolescents about suicide, a memorial wall, and a section for professionals about postvention care. https://allianceofhope.org/

The American Association of Suicidology website includes materials designed to aid grieving families dealing with suicide in loved ones and others experiencing loss. Resources include fact sheets, sample literature, a handbook titled *Coping with the Suicide of a Loved One, Helping Survivors of Suicide: What Can I Do?* and *a Suicide Prevention and Survivors of Suicide Resource Catalog.* https://suicidology.org/resources/

Veterans/Active Military/Reservists/Military Families

Rocky Mountain Mental Illness Research, Education and Clinical Center (MIRECC). 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 complied focuses on three phases of care: understanding suicide, screening, and assessment, and treatment. The site provides those working with grants and policies access to vetted or juried research. https://www.mirecc.va.gov/index.asp

The **Project 1 Small ACT** 32-page toolkit was developed by the U.S. Navy Suicide Prevention Program to facilitate planning for small or limited and "doable" actions that can be undertaken by individuals or groups for not only Suicide Prevention Awareness month held annually in September but also for year-round actions in support of suicide prevention with service members and families. The guide includes samples of social media messages and graphics, introduces caring connections, suicide prevention facts and key messages, best practices for safe suicide prevention messaging, and resources, including lethal means safety, all of which are applicable to suicide prevention in the general population. FY-22 1 Small ACT Toolkit_FINAL.pdf (navy.mil)

Community Provider Toolkit Serving Veterans Through Partnership provides useful resources for veterans and those who provide services to veterans and families. Th site includes interactive resource locators for VA Suicide Prevention Coordinators, VA Medical Centers, crisis call and chat line information, 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/docs/VA-Office-of-Mental-Health-and-Suicide-Prevention-Guidebook-June-2018-FINAL-508.pdf
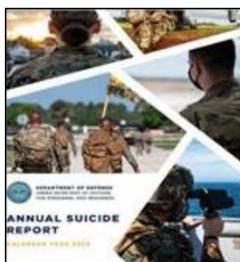
The 110-page Department of Defense ***Annual Suicide Report Calendar Year 2020*** give a comprehensive summary of suicide counts and rates for service members and families. It also includes suicide data trends and prevention initiatives, including efforts to reduce stigma associated with seeking help for mental health or suicidal ideation. Suicide data are included for Active military, Reserve, and National Guard decedents and military family members, including military dependents under 23 years. Young and enlisted Service members are shown to be at highest risk. https://www.dspo.mil/Portals/113/Documents/CY20%20Suicide%20Report/CY%202020%20Annual%20Suicide%20Report.pdf?ver=0OwlvDd-PJuA-igow5fBFA%3d%3d

Treatment Works for Vets is an on-line user-friendly program for veterans and family members providing information about effective options for ways to both feel better and to sleep as means to improve health and well-being. These resources were developed to help address higher rates of suicide in veterans given that they have higher rates of suicide than the general population. https://www.treatmentworksforvets.org/

Resources for Implementing a Public Health Approach to Suicide Prevention Among Services 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. Materials in the toolkit are designed for both veterans and those who provide behavioral health care services to them. Included are 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/docs/Clinical_tool.pdf
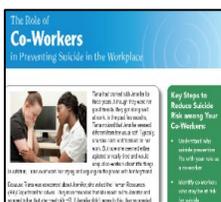

The ***Lethal Means Safety and Suicide Prevention*** is a 2-minute video from the *Veterans Health Administration* that succinctly provides facts about the extent of firearm use for suicide in veterans and service members. Narrators note that almost 70% of suicide deaths in veterans are caused by a firearm and emphasize the need to put time and distance between the at-risk veteran and means of suicide. The importance of providers directly asking individuals if they are thinking about or planning suicide is stressed. https://www.youtube.com/watch?v=vM8gGm2dgsE
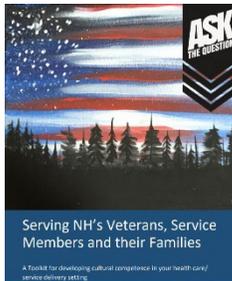
The ***Ask the Question—Serving NH's Veterans, Service Members and their Families*** is a 123-page comprehensive guide for developing cultural competence in healthcare and service delivery settings. The toolkit was developed in New Hampshire but includes numerous resources and materials that are appropriate and relevant across all states. Content includes how to build a team of suicide prevention stakeholders, how and why to ask if individuals have had military service or are family members of those who have served, information about the structure and branches of military services, and various practical resources such as forms for determining VA Health Care Eligibility, how to file for disability benefits, where to obtain military cultural competency and suicide gatekeeper trainings, and patient clinical tools. https://www.dmavs.nh.gov/sites/g/files/ehbemt401/files/inline-documents/sonh/2022-ask-the-question-toolkit.pdf

Workplaces/Worksites

The Role of Co-Workers in Preventing Suicide in the Workplace. Is a 5-page document that provides specific and practical suggestions and strategies. For how individuals in the workplace can help prevent suicide by providing the tools needed to speak to co-workers about suicide. To learn more use the link http://www.sprc.org/sites/default/files/resource-program/V11_Co-worker_May2018.pdf

Workplace Suicide Prevention: Make Suicide Prevention a Health and Safety priority at Work. A call to action to all workplaces and professional associations to implement the National Guidelines for Workplace Suicide Prevention. https://workplacesuicideprevention.com/
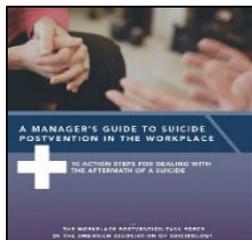
A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of a Suicide. This document defines postvention and provides tips about actions that managers can take and materials they can use, such as samples of internal and external notifications of a death by suicide, when a suicide occurs in the workplace. https://theactionalliance.org/sites/default/files/managers-guidebook-to-suicide-postvention-web.pdf

The New Mexico Substance Use Disorder Treatment Gap Analysis January 2020 details survey results gathered from treatment facilities across the state's 33 counties. The report includes the number and types of treatment facilities in New Mexico counties and the types of services they provide, such as Medication-Assisted Treatement (MAT) and in-patient and out-patient care. https://www.nmhealth.org/publication/view/marketing/5596/

Workplace Suicide Prevention: Make Suicide Prevention a Health and Safety Priority at Work. A call to action to all workplaces and professional associations to implement the National Guidelines for Workplace Suicide Prevention. https://workplacesuicideprevention.com/

State Suicide Prevention Resources and Advocacy Sources

State Offices and Departments:

The **New Mexico Department of Health's (DOH) Suicide Prevention Program** is housed within the Epidemiology and Response Division's Office of Injury Prevention (OIP). Program staff serve as a resource for evidence-based and evidence-informed resources for use by various national, regional, and state entities and individuals involved in suicide prevention, intervention, and postvention services. The Department of Health also facilitates the New Mexico Suicide Prevention Coalition. The Department of Health's Senior Injury Epidemiologist, Garry Kelly (garry.kelley@state.nm.us) conducts analyses, monitors trends, and responds to data inquiries related to suicide and suicide-related behaviors across all ages and population groups in New Mexico. The Department of Health's Mental Health Epidemiologist, Dylan Pell (dylan.pell@state.nm.us), similarly analyzes, minotors trends, and responds to inquiries about mental health issues in the state. For information about resources related to suicide prevention and the New Mexico Suicide Prevention Coalition, contact the Department of Health's Suicide Prevention Coordinator Jacalyn Dougherty at jacalyn.dougherty@state.nm.us or call 505-827-2488.

The **New Mexico Department of Health's (DOH) Office of School and Adolescent Health (OSAH)** educates and provide resources to educational staff, physical and behavioral health care professionals, and community members who serve schools and adolescents. OSAH provides resources, training, and technical assistance for individuals and developing programs and is working to enhance a sustainable behavioral health system for schools and youth-serving organizations. Evidence-based practices to improve the health, wellness, and resilience of students and adolescents are promoted. For information about behavioral health services within OSAH, contact Shayna Klassen, Behavioral Health Consultant, at shayna.klassen@state.nm.us or call 505-222-8683. Also, the Training and Resource Portal for the NM Department of Health's Office of School and Adolescent Health (OSAH) is now open and available! https://trainmeosah.com/

The ***School-Based Health Center Directory and Map*** document and website identify 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. http://www.nmasbhc.org/SBHC_Locator.html

New Mexico Human Services Department, Behavioral Health Services Division (BHSD) provides financial support and technical assistance to community organizations dedicated to delivering suicide prevention activities throughout the state. Activities funded by BHSD include crisis hotlines, suicide prevention trainings, recovery events, and youth summits. The BHSD has oversight of the Behavioral Health Planning Council, a federal requirement for states receiving Block Grant funding. The council serves as an advisory body to the Governor of New Mexico and the Behavioral Health Collaborative. One of the council's top priorities is suicide prevention. For more information on BHSD-funded programs and available resources, please visit: http://newmexico.networkofcare.org/mh/

The ***New Mexico Department of Health Drug Overdose Prevention Progra*m** has been a leader in drug overdose prevention with initial activities beginning as early as 1999. The purpose of the program is to: 1) increase the timeliness of actionable surveillance data used to inform program strategies; 2) increase state and local capacity and coordination for prevention and response efforts; 3) improve processes for and access to linkages to care; 4) improve use of and access to the New Mexico Prescription Monitoring Program (PMP); 5) partner with health systems, payers, and communities to improve opioid prescribing; and, 6) empower individuals to make safer choices. The program supports several resources available free to the public including an educational campaign promoting alternatives to pain management, ***AnotherWayNM.com,*** available at https://www.anotherwayNM.com/. To provide the public and providers with current information about the public health issue of drug overdose deaths, including deaths from prescription opioids, heroin, and fentanyl), the Opioid Overdose Prevention Program created an easy-to-use, substance use data dashboard for the public, policy makers, providers, and community partners to use in decision making. The data resource can be found at **OverdoseDataNM.org .** http://nmhealth.org/about/erd/ibeb/sap/dod/

The ***New Mexico Department of Health Prevention of Excessive Alcohol Consumption*** has an alcohol epidemiologist funded by a cooperative agreement with the Centers for Disease Control and Prevention (CDC). The purpose of this position is to provide public health surveillance of excessive alcohol use and its related harms. The alcohol epidemiologist provides data, presentations, and support to other agencies, public health programs, and community groups to prevent excessive alcohol consumption and related harms. The alcohol epidemiologist is part of the Substance Use Epidemiology Section in the Injury and Behavioral Epidemiology Bureau of the Epidemiology and Response Division. Excessive alcohol use has an immense impact on the state of New Mexico, and New Mexico has the highest alcohol-related death rate and the highest rate of alcohol-related years of potential life lost (YPPL) in the nation. In this state, alcohol is responsible for nearly 1,600 deaths each year. About 8% of alcohol-related deaths in New Mexico are due to suicide. https://www.nmhealth.org/search/?keyword=+Prevention+of+excessive+alcohol+consumption&search=search and https://www.thecommunityguide.org/search/alcohol%20prevention https://us02web.zoom.us/j/82462149072?pwd=eU90aVRScmZOdjFQWUJ5MXh2SUpDZz09

Non-profit and Other Non-governmental Agencies and Organizations:

National Alliance on 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, countering stigma, and providing a helpline for referral, support, and information. https://www.nami.org/About-NAMI

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 prublic 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**

State Suicide Prevention Infrastructure. The Suicide Prevention Resource Center (SPRC) reported findings from a thorough research literature review and environmental scan and made recommendations for state infrastructure to more effectively address suicide in a comprehensive, coordinated manner. Investigators consulted with experts from 21 state and national organizations, held focus groups with state suicide prevention leaders, and solicited focused feedback from specialists in state government and those personally touched by suicide to identify common needs and best practices for improving states' suicide prevention efforts. Includes tools for state infrastructure development. www.sprc.org/state-infrastructure.

_____

Acknowledgements

The New Mexico Department of Health Office of Injury Prevention staff express their appreciation to members of the New Mexico Suicide Prevention Coalition for their many ideas and sharing of resources used in compiling the ***Suicide Prevention Resource Guide***.

In addition, we extend our appreciation to Michael Hugo Gutierrez, New Mexico State University Public Health Summer 2021 Intern with the New Mexico Department of Health Office of Injury Prevention Suicide Prevention Program, for his contributions in helping to prepare the ***Suicide Prevention Resource Guide*** for publication and dissemination.

Jacalyn Dougherty, Suicide Prevention Coordinator
Liza Suzanne, Injury Prevention Program Unit Manager
Rachel Wexler, Injury Prevention Section Manager
Toby Rosenblatt, Injury and Behavioral Epidemiology Bureau Chief