

# Here4Hope

## Evidence based approaches in community suicide prevention

### Training & Education

Train community members to identify individuals at risk of suicide and connect them to community supports.

Improve competencies of mental health and primary care providers in the recognition and treatment of vulnerable individuals.



### Community Awareness

Create awareness and understanding of mental health, substance use and suicide to reduce stigma and increase help seeking.

### Social Media Reporting

Create awareness of and implement the media guidelines regarding safe messaging and portrayal of suicide in all forms of media.

### Means Reduction

Offer programming designed to help reduce the availability, accessibility and attractiveness of the means to suicide.

### Increasing Access to Mental Health & Addictions Services

Promote increased access and/or remove barriers to comprehensive mental health and addictions services for those vulnerable to suicidal behaviors.

### Risk Management

Ensure that the community has the capacity to respond to crisis with appropriate interventions and emergency mental health care.

### Intervention

Improve the quality of evidence based clinical interventions for individuals with suicidal ideations and behaviors. Provide supportive and rehabilitative services for suicide attempt survivors.

### Postvention

Provide proactive response to and care for those affected by suicide loss and suicide attempts.