

# First Responder Suicide Prevention Program Assessment

The following assessment tool is intended for use by first responder agencies to assess their efforts for outreach, engagement and supports for suicide prevention. More information on suicide prevention among first responders visit: <https://www.eachmindmatters.org/spw2020/>

## Population

		Check 
Suicide Prevention Training (in academies and ongoing)	Life Skills & Resilience	<input checked="" type="checkbox"/>
Resiliency/Coherence Trainings (in academies and ongoing)	Life Skills & Resilience	<input checked="" type="checkbox"/>
Peer Support Programs	Life Skills & Resilience, Identify & Assist	<input checked="" type="checkbox"/>
Counseling Services 24/7	Connectedness	<input checked="" type="checkbox"/>
Chaplaincy Programs	Connectedness	<input checked="" type="checkbox"/>
Self-Care Activities (yoga, mindfulness, meditation)	Life Skills & Resilience	<input checked="" type="checkbox"/>
Communication and Awareness Campaigns	Connectedness, Increase Help-Seeking	<input checked="" type="checkbox"/>
Wellness Unit	Connectedness	<input checked="" type="checkbox"/>
Wellness and Trauma-Informed Trainings	Life Skills & Resilience	<input checked="" type="checkbox"/>
Annual Mental Wellness Checks during Physical Exams	Identify & Assist	<input checked="" type="checkbox"/>
Confidential Website to Locate Services	Increase Help-Seeking	<input checked="" type="checkbox"/>
Reinforce Family Connection Develop Consortiums, Cooperative Wellness Groups, and Regional Support Teams	Connectedness	<input checked="" type="checkbox"/>

## Higher Risk

Critical Incident Stress Management	Identify & Assist, Increase Help-Seeking	<input checked="" type="checkbox"/>
Peer Support and Chaplaincy Programs	Identify & Assist, Increase Help-Seeking	<input checked="" type="checkbox"/>
Employee Assistance Programs	Identify & Assist, Increase Help-Seeking	<input checked="" type="checkbox"/>
Supports to Family Members	Increase Help-Seeking	<input checked="" type="checkbox"/>
Counseling Services 24/7	Identify & Assist	<input checked="" type="checkbox"/>
Safety Committee (staff safety and wellness review team)	Identify & Assist	<input checked="" type="checkbox"/>
Confidential Website to Locate Services	Increase Help-Seeking	<input checked="" type="checkbox"/>
Wellness Checks for Employees on Long Term Leave	Identify & Assist	<input checked="" type="checkbox"/>
Leverage Technology (Video Conference Therapy, Text Support, Hotlines, and Online Trainings)	Increase Help-Seeking	<input checked="" type="checkbox"/>

## Suicidal

Counseling Services 24/7	Respond to Crisis/ Care Transitions/ Linkages	<input checked="" type="checkbox"/>
Peer Support and Chaplaincy Programs	Respond to Crisis/ Care Transitions/ Linkages	<input checked="" type="checkbox"/>
Employee Assistance Programs	Respond to Crisis/ Care Transitions/ Linkages	<input checked="" type="checkbox"/>

## Suicide

Establish clear post-event protocols to respond to deaths (and attempts) by suicide	Postvention	<input checked="" type="checkbox"/>
Installation of a Formal Suicide Funeral Policy	Postvention	<input checked="" type="checkbox"/>

### SAFE Call Now.

Call 206.459.3020

[www.safecallnowusa.org/](http://www.safecallnowusa.org/)

A 24-hour crisis referral service for all public safety employees.

### Copline:

Call 800.267.5463

[www.copline.org](http://www.copline.org)

24/7 crisis line staffed by retired law enforcement officers

### Crisis Text Line:

Text "Blue" (for law enforcement officers) to 741-741 to connect 24/7 with a trained crisis counselor

Anyone can text "HELP" to 741-741 to be connected to crisis services

### National Suicide Prevention Lifeline:

Call 800.273.8255

Chat <https://suicidepreventionlifeline.org/chat/>