

Plan a Comprehensive Approach

No single program or training can prevent all suicides. Research and experience have shown that suicide is most effectively prevented by a comprehensive approach—a combination of strategies that addresses different aspects of the problem. The Suicide Prevention Resource Center has identified nine areas that form a comprehensive approach. When planning for suicide prevention, consider strategies (e.g., programs, trainings, activities, services, policies) in each of these areas.

Many campuses already have some strategies in place. Based on your suicide prevention goals and data, how will your campus address these areas?

You can write down all of the strategies that currently exist on your campus, along with ideas for other possible strategies in these nine areas.

Comprehensive Approach	Existing Strategies	Possible Strategies
<p>Life Skills and Resilience</p> <p>Help students build life skills, such as critical thinking, stress management, and coping, that can prepare them to safely address challenges faced during college and beyond</p>		
<p>Connectedness</p> <p>Promote the development of supportive relationships and connections between individuals and the campus community</p>		
<p>Increase Help-Seeking</p> <p>Help students recognize when they need help and where to find it</p>		
<p>Identify and Assist</p> <p>Identify those at risk for suicide and connect them with effective care and support</p>		

<p>Respond to Crisis</p> <p>Make a wide range of support services available to those within your campus community who are experiencing severe emotional distress; have guidelines in place to identify when these services should be implemented</p>		
<p>Reduce Access to Means</p> <p>Limit access to lethal means of self-harm among people in a suicidal crisis</p>		
<p>Effective Care/ Treatment</p> <p>Make sure that students have access to and receive effective care for suicide risk and other mental health problems</p>		
<p>Care Transitions/Linkages</p> <p>Facilitate safe transitions in care by promoting linkages among different providers</p>		
<p>Postvention</p> <p>Create a plan for supporting individuals affected by a suicide death</p>		

NOTE: This comprehensive approach to suicide prevention was adapted from the model that was developed for campuses by SPRC and the JED Foundation, drawing on the U.S. Air Force Suicide Prevention Program.