

Pain Isn't Always Obvious



Dear Mental Health Director,

Primary care is where many patients come first for most of their health needs, including behavioral health. These needs may include mental health screening, services, or referrals. However, primary care staff often feel unprepared to address mental health concerns, especially when it comes to suicide.

As part of statewide efforts to reduce suicides, the Know the Signs Social Marketing Campaign has developed the enclosed *Training Resource Guide for Suicide Prevention in Primary Care Settings* to help guide your county's efforts to engage primary care in suicide prevention. Information contained in the Training Resource Guide is based on the *Suicide Prevention Toolkit for Rural Primary Care Practices* created in collaboration by the Suicide Prevention Resource Center (SPRC) and the Western Interstate Commission for Higher Education (WICHE). The training is adapted from a model tested in federally qualified health clinics throughout San Diego County by the San Diego County Health and Human Services Agency.

The Training Resource Guide includes:

- Suicide Prevention in Primary Care Settings: A one-hour suicide prevention training (including PowerPoint slides, detailed notes for the presenter, and related handouts) intended for the entire office staff in a primary care setting
- Tips, tools, and templates to support the planning and implementation of the training
- Three copies of the *Suicide Prevention Toolkit for Rural Primary Care Practices*, which can be shared with primary care offices and clinics

By investing a relatively short amount of time, primary care practices can be better prepared to examine their office protocols and procedures to integrate suicide prevention into the primary care culture. We hope that you will disseminate these materials to primary care clinics and contracted health plans in your county and that you will partner with Applied Suicide Intervention Skills Training (ASIST) trainers, your Workforce Education and Training (WET) program, community-based organizations, and others to present the training locally.

We hope that you will find these materials helpful in furthering suicide prevention efforts in the primary care setting. Thank you for your time and support of suicide prevention. Please contact the Know the Signs team with any questions.

The Know the Signs Campaign Team

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suicideispreventable.org