

# Suicide Prevention Action Plan for Communities

The most effective way to prevent suicide is to develop a comprehensive community approach where multiple sectors work together. This approach relies on knowledge from community sectors including government (local, tribal, state), education, social services, health and behavioral health care services, business, labor, justice, housing, media, and organizations such as faith-based organizations, youth serving organizations, foundations, and other non-profit organizations. Combining the knowledge of these different sectors allows for a community to understand and respond to the risk and protective factors influencing the lives of individuals, organizations, and communities at the local level. Below are some opportunities for action as well as resources to learn more.

## Opportunities for action



**Convene a group of individuals within the community to develop and sustain a coalition to address mental health and suicide.**

- **[Community Toolbox \(ctb.ku.edu/en\)](http://ctb.ku.edu/en)**: Online resource for those working to build healthier communities and bring about social change.



**Learn about developing a comprehensive public health approach to prevent suicide.**

- **[CDC Public Health Approach to Violence Prevention \(cdc.gov/violenceprevention/about/publichealthapproach.html\)](http://cdc.gov/violenceprevention/about/publichealthapproach.html)**: Description of the Public Health Approach from the Centers for Disease Control and Prevention (CDC).
- **[Community-Led Suicide Prevention \(communitysuicideprevention.org/element/planning\)](http://communitysuicideprevention.org/element/planning)**: How to develop a strategic plan for suicide prevention.



**Apply to participate in the Minnesota Suicide Prevention Strategic Planning Cohort to develop a plan to address local conditions effecting individuals within the community.**

- For more information about the Strategic Planning Cohort, email [health.suicideprev.MDH@state.mn.us](mailto:health.suicideprev.MDH@state.mn.us).



**Learn more about risk and protective factors and what contributes to those having suicidal experiences.**

- **[CDC Risk and Protective Factors \(cdc.gov/suicide/factors\)](http://cdc.gov/suicide/factors)**: Description of Suicide Risk and Protective Factors from the CDC.
- **[Minnesota Department of Health \(health.state.mn.us/communities/ace/index.html\)](http://health.state.mn.us/communities/ace/index.html)**: Adverse Childhood Experiences in Minnesota from the Maternal and Child Health section at the Minnesota Department of Health.



**Gather data to better understand what is occurring within the community regarding mental health and suicide.**

- **[Minnesota Injury Data Access System](https://health.state.mn.us/communities/injury/midas/injury.html)**  
([health.state.mn.us/communities/injury/midas/injury.html](https://health.state.mn.us/communities/injury/midas/injury.html)): Injury module includes data on injuries that occurred in Minnesota where a person visited an emergency department or was hospitalized.
- **[Minnesota Student Survey \(MSS\)](https://education.mn.gov/MDE/dse/health/mss/index.htm)** ([education.mn.gov/MDE/dse/health/mss/index.htm](https://education.mn.gov/MDE/dse/health/mss/index.htm)): The MSS is an anonymous statewide school-based survey conducted to gain insights into students.
- **[State Data Reports](https://health.state.mn.us/communities/suicide/data/suicidedata.html)** ([health.state.mn.us/communities/suicide/data/suicidedata.html](https://health.state.mn.us/communities/suicide/data/suicidedata.html)): Data reports published by the Minnesota Department of Health - Suicide Prevention Unit.
- **[Youth Suicide and Mental Health Dashboard](https://health.state.mn.us/communities/suicide/data/youth/index.html)**  
([health.state.mn.us/communities/suicide/data/youth/index.html](https://health.state.mn.us/communities/suicide/data/youth/index.html)): Overview of data available for mental health and suicide using data from the Minnesota Student Survey.



**Learn more about best available evidence for suicide prevention strategies.**

- **[CDC Suicide Prevention Resource for Action](https://cdc.gov/suicide/resources/prevention.html)** ([cdc.gov/suicide/resources/prevention.html](https://cdc.gov/suicide/resources/prevention.html)): Details strategies with the best available evidence to reduce suicide from the CDC.
- **[The Surgeon General’s Call to Action to implement the National Strategy for Suicide Prevention](https://hhs.gov/sites/default/files/sprc-call-to-action.pdf)** ([hhs.gov/sites/default/files/sprc-call-to-action.pdf](https://hhs.gov/sites/default/files/sprc-call-to-action.pdf)): Identifies the six priority actions for suicide prevention in the United States.



**Learn more about what communities are doing around the state to promote mental health.**

- **[Mental Health and Well-being](https://health.state.mn.us/people/mentalhealth.html)** ([health.state.mn.us/people/mentalhealth.html](https://health.state.mn.us/people/mentalhealth.html)): Information and resources to support mental health and well-being.



**Organize and offer trainings on talking about suicide, supporting someone struggling with mental health, or other trainings to prevent suicide.**

- **[Mental Health and Suicide Prevention Trainings](https://health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html)**  
([health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html](https://health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html)): Suicide prevention training opportunities through the Minnesota Department of Health.



**Provide learning opportunities and resources to learn more about mental health and well-being.**

- **[Creating a Healthier Life: A Step-by-Step Guide to Wellness](https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf)**  
([store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf](https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf)): The Substance Abuse and Mental Health Services Administration holistic wellness model that includes eight different dimensions of wellness.
- **[Mental Health Promotion](https://health.state.mn.us/communities/mentalhealth/index.html)** ([health.state.mn.us/communities/mentalhealth/index.html](https://health.state.mn.us/communities/mentalhealth/index.html)): Information and resources on mental health promotion and well-being from the Minnesota Department of Health.



**Provide learning opportunities and resources to learn more about mental illness.**

- **[National Alliance on Mental Illness \(NAMI\) Minnesota \(namimn.org\)](http://namimn.org)**: Through education, support, and advocacy NAMI Minnesota strives to effect positive changes in the mental health system and increase the public and professional understanding of mental illnesses.
- **[National Institute of Mental Health \(nimh.nih.gov\)](http://nimh.nih.gov)**: Transforming the understanding and treatment of mental illness.



**Provide learning opportunities and resources to learn about suicide.**

- **[Centers for Disease Control and Prevention \(cdc.gov/suicide\)](http://cdc.gov/suicide)** and the **[Substance Abuse and Mental Health Services Administration \(samhsa.gov/find-help/988/partner-toolkit\)](http://samhsa.gov/find-help/988/partner-toolkit)**: SAMHSA's partner toolkit provides key messages, downloadable resources, and toolkits for the 988 Crisis & Lifeline.
- **[Suicide Prevention Resource Center \(sprc.org\)](http://sprc.org)**: A federally supported resource center devoted to advancing the implementation of the National Plan.



**Promote messages of hope, help, and resilience by utilizing collective messaging developed by these partners.**

- **[Minnesota Department of Health Materials and Resources \(health.state.mn.us/communities/suicide/basics/materials.html\)](http://health.state.mn.us/communities/suicide/basics/materials.html)**: Suicide Prevention Materials and Resources from the Minnesota Department of Health Suicide Prevention Unit.
- **[Mental Health Promotion Materials \(health.state.mn.us/communities/mentalhealth/tools.html\)](http://health.state.mn.us/communities/mentalhealth/tools.html)**: Community tools, facts sheets and infographics from the Mental Health Promotion division at the Minnesota Department of Health.
- **[You Matter- Mental Health and Suicide Crisis Messaging \(health.state.mn.us/communities/suicide/communities/youmatter.html\)](http://health.state.mn.us/communities/suicide/communities/youmatter.html)**: Mental health and suicide crisis messaging from the Suicide Prevention Unit and the Minnesota Department of Health.



**Promote connectedness in neighborhoods, communities, and among cultural groups.**

- **[Centers for Disease Control and Prevention \(cdc.gov/violenceprevention/pdf/asap\\_suicide\\_issue3-a.pdf\)](http://cdc.gov/violenceprevention/pdf/asap_suicide_issue3-a.pdf)**: Resources on Preventing Suicide through Connectedness.
- **[#StayConnectedMN Toolkit \(health.state.mn.us/communities/suicide/communities/stayconnectedmn.html\)](http://health.state.mn.us/communities/suicide/communities/stayconnectedmn.html)**: Mental health messaging toolkit developed with themes of connection.



**Engage community partners and educate the community on safe storage of firearms and medications.**

*Firearms*

- **[Minnesota Department of Public Safety \(dps.mn.gov/safe-secure/Pages/safe-gun-storage.aspx\)](http://dps.mn.gov/safe-secure/Pages/safe-gun-storage.aspx)**: Information on safe gun storage and handling.

- **Minnesota Department of Veteran Affairs**  
([mn.gov/mdva/resources/veteransuicideprevention](http://mn.gov/mdva/resources/veteransuicideprevention)): Resources for preventing veteran suicide.

*Medications*

- **Dose of Reality** ([doseofreality.mn.gov/drug-takeback/default.asp](http://doseofreality.mn.gov/drug-takeback/default.asp)): Safe storage and disposal of unused medications.



**Promote statewide resources available to support individuals.**

- **211** ([211unitedway.org](http://211unitedway.org)): An easy-to-remember, three-digit number for families and individuals in Minnesota to call to obtain free and confidential information on health and human services.
- **988 Suicide & Crisis Lifeline** ([988lifeline.org](http://988lifeline.org)): The 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources.
- **State Mobile Crisis Services** ([mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp](http://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp)): Crisis services are available within each county 24 hours a day, seven days a week.



**Complete a community assessment to include what local resources are available within the community to support community members.**

**Develop and promote resources gathered from the assessment for community partners to utilize to get individuals the support that they need.**

- **Community Toolbox** ([ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/identify-community-assets/main](http://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/identify-community-assets/main)): Resources and tools for identifying community assets and resources and which could include the following: mental health support, housing, financial support, peer support groups (mental health, substance use, grief, suicide loss survivors).



**Convene service providers to network and align, collaborate, and coordinate services within the community (pathway to care).**

- **Community Toolbox** ([ctb.ku.edu/en/table-of-contents/implement/improving-services/coordination-cooperation-collaboration/main](http://ctb.ku.edu/en/table-of-contents/implement/improving-services/coordination-cooperation-collaboration/main)): Information on promoting coordination, cooperative agreement, and collaborative agreements among agencies.



**Convene community partners to develop a postvention plan to respond to any traumatic deaths within the community.**

**Plan should include supporting and providing resources to individuals that have lost someone to suicide.**

- **A Managers Guide to Postvention in the Workplace**  
([theactionalliance.org/sites/default/files/managers-guidebook-to-suicide-postvention-web.pdf](http://theactionalliance.org/sites/default/files/managers-guidebook-to-suicide-postvention-web.pdf)): This guide provides 10 action steps for managers to respond in the aftermath of a suicide to provide hope and healing.

SUICIDE PREVENTION ACTION PLAN FOR COMMUNITIES

Minnesota Department of Health  
Suicide Prevention Unit  
85 East 7<sup>th</sup> Place  
PO Box 64882  
St. Paul, MN 55164-0882  
651-201-5400  
[health.suicideprev.mdh@state.mn.us](mailto:health.suicideprev.mdh@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

7/19/2023

*To obtain this information in a different format, call: 651-201-5400.*