



# A Matrix of Suicide Prevention Activities

The activities in the cells are only examples. There are probably many things that fit each combination of aim (protect/preserve/promote) and scope (individual/helper/resource) dimensions for each site of suicide prevention activity.

This matrix is only a tool. *Play with it.* Have fun and make important discoveries.

A MATRIX OF SUICIDE PREVENTION ACTIVITIES		PROTECT: Immediate, more crisis oriented. Focus is almost always suicide-specific. Usually not longer term or organizational.
START AT HOME	Individual	ask for help; don't take no for an answer
	Helper	ask about thoughts of suicide; take them seriously
	Resource	let others know about how they can help in a crisis
INFORM OTHERS	Individual	start a discussion about the things you might show if you were in trouble (your personal warning signs)
	Helper	talk about notions (e.g. talking about suicide does not increase risk)
	Resource	talk about the importance of the alert helper's role in helping
LEARN HELPING	Individual	practice caring for yourself; ask for help when needed
	Helper	learn suicide intervention (e.g. take safeTALK or ASIST)
	Resource	learn about other suicide prevention resources (e.g. a bereavement program, WorkingTogether)
HELP OTHERS LEARN	Individual	talk about the impact of suicidal behaviors on you
	Helper	sponsor and/or organize an awareness program, an alertness or intervention training or bereavement program (e.g. suicideTALK, safeTALK or ASIST)
	Resource	sponsor and/or organize a training of trainers (e.g. safeTALK Training for Trainers, ASIST Training for Trainers, etc.)
COORDINATE COMMUNITY	Individual	identify your role and the resources that you bring
	Helper	identify community or organization resources and needs
	Resource	formalize cooperation among organizations
DEVELOP POLICY	Individual	affiliate with supportive organizations (e.g., AAS, CASP, CRISE, CSP, IAS, IASP, NSSF, SPRC, SPA, SPINZ)
	Helper	identify issues that require new or improved public health policies (e.g., mental health act; gun and poison safety procedures)
	Resource	decide how to gain funding and create policy development momentum

<p><b>PRESERVE:</b> In anticipation of the need to protect. Sometimes in anticipation of the need to promote. Suicide is almost always the subject.</p>	<p><b>PROMOTE:</b> Ongoing, more life oriented. Subject is almost always life-in-general. Usually longer term and organizational. Things done here will help with suicide but will also help with other issues.</p>
tell your story about avoiding or dealing with suicide to others with whom you are close	practice reframing life circumstances in positive terms
have a family and/or place of work discussion about suicide; suicide-proof your home and/or, to the degree possible, work context	celebrate special events; use any excuse to celebrate life in general
talk to potential resources and ask about help they can provide in a crisis	thank resources and tell them what helped
tell others about invitations to help and the keys to responding (e.g. TALK)	use words, "suicide-safer," "living works" and "life assisting" frequently
tell others about how big the problem is and about the number of caregivers trained	see and talk about yourself as an alert resource
talk about barriers to the use of multiple resources	start discussions about how co-workers can support each other
enhance skills that contribute to resiliency (e.g. problem-solving, coping, self-soothing)	re-examine life priorities and reasons for living; re-confirm them
take a refresher; re-certify	network with other helpers trained in suicide intervention
get involved in developing community or organization coordination networks	learn how to influence social policy/public health policy development
volunteer to tell your "story" about suicide in learning contexts	talk about the value of learning from each other; promote life-long learning
establish a directory of trainers and other resources	promote professional development
support the infrastructure that enhances resource networks (e.g., AAS, CASP, CRISE, CSP, IAS, IASP, NSSF, SPCR, SPA, SPINZ)	promote and support educational and other research institutions
network with others of similar and differing roles and abilities	support mechanisms for formal and informal networking
join a community or organization suicide prevention committee	start a community or organization suicide prevention committee
implement and monitor protocols for coordinating services	share funds and resources to facilitate the collaboration of services
start a grassroots movement	believe that individuals can make a difference
prioritize goals	develop relationships with decision makers and power brokers
work with supportive organizations, institutions, businesses	work with power brokers (e.g., legislators, business and community leaders)