



About Suicide Safe

The Need for Suicide Safe

- Suicide is the 10th leading cause of death in the United States, claiming one life every 13 minutes. It is the second leading cause of death for young people.¹
- Almost half of individuals (45%) who die by suicide have visited a primary care provider in the month prior to their death, and 20% have had contact with mental health services.²
- Unfortunately, most physicians (including psychiatrists) and allied health professionals receive little if any training on suicide assessment and intervention.

A Learning Tool for Health Care Providers

- As the Federal leader in behavioral health, the Substance Abuse and Mental Health Services Administration (SAMHSA) supports the continuum of mental health services from prevention and wellness to serious mental illness.
- SAMHSA developed Suicide Safe, a free mobile application (app) and learning tool for primary care and behavioral health providers, designed to help them address suicide risk and integrate suicide prevention strategies in patient care.
- SAMHSA conducted formative research with subject matter experts and primary care and behavioral health providers to identify the specific educational needs, content, and features for the app.
- Based on the nationally recognized [Suicide Assessment Five-Step Evaluation and Triage \(SAFE-T\) card](#), Suicide Safe presents this vital resource in a convenient, mobile format for the provider to explore, review, and integrate into daily clinical practice.
- Suicide Safe features SAMHSA's Behavioral Health Treatment Services Locator, which allows providers to locate treatment options, filter by type and distance, and share locations and resources to provide timely referrals for patients.
- This robust tool educates providers and empowers them with knowledge, skills, and critical tools to save lives.

¹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2015) Available from URL: www.cdc.gov/injury/wisqars

² Luoma JB, Martin CE, Pearson JL. Contact with mental health and primary care providers before suicide: a review of the evidence. *Am J Psychiatry*. 2002;159:909–916.

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- Suicide Safe is a learning tool for providers, best suited for use outside the patient visit or a clinical encounter. The app helps providers:
 - Confidently assist patients who present with suicidal ideation.
 - Communicate effectively with patients and their families.
 - Determine appropriate next steps.
 - Make referrals to treatment and community resources.
 - Suicide Safe is available for download on Apple® and Android™ mobile devices, and is optimized for use on tablets.
 - Suicide Safe is part of SAMHSA’s suite of free mobile apps that promote positive behavioral health, including a bullying prevention app for parents and caregivers, [KnowBullying](#), and a disaster response app for behavioral health professionals, the [SAMHSA Disaster App](#).