Suicide Prevention Strategies for Leaders

EARLY ENGAGEMENT

■ Know your team
■ Talk to your people often
■ Foster unit cohesion and a culture of: “We all need help sometimes”
■ Encourage buddy care
■ Help people get connected to support before a small issue turns into a big issue
■ Educate on safely storing firearms, pills, & poisons
■ Take care of yourself; it will teach others to take care of themselves also (e.g., sleep, nutrition, stress)

EDUCATIONAL TOOL
https://www.cstsonline.org/suicide-prevention-program/
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