Workplace Suicide Prevention Resources

The Each Mind Matters (EMM) collection on Resources for Workplace Suicide Prevention links to an array of resources to promote mental health and prevention suicide in the workplace, including EMM and Know the Signs materials.

The Suicide Prevention Resource Center’s page on Workplaces links to fact sheets and tools for managers and coworkers on suicide prevention and postvention in the workplace.

- The Role of Managers in Prevention Suicide
- The Role of Coworkers in Preventing Suicide
- Manager’s Guide to Postvention in the Workplace

The National Action Alliance for Suicide Prevention’s Workplace Task Force provides leadership and guidance on comprehensive approaches to workplace suicide prevention.

- Comprehensive Blueprint for Workplace Suicide Prevention
- Crisis Management Policy and Means Restriction
- Manager’s Guide to Suicide Prevention

Beacon Health Options Commitment to Suicide Prevention presents a business-oriented argument for suicide prevention in the workplace. : https://www.beaconhealthoptions.com/september-is-suicide-prevention-awareness-month/

The Zero Suicide Initiative http://zerosuicide.sprc.org is a commitment to prevent suicide within health and behavioral health systems. The web site offers strategies and tools for patient safety and support of clinical staff.

Industry Specific Resources

Construction

- Construction Industry Blueprint for Suicide Prevention
- Construction Industry Alliance for Suicide Prevention

Farming
• Farm Crisis Center: a national resource center for farmers in crisis. https://farmcrisis.nfu.org
• Farm Aid Resource Network: http://frn.farmaid.org/index.php

First Responders
• First Responders Coping with the Aftermath of Suicide – video exploring the effect of suicide on firefighters and first responders
• Breaking the Silence: Suicide Prevention in Law Enforcement - links to a report as well as a video and facilitation guide.

Training Resources

Suicide Prevention Gatekeeper Training
• Contact your local behavioral health agency or crisis center to ask about training
• Question Persuade Refer (QPR): www.qprinstitute.com
• Living Works: Applied Suicide Intervention Skills Training (ASIST) and Safe Talk

Crisis Resources

Visit SuicideIsPreventable.org and click on “Reach Out” to find local resources in your county.

The National Suicide Prevention Lifeline at 1-800-273-8255 is answered locally by trained counselors and is available 365 days a year, 24 hours a day. The Lifeline is also available in Spanish and offers a prompt for veterans, or those concerned about a veteran, to connect to specially trained counselors. Chat services are also available by visiting https://suicidepreventionlifeline.org/chat/.

Resources to Support Addressing Access to Lethal Means

• The Know the Signs Suicide Prevention Week 2017 toolkit offers strategies and resources to reduce access to lethal means for those who are in a crisis.
• The Harvard School of Public Health Means Matter Campaign seeks to increase the proportion of suicide prevention groups who promote activities that reduce a suicidal person’s access to lethal means of suicide and who develop active partnerships with gun owner groups to prevent suicide.
• Counseling on Access to Lethal Means is a 1.5-hour online training that prepares individuals to ask about access to lethal means and how to reduce risk.
• The Gun Shop Project is a partnership that provides materials and support for firearms retailers and firing range owners to recognize and respond to potential suicide risk among clients. See materials customized for use in California [here](#).

• California’s Gun Violence Restraining Order (GVRO) is a law that allows family or household members and law enforcement officers to obtain a court order that temporarily prohibits an at-risk person from accessing guns or ammunition. Visit [https://speakforsafety.org](https://speakforsafety.org) to learn more.

• The Occupation Safety and Health Administration’s web site includes guidelines for workplace safety intended to prevent accidental injury, but can also be used to create policies and procedures in the workplace that can reduce the ready availability of lethal means.

### Postvention Resources

• Manager’s Guide to Postvention in the Workplace
• Responding to Grief, Trauma, and Distress After Suicide: U.S. National Guidelines
• After Rural Suicide: A Guide for Coordinated Community Response

### Crisis Planning

• EMM Collection on Resources for Workplace Suicide Prevention
• National Action Alliance for Suicide Prevention Resources
• Suicide Prevention Resource Center: The Role of Managers in Preventing Suicide in the Workplace
• Workplace Strategies for Mental Health: Developing a Workplace Plan
• World Health Organization: Preventing Suicide, A Resource at Work