



Older Adult Suicide Prevention Resources

Information Sheets and Overviews for Professionals

Title: Issue Brief 4: Preventing Suicide in Older Adults

Format: Brief paper

Creator: Substance Abuse and Mental Health Services Administration (SAMHSA) and Administration on Aging (AoA)

Date: 2012

Audience: Aging services, behavioral health, and primary health care providers, and administrators

Description: This brief paper includes basic information on suicide in older adults, recommendations for prevention strategies, guidance on assessing suicide risk and taking steps to keep older adults safe, and suggestions and resources to help providers develop and adopt suicide prevention programs.

Available at:

http://www.aoa.gov/AoA_Programs/HPW/Behavioral/docs2/Issue%20Brief%204%20Preventing%20Suicide.pdf

Title: Suicide Assessment and Prevention for Older Adults

Format: Brochure

Creator: Canadian Coalition for Seniors' Mental Health

Date: 2006

Audience: Clinicians

Description: This brochure describes how clinicians can recognize suicide risk, engage at-risk elders in the assessment process, perform an assessment, and address immediate and ongoing risk management. It also lists risk and resiliency factors, warning signs, and organizations that can provide additional information.

Available at:

http://www.ccsmh.ca/pdf/CCSMH_suicideBrochure.pdf

Title: Elderly Suicide Fact Sheet

Format: Fact sheet

Creator: American Association of Suicidology

Date: Based on 2012 data

Audience: Providers

Description: This fact sheet presents statistics on elderly suicide deaths by age, gender, race, and means. It includes the role of depression, substance abuse, and other common risk factors.

Available at:

<http://www.suicidology.org/Portals/14/docs/Resources/FactSheets/Elderly2012.pdf>

Training Materials and Guidelines

Title: Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities

Format: Toolkit

Creator: Center for Mental Health Services, Substance Abuse and Mental Health Services

Administration (SAMHSA)

Date: June 2010

Audience: Staff in senior living communities

Description: This toolkit contains resources to help staff in senior living communities promote emotional health and prevent suicide among their residents. Senior living communities include nursing homes, assisted living facilities, independent living facilities, and continuing care retirement communities. The toolkit also provides workshops for staff and resources and information to help residents become active participants in mental health promotion and suicide prevention efforts.

Available at: <http://store.samhsa.gov/product/SMA10-4515>

Title: Late Life Suicide Prevention Toolkit: Life Saving Tools for Health Care Providers

Format: Toolkit

Creator: Canadian Coalition for Seniors' Mental Health

Date: 2008

Audience: Health care providers (physicians, nurses, front-line workers, mental health professionals)

Description: These training materials include an interactive, case-based DVD; the [*National Guidelines for Seniors' Mental Health: The Assessment of Suicide Risk and Prevention of Suicide*](#); a clinician pocket card; a facilitator's guide; and a PowerPoint presentation.

Information available at:

<http://www.ccsmh.ca/en/projects/suicide.cfm>

Title: Suicide Among Older Adults

Format: Online course

Creator: Institute for Geriatric Social Work, Boston University School of Social Work

Date: Revised 2010

Audience: Professionals working with older adults in mental health, substance abuse, and aging services

Description: This online course prepares professionals to recognize suicide risk among their clients, intervene appropriately, and engage in and promote effective suicide prevention. It also helps them understand how their attitudes about suicide can affect their care of older adults. The course can be taken in 2-5 hours.

Information available at: <http://www.bu.edu/cader/browse-catalog/all-courses/suicide-prevention-among-older-adults/>

Title: Suicide and Depression

Format: Online course

Creator: Long-Term Care Learning Center. Adapted from *Injury Prevention for the Elderly* by Bonnie L. Walker.

Date: Revised 2010

Audience: Owners, operators, and staff of long-term care facilities

Description: This one-hour online course teaches caregivers how to recognize depression and people who are at risk for suicide and how to prevent suicide in older people in long-term care facilities.

Information available at: <http://ltctrainer.com/product/suicide-and-depression-1015.cfm>

Title: Suicide Prevention

Format: Webinar

Creator: National Council on Aging

Date: January 16, 2013

Audience: Behavioral health providers and administrators
Description: This 90-minute webinar discusses suicide risk factors, screening tools, and prevention interventions and resources. A network of agencies describes its experience implementing an in-home mental health and substance abuse prevention and early intervention program, including implementation process, program partners, and outcomes so far.
Available at: <http://www.ncoa.org/calendar-of-events/webinars/suicide-prevention-webinar.html>

Title: Suicide Prevention for Older People: Early intervention, assessment and referral options for staff working with older people who may be at risk of suicide

Format: Training manual

Creator: New South Wales

Department of Health (AU)

Date: 2003

Audience: Health workers, non-health workers serving with older adults
Description: This manual shows mental health educators how to conduct a one-day workshop on suicide prevention among older adults for both health and non-health workers with clinical and/or assessment and referral responsibilities. The workshop focuses on understanding suicide risk in older people, strategies for early intervention and prevention, as well as methods of responding to varying levels of risk.
Available at: <http://www.health.nsw.gov.au/mhdao/publications/Publications/suicide-prevent.pdf>

Title: National Guidelines for Seniors' Mental Health: The Assessment of Suicide Risk and Prevention of Suicide

Format: Guidelines

Creator: Canadian Coalition for Seniors' Mental Health

Date: 2006

Audience: Mental health clinicians, administrators, and policymakers
Description: These national guidelines for Canada provide background information and recommendations related to the assessment and treatment of people at risk for suicide and prevention of suicide in older adults. A brochure for clinicians with key information from these guidelines is available at http://www.ccsmh.ca/pdf/CCSMH_suicideBrochure.pdf
Guidelines available at: <http://www.ccsmh.ca/en/guidelinesdownload.cfm>

Resources for Consumers

Title: Fact Sheets for Residents, from Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities

Format: Fact sheets from the toolkit

Creator: Center for Mental Health Services, Substance Abuse and

Mental Health Services

Administration (SAMHSA)

Date: 2011

Audience: Consumers
Description: The toolkit contains three two-page fact sheets for consumers and their families: "Look Out for the Well-Being of Yourself and Others," "Know the Warning Signs of Suicide," and "After a Suicide: How to Help Yourself and Others." Although these sheets were written for residents of senior living communities, the information is relevant for any older adults.
Available at: <http://store.samhsa.gov/shin/content//SMA10-4515/FactSheets.pdf>

Title: Elderly Depression

Format: Information sheet

Creator: SAVE

Date: 2007

Audience: Consumers

Description: This brief sheet provides information for older adults on the symptoms of depression, warning signs of suicide, how to help a person who may be at risk of suicide, and sources of help.

Available at:

http://www.save.org/index.cfm?fuseaction=home.viewpage&page_id=a82dfca2-afe8-3478-1a4e1f9445d46407

Title: Suicide Prevention for Seniors

Format: Brochure

Creator: SAVE

Date: 2008

Audience: People concerned about a senior in their lives; a parent, grandparent, family member, neighbor or friend

Description: This brochure is a guide to preventing suicide in seniors that includes the warning signs of suicide, how to help a person who may be at risk of suicide, and sources of help.

Information available at:

http://www.save.org/index.cfm?fuseaction=shop.productDetails&product_id=78EE6EC5-E947-7D63-23CC0B169CB38D7C

Title: Suicide Prevention among Older Adults: A Guide for Family Members

Format: Guide

Creator: Canadian Coalition for Seniors' Mental Health

Date: 2009

Audience: Family members and other people who provide social support to older adults, including friends, neighbors, and community members

Description: This guide provides information on recognizing suicide risk factors and warning signs, what to do if an older adult is at risk for suicide, and resources in the U.S. and Canada.

Available at:

http://www.ccsmh.ca/pdf/ccsmh_suicideBooklet.pdf

NOTE: This resource list includes only items that exclusively or primarily address suicide prevention among older adults and were created for a national audience. SPRC's website (see below) contains many other resources on suicide prevention for other audiences.

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Suicide Prevention Resource Center

web: <http://www.sprc.org>* **e-mail:** info@sprc.org * **phone:** 877-GET-SPRC (438-7772)