

6 Strategies for Mental Health Providers to Increase **COMPETENCE & CONFIDENCE IN SUICIDE PREVENTION**

1



EMBRACE LIFELONG LEARNING

Mental health professionals are often not well prepared in graduate school to intervene in suicide behaviors; Ongoing development is a **MUST**.

4



BE INTROSPECTIVE

Assess your own beliefs, confidence, and perceived skills in suicide care. Monitor your self-efficacy over time.

2



PRACTICE CORE SKILLS

Practice risk assessment interviews, collaborative safety planning, and lethal means counseling using role-plays.

5



BE EVIDENCE-DRIVEN

Use validated, structured screening and assessment tools within clear organizational or personal protocols; Know when to escalate care.

3



SEEK CONSULTATION...OFTEN

Seek regular case consultation around suicide risk, including post-attempt care, with supervisors, peer consultation groups, etc.

6



FOSTER A TEAM APPROACH

Supportive leadership and team culture are associated with more positive attitudes toward suicide prevention and greater use of best practices.

If you or someone you know is struggling, please contact the 988 Suicide and Crisis Lifeline by calling or texting 988.

NAASP

National Association for the
Advancement of Suicide Prevention