<table>
<thead>
<tr>
<th>Strategic Areas</th>
<th>Helpful Resources on Evidence-based Approaches</th>
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</table>
| **1) Increase ability to recognize and respond to individuals at risk.** | • SPRC Best Practice Registry for gatekeeper training and screening resources.  
• Example: QPR (Question, Persuade, Refer) Gatekeeper Training. |
| **2) Increase help-seeking behavior of individuals and gatekeepers.** | • CT Suicide Prevention Campaign: “1 Word, 1 Voice, 1 Life: Be the 1 to start the conversation.”  
www.preventsuicidect.org  
• SPRC Best Practice Registry for outreach programs.  
• Example: Signs of Suicide (SOS). |
| **3) Identify, promote/advertise and provide behavioral health services.** | • Student Mental Health and the Law: As Resource For Institutions of Higher Education  
• Brief Psychological Intervention after Deliberate Self Poisoning  
• After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department  
• After an Attempt: A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department |
| **4) Develop and follow crisis management procedures.** | • Framework for Developing Institutional Protocols for the Acutely Distressed or Suicidal College Student  
• After a Suicide: A Toolkit for Schools  
• Example: Connect Postvention Training (Planning for When Traumatic Death Occurs) |
| **5) Restrict access to potentially lethal means (prescription drugs & guns).** | • Means Matter  
• Prescription Drug Tool Kit  
• Example: Take Back Programs |
| **6) Develop life skills that enhance protective factors.** | • SAMHSA’s National Registry of Evidence-based Programs and Practices (NREPP)  
• Example: Reconnecting Youth or First Year Experience. |
| **7) Promote social networks.** | • Connecting with and/or developing student organizations related to mental health and priority populations.  
• Example: Active Minds |
| **Other** | • Preventing Suicide: A Toolkit for High Schools  
• Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities  
• Working with the media and safe reporting: Reporting on Suicide, AFSP, and Annenberg Center for Public Policy Media Recommendations |

Adapted by the CT Department of Mental Health and Addiction Services from the Jed Foundation/SPRC Comprehensive Suicide Prevention and Mental Health Promotion. (spring 2013)