

# Suicide prevention

## Introduction

SECTION 1: Understanding suicide

SECTION 2: Risk assessment and Intervention, reducing access to lethal means

SECTION 3: Communication and engagement

SECTION 4: Referral and follow-up

SECTION 5: Self-care and resilience

SECTION 6. Local and national resources

## Activity summary

- Activity title: Suicide prevention (SPREV)
- Release date: 2024-06-01
- Expiration date: 2027-05-31
- Estimated time to complete activity: 2 hours
- This course is accessible with any web browser.

## Target audience

This activity has been designed to meet the educational needs of professionals and individuals engaged in suicide prevention efforts, including: mental health professionals, educators, healthcare providers, first responders, community leaders, volunteers, family members, and peers.

## Educational objectives

*Participants in this program will be able to:*

- Understand the prevalence and impact of suicide on individuals, families, and communities.
- Recognize common risk factors and warning signs of suicide in diverse populations.
- Learn evidence-based approaches for assessing suicide risk and conducting safety planning.

- Explore strategies for engaging in empathic communication and building rapport with individuals at risk.
- Identify appropriate resources and referral pathways for individuals in crisis, including mental health services and crisis hotlines.
- Develop self-care strategies to mitigate the impact of vicarious trauma and burnout when working with individuals at risk of suicide.

## Content planners/faculty

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## Media

Internet

## Disclosure of unlabeled use

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

## Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.