

## Suicide Prevention for First Responders

***Important: Tools/Cards/Scales Are Not Designed to Be Used without Training & Medical Director and/or Mental Health Professional Oversight***

### **General Information on Suicide/Prevention:**

National Institute of Health (NIH) Suicide in America FAQs:

[https://www.nimh.nih.gov/health/publications/suicide-faq/suicideinamericafaq-508\\_149986.pdf](https://www.nimh.nih.gov/health/publications/suicide-faq/suicideinamericafaq-508_149986.pdf)

Mental Health Government Site for Identifying Suicidal Behavior:

<https://www.mentalhealth.gov/what-to-look-for/suicidal-behavior>

# Information on a Scale (C-SSRS) developed by Columbia University to ID Someone at Risk:

<http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/about-the-scale/>

# Training Opportunities for Using the C-SSRS (see above):

<http://cssrs.columbia.edu/training/training-options/>

# Home Page for the C-SSRS with Links for Group-Specific Scales:

<http://cssrs.columbia.edu/>

# C-SSRS Scale for Use with Families, Friends & Neighbors

<http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/cssrs-for-families-friends-and-neighbors/>

^ Suicide Prevention Resource Center (SPRC) Home Page:

<http://www.sprc.org/>

^ SPRC Suicide Prevention in Workplace Settings (General):

<https://www.sprc.org/settings/workplaces>

^ SPRC Suicide Prevention in Co-Workers:

[http://www.sprc.org/sites/default/files/resource-program/V11\\_Co-worker\\_May2018.pdf](http://www.sprc.org/sites/default/files/resource-program/V11_Co-worker_May2018.pdf)

\* Substance Abuse and Mental Health Services Administration (SAMHSA) Self Care Page:

<https://newsletter.samhsa.gov/2017/05/03/self-care-for-providers/>

\* SAMHSA Suicide Prevention Page:

<https://www.samhsa.gov/suicide-prevention>

Patient Health Screen for Depression/Risk of Suicide (PHQ-9):

[http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9\\_English.pdf](http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf)

White Paper on Number of Suicide Deaths in Police & Fire:

[http://rudermanfoundation.org/white\\_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/](http://rudermanfoundation.org/white_papers/police-officers-and-firefighters-are-more-likely-to-die-by-suicide-than-in-line-of-duty/)

### First Responder-Specific Info on Suicide/Prevention:

**^** Suicide Prevention Resource Center Links to First Responder Information:

<http://www.sprc.org/settings/first-responders>

**#** Suicide Prevention Tool from Columbia University for First Responders (General):

<http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/first-responders/>

**#** Suicide Prevention Tool from Columbia University for Spouses:

<http://cssrs.columbia.edu/wp-content/uploads/Community-Card-spouse.pdf>

**\*#** SAFE-T Protocol with SSRS Embedded in It:

<http://cssrs.columbia.edu/wp-content/uploads/SAFE-T-Protocol-w-C-SSRS-embedded-recent.docx>

### Law Enforcement-Specific Information:

**^** Suicide Prevention Resource Center with Law Enforcement-Specific Resources & Links:

<http://www.sprc.org/settings/law-enforcement>

**#** C-SSRS Scale for Use with Law Enforcement:

[http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Police\\_2018Update.pdf](http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Police_2018Update.pdf)

**#** C-SSRS Scale for Use with Law Enforcement with Triage for Care Recommendations:

<http://cssrs.columbia.edu/wp-content/uploads/C-SSRS-Screener-with-Triage-Points-for-Law-Enforcement-2018.docx>

### EMS-Specific Information:

**^** Suicide Prevention Resource Center with EMS-Specific Resources & Links:

<http://www.sprc.org/resources-programs/role-emergency-medical-services-providers-preventing-suicide-sprc-customized>

**#** C-SSRS Scale for Use with EMS:

[http://cssrs.columbia.edu/wp-content/uploads/Community-Card-EMT\\_2018Update.pdf](http://cssrs.columbia.edu/wp-content/uploads/Community-Card-EMT_2018Update.pdf)

### Firefighter-Specific Information:

**#** C-SSRS Scale for Use with Firefighters:

[http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Firefighter\\_2018Update.pdf](http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Firefighter_2018Update.pdf)

National Fallen Firefighters Foundation:

[http://www.everyonegoeshome.com/wp-content/uploads/sites/2/2014/01/SuicideGuide\\_Clinicians.pdf](http://www.everyonegoeshome.com/wp-content/uploads/sites/2/2014/01/SuicideGuide_Clinicians.pdf)

International Association of Firefighters Behavioral Health (requires a login to download materials):

<http://client.prod.iaff.org/#page=behavioralhealth>

### Military-Specific Information (As an Alternative/Adjunct):

**#** C-SSRS Scales for Use with Military (this is a Zip File that contains different branches):

<http://cssrs.columbia.edu/wp-content/uploads/Military-Ace-Cards.zip>

### Legend:

**#** = Part of Suicide Prevention (C-SSRS) Program from Columbia University

**^** = Part of Suicide Prevention Resource Center (SPRC) Program

**\*** = Substance Abuse & Mental Health Services Administration (SAMHSA) Suicide Prevention Program