



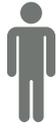
UHIP Suicide Workgroup

Improving Mental Health and Reducing Suicide

Outcome Goals

What you  and your agency  can do to help:

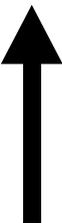
 **availability and access to quality physical and behavioral healthcare**



- Encourage employer to include coverage of mental health conditions in health insurance policies.
- Consider becoming a mental health provider. Mental health providers are in need across the country.



- Provide health insurance coverage that includes mental health conditions.
- Offer an Employee Assistance Program for mental health access as an employment benefit.
- Donate and volunteer for agencies working to increase availability and access to care.

 **social norms supportive of help seeking and recovery**



- Be a champion in your community for mental health and suicide to help reduce stigma around these issues.
- Become an instructor in an [evidence-based suicide prevention gatekeeper training](#) such as QPR, Mental Health First Aid or ASIST.
- Provide gatekeeper training to groups you are associated with such as church and civic, sports teams, family, etc..
- Organize a community suicide prevention fundraiser to donate to a non-profit such as [American Foundation for Suicide Prevention \(AFSP\)](#) or the [National Alliance for Mental Illness \(NAMI\)](#).
- Work with local government to provide a gatekeeper training to community members.
- Learn how to talk about suicide in a safe way that will promote hope and reduce stigma. [NAMI is a good resource for tips.](#)



- Provide regular agency-wide, [evidence-based suicide prevention gatekeeper training](#) to all employees.
- Encourage and support staff to become gatekeeper instructors.
- Develop agency policies and culture that promote mental wellness and help seeking from top leadership on down.
- Sponsor a suicide prevention community event or make a financial donation to a suicide prevention non-profit such as [AFSP](#) or [NAMI](#).

A Healthier Tomorrow, Together

For more information and links to resources, visit: www.utphpartners.org.

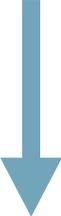


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Outcome Goals

What you  and your agency  can do to help:



access
to lethal
means



- Ensure all firearms and opioids in your home are properly stored against theft or unauthorized use (including other people in the household).
- If you are worried about someone in your home, remove firearms and opioids from the home until the crisis has passed.
- Educate family, friends and community members about [safe storage of firearms](#) and medication.
- Dispose of expired, unused or unwanted medications at a local drop box.



- Provide education and counseling around [safe storage of firearms](#) and medications.

If you believe someone is at risk of suicide:

- Be direct and ask them “are you thinking about suicide?” (This reduces anxiety and provides a safe space for them to talk about suicide).
- Call the **Suicide Prevention Lifeline** at **800-273-TALK (8255)**; or the **SafeUT app** to access a crisis counselor.
- Take the person to an emergency room or seek help from a medical or mental health professional.
- Remove any means that could be used in a suicide attempt (i.e.; firearm, medications).
- Do not leave the person alone.

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