



5 Steps

to Strengthen Suicide Prevention at Your Organization

Use this simple framework to help build a culture of safety, connection, and resilience

1

Assess Your Current Readiness

Evaluate how prepared your organization is to identify and respond to suicide risk.

- ☐ Complete the [Zero Suicide Organizational Self-Study](#)
- ☐ Review existing policies, crisis response processes, and behavioral health benefits
- ☐ Identify gaps in manager training, employee awareness, and access to care

2

Evaluate Your Behavioral Health Benefits

Review whether your current resources support individuals at varying levels of risk.

Questions to ask:

- ☐ Are behavioral health services easy to access?
- ☐ How quickly can employees obtain support?
- ☐ Is suicide-specific care available when needed?
- ☐ Are behavioral health and primary care coordinated?

3

Build Awareness and Reduce Stigma

Create an environment where employees feel comfortable seeking help.

- ☐ Share the [National Alliance on Mental Illness's Stigma Free Guides](#) with employees, managers, and leaders to help foster more open conversations about mental health and reducing stigma in the workplace
- ☐ Review the [American Psychological Association's Striving For Mental Health Excellence In The Workplace Guide](#) for practical strategies and best practices you can apply to support employee mental health and wellbeing
- ☐ Consider implementing manager education or formal training such as [Mental Health First Aid](#) or [QPR Mental Health Intervention Training](#)

4

Improve Access to Evidence-Based Support

Individuals experiencing suicidal thoughts often need timely, specialized care.

- ❑ Look for a behavioral health partner that uses an evidence-based approach like [CAMS-care](#)
- ❑ Make the [988 Suicide & Crisis Lifeline](#) and [your state's suicide and prevention resources](#) easy to access

5

Sustain a Culture of Prevention

Suicide prevention is most effective when it becomes part of an organization's broader wellbeing strategy.

Consider:

- ❑ Annual readiness reviews
- ❑ Behavioral health awareness campaigns
- ❑ Integrated behavioral health and primary care support

Additional Resources:

- ❑ Use the [Mental Health America's Workplace Mental Health Toolkit](#) to evaluate and strengthen your organization's overall mental health strategy, from leadership support to employee resources
- ❑ Read [Suicide Prevention in the Workplace: A Guide for Employers](#) for actionable guidance on how to incorporate suicide prevention into existing health, wellbeing, and safety efforts
- ❑ Share the [Book of Business Analysis: Behavioral Health Case Study](#) with leadership teams to help demonstrate the impact of integrated behavioral health support and reinforce the value of a proactive mental health strategy

When to Bring in a Behavioral Health Expert

Creating a long-term, measurable suicide prevention strategy isn't simple, but organizations don't have to do it alone. Premise Health's behavioral health, primary care, and psychiatry teams help organizations strengthen mental health support by:

- > Improving access through onsite, nearsite, and virtual care options
- > Supporting individuals at risk with evidence-based approaches, including provider training in Collaborative Assessment and Management of Suicidality (CAMS)
- > Integrating behavioral health with primary care to improve care coordination and whole-person health
- > Reducing barriers to care by meeting individuals where they are and supporting them through every stage of their mental health journey
- > Building a culture that supports mental wellbeing, helping employees access care earlier, and stay connected to support when they need it most

Ready to strengthen your organization's suicide prevention strategy?

[Contact us](#) to explore how Premise can help support your workforce's mental health initiatives.

Premise Health.

