

# **Suicide Prevention and the Role of the Social Determinants of Health**

**June 25, 2009**





## Contact Us

### **SAMHSA ADS Center**

11420 Rockville Pike  
Rockville, MD 20852

Toll free: **1-800-540-0320**

Fax: **240-747-5470**

Web: **[http:// www.promoteacceptance.samhsa.gov](http://www.promoteacceptance.samhsa.gov)**

E-mail: **[promoteacceptance@samhsa.hhs.gov](mailto:promoteacceptance@samhsa.hhs.gov)**

*The Moderator for this call is **Michelle Hicks.***



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

**<http://www.promoteacceptance.samhsa.gov>**



## Disclaimer

***The views expressed in this training event do not necessarily represent the views, policies, and positions of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.***



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>



## Questions?

At the end of the speaker presentations, you will be able to ask questions. You may submit your question by pressing '\*1' on your telephone keypad. You will enter a queue and be allowed to ask your question in the order in which it was received. On hearing the conference operator announce your name, you may proceed with your question.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>



# Speakers

## **Anara Guard, Deputy Director, Suicide Prevention Resource Center**

Anara Guard, MLS, is Deputy Director for the National Suicide Prevention Resource Center, which is funded by the Substance Abuse and Mental Health Services Administration. In this capacity, she manages resource center functions, provides communications assistance to SAMHSA-funded youth suicide prevention grantees, and oversees all grantee technical assistance. She previously was Director of Information and Marketing for Join Together, a project of the Boston University School of Public Health that promotes substance use disorders prevention and treatment through community strategies. Prior to that, she worked at Education Development Center for 7 years, primarily with the Children's Safety Network Injury and Violence Prevention Resource Center. She serves on the board of the Massachusetts and Rhode Island Regional Poison Control Center and edits a regular column for the international journal, *Injury Prevention*. She has a master's degree in library and information science and a certificate in maternal and child health.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>



# Speakers

## Heidi Bryan, Founder and Director, Feeling Blue Suicide Prevention Council

Heidi Bryan is the founder of Feeling Blue Suicide Prevention Council, a suicide prevention, education, and support nonprofit organization for Pennsylvania. Heidi has battled with depression most of her life, is a suicide attempt survivor, and lost her brother to suicide in 1995. Heidi was the Vice-Chairman of the Board of Directors for SPAN USA and recipient of the Sandy Martin Grassroots Award in 2005. Ms. Bryan is a certified QPR gatekeeper and Master trainer, a provisional ASIST trainer, co-facilitator of a survivor of suicide support group, and co-chairman of Pennsylvania's Adult and Older Adult Suicide Prevention Coalition. She recently developed the booklet, *After an Attempt: The Emotional Impact of a Suicide Attempt on Families*, which was distributed to all the hospitals in Pennsylvania. Ms Bryan was also recently chosen to serve on the National Suicide Prevention Lifeline's Consumer/Survivor Committee and is a board member for the American Foundation for Suicide Prevention. Through Heidi's efforts, Pennsylvania adopted a Suicide Prevention Week Resolution that coincides with the National Suicide Prevention Week. Ms. Bryan received her Bachelor's degree in Chemistry from Cedar Crest College.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>



# Speakers

## **Diana Morales, Vice President, Public Education, Mental Health America**

Diana Morales joined the Mental Health America in May 2006, as vice president of public education. Diana has nearly two decades of experience in developing and managing health promotion programs. At Mental Health America, Diana is responsible for the strategic direction and oversight of the organization's national efforts to promote mental wellness. Key MHA educational programs that she oversees include *Live Your Life Well* from the *Campaign for America's Mental Health*, featuring proven tools for protecting mental health and improving well-being; *Dialogue for Recovery*, designed to enhance recovery and quality-of-life for people with mental illnesses; *FundaMENTAL Health, Bottomline Sense*, aimed at addressing the impact of mental health conditions on the U.S. workforce; and *mpower: musicians for mental health*, meant to engage youth about mental health and reduce stigma. Prior to Mental Health America, Diana was senior vice president in the healthcare practice of Manning Selvage and Lee, New York, a leading global public relations firm. Diana earned a master's in public health from the Johns Hopkins Bloomberg School of Public Health. She received a bachelor's of science degree in journalism with a minor in government and politics from the University of Maryland, College Park.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>

# Suicide Prevention and the Role of Social Determinants of Health

Anara Guard

Deputy Director

Suicide Prevention Resource Center

June 25, 2009

- Layoffs and unemployment
- Foreclosures and evictions
- Business closings
- Personal and business bankruptcies
- Loss of retirement savings, investments

- Is the economic downturn causing suicide? Is this an economic “disaster” that will affect people like other massive natural disasters?
- And, if so, what can we do about it? How can we place “buffers” in systems, to help identify people in distress, refer them appropriately, increase resiliency?

- Unemployment and economic downturns ARE associated with increased rates of suicide and/or suicide attempts (Kraut; Lewis; Koo; Stack 1984; Stack 2000)  
**BUT ...**
- Many individuals with other risk factors for suicide also tend to be unemployed
- Existing mental illness confounds the results (Blakely; Hafner)
- Unemployment is bad for your overall health (Brenner; Gerdtham; Strully)

- Heavy binge drinking (Andreeva) and other substance use (Hafner) confound the results
- Studies in societies with other support systems show differing results (In the U.S., illness or medical bills contributed to 62.1% of all bankruptcies in 2007.) (Himmelstein)
- Male rates increase more than females (Stack; Loo; Berk; Inoue); men are already at higher risk of suicide

- Loss of employment does not CAUSE suicide but is associated with depression, substance abuse problems and marital turmoil
- All of which are independently linked to suicide risk...Association is not causation

- We can expect a sharp downturn in the economy to increase suicide **risk**, especially among working-age men, and older adults whose retirement security is threatened.
- Prevention is important!

**GET IMMEDIATE HELP** if someone is:

- Talking of hurting or killing oneself
- Looking for ways to kill oneself
- Talking or writing about death or suicide when these actions are out of the ordinary

*Contact a professional or call a crisis line IF someone shows:*

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or engaging in risky activities
- Feeling trapped - like there's no way out
- Increased alcohol or drug use
- Withdrawing from friends, family, and society
- Anxiety, agitation, unable to sleep or sleeping all the time
- Dramatic mood changes
- No reason for living, no sense of purpose in life

## Risk

- Age/Sex
- Mental illness
- Substance abuse
- Loss
- **Previous suicide attempt**
- Personality traits or disorders
- Incarceration
- Access to means (e.g., firearms)
- *Failure/academic problems*
- *Unemployment*
- Disability or illness

## Protective

- Cultural and religious beliefs that discourage suicide and support self-preservation
- Support through ongoing health and mental health care relationships
- Coping/problem solving skills
- Resiliency, self esteem, direction, perseverance, optimism, empathy
- Intellectual competence (youth)
- Reasons for living

## Risk

- History of interpersonal violence/conflict/abuse/bullying
- Exposure to suicide
- No-longer married
- *Barriers to health care/mental health care*
- Access to means (e.g., firearms)

## Protective

- Family cohesion (youth)
- Sense of social support
- Interconnectedness
- Married/parent
- *Access to comprehensive health care*

### Risk

- Isolation/social withdrawal
- *Barriers to health care and mental health care*
- Stigma
- Exposure to suicide
- *Unemployment*

### Protective

- *Access to healthcare and mental health care*
- Social support, close relationships, caring adults
- Respect for help-seeking behavior
- Skills to recognize and respond to signs of risk

## Risk

- Western areas
- Rural/Remote
- Cultural values and attitudes
- Media influence
- Alcohol misuse and abuse
- *Social disintegration*
- *Economic instability*

## Protective

- Urban/Suburban areas
- *Access to health care & mental health care*
- Cultural values affirming life
- Media influence

- Temper sensational bad news.
- Encourage more support and more accessible services.
- Help those affected cope effectively.
- Address acute and chronic stress and distress.
- Promote the warning signs and appropriate responses.

- Always include a referral phone number and information about local crisis intervention services

**If **you** or someone  
you know is  
in **suicidal crisis**,  
call**

**1-800-273-TALK (8255).**  
National Suicide Prevention Lifeline

- 90% of attempters do not go on to die by suicide.
- Most suicides are impulsive (particularly youth), often occurring the same day.
- Convenient means makes impulsive actions easier.
- Restricting lethal means makes a real difference (bridge barriers, firearms).

- Help those affected cope effectively. ASK.  
Reach out.
- Address acute and chronic stress and distress.
- Watch out for precipitating events and respond with empathy, help, connection.
- Refer to SPRC's talking points on the Relationship between the Economy, Unemployment and Suicide, 2009.

[http://www.sprc.org/library/Economy\\_Unemployment\\_and\\_Suicide\\_2008.pdf](http://www.sprc.org/library/Economy_Unemployment_and_Suicide_2008.pdf)

- Warning signs

[http://www.sprc.org/featured\\_resources/bpr/PDF/AASWarningSigns\\_factsheet.pdf](http://www.sprc.org/featured_resources/bpr/PDF/AASWarningSigns_factsheet.pdf)

- At-a-Glance: Safe reporting on suicide

[http://www.sprc.org/library/at\\_a\\_glance.pdf](http://www.sprc.org/library/at_a_glance.pdf)

- National Association of School Psychologists  
Economic Crisis resources (for students, parents, staff)

<http://www.nasponline.org/educators/economic.aspx>

- A webinar focusing on the economic downturn and suicide risk can be found on the SPRC website at Training Institute/ Research to Practice Webinars:  
[http://www.sprc.org/traininginstitute/disc\\_series/disc\\_16.asp](http://www.sprc.org/traininginstitute/disc_series/disc_16.asp)
- Contact the Suicide Prevention Resource Center  
Phone: 877-GET-SPRC (438-7772)  
Web: <http://www.sprc.org>  
Email: [info@sprc.org](mailto:info@sprc.org)

- Take suicidality seriously, but keep in mind: in the midst of fund losses, foreclosures, bankruptcies and layoffs, *most people*
  - are NOT suicidal,
  - are NOT attempting suicide,
  - are NOT dying by suicide.

# Suicide Prevention and the Role of the Social Determinants of Health



June 25, 2009

Heidi Bryan  
Feeling Blue Suicide Prevention Council



# Personal Story



- Learning from the past
- Family experiences
- Receiving appropriate services
- Connecting with people
- Learning to ask for help



# Social Determinants



- Stressors: Possible Triggers
  - Employment – Job Loss
  - Family – Marital/Relationship Problems
  - Substance Use
  - Change in socioeconomic status
  - Environmental factors (neighborhood, city, State)
- What can you do?
  - Ask or seek help



# Feeling Blue Suicide Prevention Council



- Outreach program of St. Martin's Episcopal Church
- 2003 joined New Beginnings Non-Profit Incubator Program
- 2004 full-time
- July 2007 “graduated” from New Beginnings



# Mission Statement



Feeling Blue Suicide Prevention Council is a community organization dedicated to preventing suicide, reducing the stigma associated with suicide, and supporting those people affected by depression or the loss of a loved one to suicide. We do this through education and support.



# Suicide Prevention and the Role of the Social Determinants of Health



June 25, 2009

Heidi Bryan  
Feeling Blue Suicide Prevention Council



# Services Offered

- ASIST Suicide Prevention Training
- QPR Gatekeeper Suicide Prevention Training
  - ~ 1,750 people trained
- Suicide Prevention Program Trainings
  - Lifelines High School Suicide Prevention Program

# Services Offered



- *“On the Scene”* Presentations
  - Funeral directors, clergy, law enforcement
- After a Suicide School Guidelines
- Videos



live your life  
*well*<sup>SM</sup>  
FROM MENTAL HEALTH AMERICA

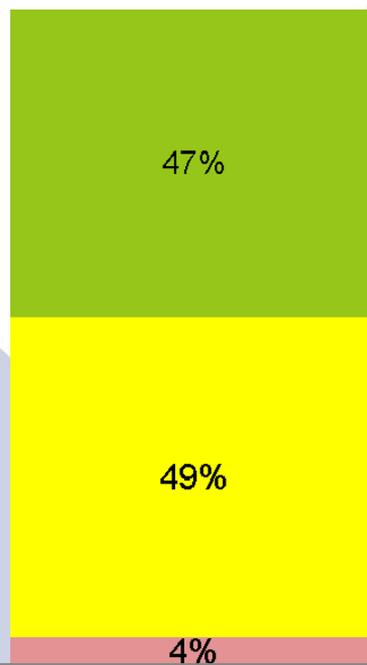
# The Charge

- Create a national, multi-year effort through Campaign for America's Mental Health that employs a wellness frame to educate the public that mental health is fundamental to overall health and well-being

# A Major Need

U.S. Population 18 Years and Older

■ Suffering ■ Struggling ■ Thriving



N = 303,471 respondents from January - November 2008

(Gallup-Healthways Well-Being Index)



live your life  
*well*<sup>SM</sup>

FROM MENTAL HEALTH AMERICA

# Live Your Life Well<sup>SM</sup>

## Campaign Goal

- Increase the percentage of people who begin taking one or more of 10 evidence-based actions to protect their mental health on a regular basis

# Live Your Life Well<sup>SM</sup>

## Campaign Objectives

- Increase awareness that:
  - **mental health** is **integral** to **overall health** and well-being
  - there are **evidence-based ways** to **preserve** and **strengthen** your mental health
- Increase the percentage of people who believe that they **can** take actions to **maintain** and **protect** their mental health

# Supporting Research

- Major journals like *American Journal of Epidemiology*, *Journal of Personality and Social Psychology* and *Proceedings of the National Academy of Sciences*
- Materials from Harvard Medical School report on stress, NIH, CDC, and Mayo Clinic
- Material reviewed by leading experts
  - Sleep: Neurology professor at George Washington University Medical Center
  - Help Others: Director of Center for Medical Humanities at Stonybrook University
  - Spirituality: Epidemiologist at Duke University Medical Center

# Live Your Life Well<sup>SM</sup>

## Tool 1: Connect with Others

- Research suggests that social connection:
  - Fights stress
  - Promotes health
  - May even lengthen one's life
- Tips for connection
  - Create new ties
  - Strengthen existing relationships
  - Support groups

# Live Your Life Well<sup>SM</sup>

## Tool 2: Stay Positive

- Research suggests that:
  - Thinking negatively can affect mood, actions and health
- Ways to stay positive
  - Foster optimism
  - Practice gratitude
  - Avoid dwelling on worries and self-criticism

# Live Your Life Well<sup>SM</sup>

## Tool 3: Get Physically Active

- Research suggests that exercise helps:
  - Prevent heart disease, immune system problems and more
  - Ease some kinds of pain
  - Improve mood
- Tips for exercise
  - Guidelines and recommendations
  - Ways to get more
  - Overcoming obstacles

# Live Your Life Well<sup>SM</sup>

## Tool 4: Help Others

- Research indicates that those who help:
  - Experience less depression
  - Have greater calm
  - Enjoy better health
- Tips for helping
  - Steps can be small
  - Vary how you help
  - Finding the right fit for volunteering



live your life  
*well*<sup>SM</sup>

FROM MENTAL HEALTH AMERICA

# Live Your Life Well<sup>SM</sup>

## Tool 5: Get Enough Sleep

- Research shows poor sleep linked to:
  - Greater risk of depression and anxiety
  - Increased risk of heart disease and stroke
  - Greater likelihood of accidents
- Tips for improving sleep
  - Regular bedtime, watch caffeine and more
  - Sleep medications
  - Get help for insomnia

# Live Your Life Well<sup>SM</sup>

## Tool 6: Create Joy and Satisfaction

- Research suggests that positive feelings can:
  - Support resiliency
  - Boost ability to solve problems
  - Help fight disease
- Tips for creating joy and satisfaction
  - Suggestions for humor and leisure
  - Role of music, arts, nature
  - Finding “flow” activities
  - Massage and other relaxation techniques

# Live Your Life Well<sup>SM</sup>

## Tool 7: Eat Well

- Research indicates that the right foods can:
  - Boost energy
  - Lower the risk of developing certain diseases
  - Provide fuel to your brain
  - Counteract the impact of stress on one's body
- Ingredients for a healthy diet
  - USDA recommendations
  - Don't skip meals, limit alcohol and other tips
  - Possible links between diet and mood

# Live Your Life Well<sup>SM</sup>

## Tool 8: Take Care of Your Spirit

- Research suggests that:
  - Religious belief, practice and attending services combat stress and may help fight disease
  - Meditation alters brain functioning
- Ways to foster one's spirituality
  - Read spiritual texts
  - Practice one of provided meditation techniques
  - Connect with one's deepest self through journaling, nature or exploring key values

# Live Your Life Well<sup>SM</sup>

## Tool 9: Deal Better with Hard Times

- Research studies found that:
  - People who problem-solved in a stressful situation felt less depressed
  - People who focused on the positives in their lives suffered less from painful memories
- Ways to deal better in difficult times
  - Write for emotional release
  - List and assess solutions
  - Get support

# Live Your Life Well<sup>SM</sup>

## Tool 10: Get Professional Help if You Need It

- What to do if you're in crisis
- Treatment is effective – 80 percent of people treated for depression improve
- Suggestions and supports for getting help
  - Finding help
  - First steps
  - Working as a team with your provider(s)
  - Paying for treatment
  - Medication issues

# Live Your Life Well<sup>SM</sup>

The screenshot shows the website interface within a browser window. The browser title is "Live Your Life Well: You Can Live Your Life Well - Windows Internet Explorer provided by Mental Health America". The address bar shows the URL "http://www.mentalhealthamerica.net/go/live-your-life-well/". The website features a navigation menu with links: HOME, HOW STRESS HURTS, WAYS TO LIVE WELL, PRESS ROOM, and SUCCESS STORIES. The main content area includes the "live your life well" logo, a quote "You can handle life's hurdles. We can show you how", a "How Stressed Are You?" quiz with a "start" button, a "10 Tools to Live Your Life Well" section with an "Eat Well" sub-section, a "The 10 Tools" list, a "You Can Live Your Life Well" introduction, and a "What makes you most stressed out?" poll. The footer contains copyright information for 2009 Mental Health America.

live your life well<sup>SM</sup>  
FROM MENTAL HEALTH AMERICA

HOME HOW STRESS HURTS WAYS TO LIVE WELL PRESS ROOM SUCCESS STORIES

*You can handle life's hurdles.  
We can show you how*

**How Stressed Are You?**  
Take our quiz to find out  
**start**

**10 Tools to Live Your Life Well**  
Eat Well  
The right foods can fuel your mind, boost your mood and fight disease.

**The 10 Tools**  
These proven tools can help you feel stronger and more hopeful. Check out each page for specific, easy-to-follow tips.

- 1 Connect with others
- 2 Stay positive
- 3 Get physically active
- 4 Help others
- 5 Get enough sleep
- 6 Create joy and satisfaction
- 7 Eat well
- 8 Take care of your spirit
- 9 Deal better with hard times
- 10 Get professional help if you need it

**You Can Live Your Life Well**  
Welcome to Live Your Life Well, the website designed to help you cope better with stress and create more of the life you want.  
Maybe you're holding down two jobs or can't find work. Maybe you're the parents of young children or the children of aging parents. Maybe you face a rush of daily demands or one potentially life-changing challenge. Whatever your situation, **we are here to help.**  
The non-profit Mental Health America has been working for 100 years to promote well-being for all Americans. Now we have put together the **10 Tools to Live Your Life Well**. Based on extensive scientific evidence, these tools can help you relax, grow and flourish. They can help you **Live Your Life Well.**

**What makes you most stressed out?**

- financial worries - 22%
- work or school - 22%
- taking care of kids - 11%
- taking care of my parents - 11%
- my own aches and illness - 11%
- my relationships - 22%

Votes 9

> Read More > Success Stories

© 2009 Mental Health America | Privacy Policy | Contact Us

<http://www.LiveYourLifeWell.org>

# Live Your Life Well<sup>SM</sup>

## How Stress Hurts

The screenshot shows a web browser window displaying the 'Live Your Life Well' website. The page title is 'How Stress Hurts'. The navigation menu includes 'HOME', 'HOW STRESS HURTS', 'WAYS TO LIVE WELL', 'PRESS ROOM', and 'SUCCESS STORIES'. The main content area features a '10 Tools to Live Your Life Well' section with a list of tools and a 'How Stress Hurts' article. The article includes a photo of a man and a 'Self-Assessment Tools' box. The browser's address bar shows the URL: <http://www.liveyourlifewell.org/go/live-your-life-well/how-stress-hurts>.

- Physiological responses to stress
- Effects of prolonged or intense stress
- Are you over-stressed?
  - Stress symptoms
  - Stress assessment

<http://www.liveyourlifewell.org/go/live-your-life-well/how-stress-hurts>

# Live Your Life Well<sup>SM</sup>

## Ways to Live Your Life Well

Live Your Life Well: Ways to Live Your Life Well - Windows Internet Explorer provided by Mental Health America

http://www.liveyourlifewell.org/go/live-your-life-well/ways

live your life well FROM MENTAL HEALTH AMERICA

HOME HOW STRESS HURTS WAYS TO LIVE WELL PRESS ROOM SUCCESS STORIES

### Ways to Live Your Life Well

Let's face it. If you're on this planet, you probably have stress. Unfortunately, too much stress can really drain your ability to rest, feel good, be productive, think, have relationships, have fun—pretty much everything humans need to do to survive and thrive.

But the 10 Tools offer proven, healthy ways to deal with stress and boost your well-being. We'll show you effective steps to start up—and stick with—the tools. Of course, not all the tools are right for everyone, but odds are that at least a few will work for you.

And even if some tools sound too silly, too simple or too hard, consider testing them anyway. Wouldn't it be a shame not to try?

#### GETTING STARTED

It may take effort to learn to use the tools—just like learning to drive a car. So let's get rolling:

- Pick a tool or two. You might skim and think about some of the tools. You might try a few over time. Look for ways to use the tools that suit your personality. For example,
  - If you're competitive, exercise by joining a team
  - If you're an early riser, cook tonight's healthy dinner this morning
  - If you like letter-writing, stay positive by sending a thanks to someone who has helped you
- Take notes. Writing can organize your thoughts. Create as specific a plan as possible. If

#### The 10 Tools

These proven tools can help you feel stronger and more hopeful. Check out each page for specific, easy-to-follow tips.

- 1 Connect with others
- 2 Stay positive
- 3 Get physically active
- 4 Help others
- 5 Get enough sleep
- 6 Create joy and satisfaction
- 7 Eat well
- 8 Take care of your spirit
- 9 Deal better with hard times

#### Self-Assessment Tools

It can be hard to know when you're suffering from an unhealthy level of stress, and sometimes you're dealing with more than just stress. To see where you might be having trouble, take one of our simple self-tests.

- Stress test
- Anxiety screener
- Depression screener

- Getting started with the 10 Tools
  - Pick one or two appropriate tools
  - Make a specific plan
- Tips for using the 10 Tools
  - Track your progress
  - Beat boredom

<http://www.liveyourlifewell.org/go/live-your-life-well/ways>

# Live Your Life Well<sup>SM</sup>

## Additional Website Supports

- Tips for beating obstacles to making lifestyle changes
- Success stories
- Links to local Mental Health America affiliates
- Links to additional sources and resources
- Sign up for newsletter or updates



## More information

For more information, contact:

Anara Guard  
[aguard@edc.org](mailto:aguard@edc.org)  
[www.sprc.org](http://www.sprc.org)

Diana Morales  
[Dmorales@mentalhealthamerica.net](mailto:Dmorales@mentalhealthamerica.net)  
[www.nmha.org](http://www.nmha.org)

Heidi Bryan  
[FeelingBlueSPC@aol.com](mailto:FeelingBlueSPC@aol.com)  
[www.feelingblue.org](http://www.feelingblue.org)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>



## Resources

A SAMHSA Guide: Getting Through Tough Economic Times

<http://www.samhsa.gov/economy/>

Social determinants of health: The solid facts.

<http://www.euro.who.int/DOCUMENT/E81384.PDF>

Mental health, resilience and inequalities

<http://www.euro.who.int/document/e92227.pdf>

Relationship between the Economy, Unemployment and Suicide

[http://www.sprc.org/library/Economy\\_Unemployment\\_and\\_Suicide\\_2008.pdf](http://www.sprc.org/library/Economy_Unemployment_and_Suicide_2008.pdf)



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>



# Resources

Suicide Prevention Resource Center

<http://www.sprc.org>

Feeling Blue

<http://www.feelingblue.org>

Live Your Life Well (Mental Health America Campaign)

<http://www.liveyourlifewell.org>

Suicide Prevention ACTION Network

<http://www.spanusa.org>



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)

<http://www.promoteacceptance.samhsa.gov>



# Survey

We value your suggestions. Within 24 hours of this teleconference, you will receive an e-mail request to participate in a short, anonymous online survey about today's training material. Survey results will be used to determine what resources and topic areas need to be addressed by future training events. The survey will take approximately five minutes to complete.

Survey participation requests will be sent to all registered event participants who provided e-mail addresses at the time of their registration. Each request message will contain a Web link to our survey tool. Please call **1-800-540-0320** if you have any difficulties filling out the survey online. Thank you for your feedback and cooperation.

Written comments may be sent to the Substance Abuse and Mental Health Services Administration (SAMHSA) ADS Center via e-mail at [promoteacceptance@samhsa.hhs.gov](mailto:promoteacceptance@samhsa.hhs.gov).

