

Suicide Prevention Action Plan for Individuals

Everyone has a role to play in preventing suicide. The most effective way to prevent suicide is to develop a comprehensive community approach where multiple sectors, including individuals, work together to support others and prevent suicide. Below are some opportunities for action as well as resources to learn more.

Sign up for the [Suicide Prevention Newsletter](https://public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271) (public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271). For additional support or guidance, complete the [Suicide Prevention TA form](https://redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN) (redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN).

Opportunities for action



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): The Substance Abuse and Mental Health Services Administration (SAMHSA) holistic wellness model with the eight dimensions of wellness.
- [MDH Mental Health Promotion](https://health.state.mn.us/communities/mentalhealth/index.html) (health.state.mn.us/communities/mentalhealth/index.html): Information on mental health.



Learn more about mental illness.

- [National Alliance on Mental Illness \(NAMI\) Minnesota](https://namimn.org) (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](https://nimh.nih.gov) (nimh.nih.gov): Transforming the understanding and treatment of mental illness.



Learn more about suicide prevention.

- [Centers for Disease Control and Prevention \(CDC\) Suicide Prevention](https://cdc.gov/suicide) (cdc.gov/suicide): The CDC is a leading science-based, data-driven, service organization for the public's health.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](https://samhsa.gov/find-help/988) (samhsa.gov/find-help/988): SAMHSA is a federal agency that leads public health efforts in behavioral health.
- [Suicide Prevention Resource Center \(SPRC\)](https://sprc.org) (sprc.org): SPRC is a federally supported resource center devoted to advancing the implementation of the national plan.



Learn how to talk about mental health and suicide and identify and support individuals that are struggling with their mental health or having suicidal experiences.

- Attend trainings to build upon your skillset. See [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).
- [Safe Messaging around Mental Health and Suicide](https://health.state.mn.us/communities/suicide/documents/safemessaging.pdf) (health.state.mn.us/communities/suicide/documents/safemessaging.pdf) and [Supporting a Co-Worker Living with Mental Health Issues](#)

SUICIDE PREVENTION ACTION PLAN FOR INDIVIDUALS

health.state.mn.us/communities/suicide/documents/mhmworkplacementalhealth22.docx

Resources developed by the Minnesota Department of Health.

- **Seize the Awkward** (seizetheawkward.org/#starting-the-conversation): A resource with warning signs that a friend is struggling, conversation starters, tips for support, and where to get help.



Promote hope, help, and resilience by using collective messaging from these partners.

- **MDH Suicide Prevention Materials and Resources** (health.state.mn.us/communities/suicide/basics/materials.html): Toolkits, messaging guides, and more to promote mental health and suicide prevention.
- **MDH Mental Health Promotion Materials** (health.state.mn.us/communities/mentalhealth/tools.html): Community tools, facts sheets, and infographics on the mental health promotion.



Understand and promote resources available in Minnesota.

- **211** (211unitedway.org): An easy-to-remember, three-digit number families and people in Minnesota can call to get free and confidential information on health and human services.
- **988 Suicide & Crisis Lifeline** (988lifeline.org): The 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): Crisis services are available within each county 24 hours a day, seven days a week.



Safely store firearms and medications.

Firearms

- **Minnesota Department of Public Safety** (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): Resources for preventing veteran suicide.

Medications

- **Dose of Reality** (doseofreality.mn.gov/drug-takeback/default.asp): Information on safe storage and disposal of unused medications.

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