

Resources to Support the Zero Suicide Movement

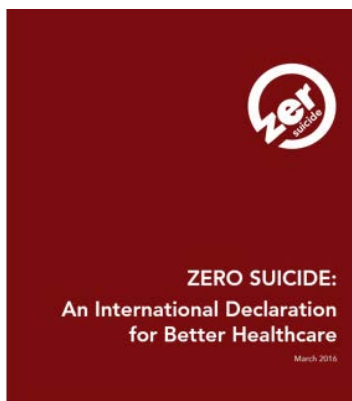
Zero Suicide is the belief that suicides are preventable for individuals under the care of a health and behavioral health care system. It aims to improve the quality of care and outcomes for individuals at risk of suicide in these systems of care and to support the clinical staff who do the demanding work of treating and supporting patients at risk of suicide.



The Zero Suicide movement on March 4, 2016, launched a promotional campaign promoting two support documents aimed at transforming how leaders view suicide prevention and crisis services.

The first document, *Crisis Now: Transforming Services is Within Our Reach*, provides a blueprint for implementing an effective, modern, and comprehensive crisis care system. It sets out the following core elements of crisis care:

1. **Regional or Statewide Crisis Call Centers.** These programs use technology for real-time coordination across a system of care and leverage big data for performance improvement and accountability across systems. At the same time, they provide high-touch support to individuals and families in crisis that adheres to National Suicide Prevention Lifeline (NSPL) standards.
2. **Centrally Deployed Mobile Crisis on a 24/7 Basis.** Mobile crisis offers outreach and support where people in crisis are located, and should include contractually required response times and medical back-up.
3. **Residential Crisis Stabilization Programs.** These programs offer short-term “sub-acute” care for individuals who need support and observation, but not emergency department holds or medical inpatient stay, without the cost of hospital-based acute care.
4. **Essential Crisis Care Principles and Practices.** These must include a recovery orientation, trauma-informed care, significant use of peer staff, a commitment to Zero Suicide/Suicide Safer Care, strong commitments to safety for consumers and staff, and collaboration with law enforcement.



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The second document, *Zero Suicide: An International Declaration for Better Healthcare* (March 2016), is a call to action for international healthcare leaders to address the world suicide rates. Worldwide we lose over 800,000 people each year to suicide—40,000 in the United States. The aim is to achieve the World Health Organization’s goal of reducing the world suicide rate by 10% by 2020.

Leaders and subject matter experts from 13 countries (Australia, Canada, China, Denmark, French Polynesia, Hong Kong, Japan, Malaysia, Netherlands, New Zealand, Taiwan, the United Kingdom, and the U.S.) developed the report’s three core recommendations—leadership, continual improvement, and patient support. With approximately 20 percent of all suicide deaths involving people who have come into contact with the healthcare system, the Declaration encourages world health leaders to implement the Zero Suicide initiative.

Visit zerosuicide.com to learn more about the fundamentals of Zero Suicide, access the online Zero Suicide Toolkit and other resources, or to request technical assistance through the federally-funded Suicide Prevention Resource Center (SPRC) program.