

Suicide Prevention Action Plan for Faith Communities

Faith communities are one of the first places that people turn to when they are struggling with their mental health or having suicidal experiences. Faith communities are in important part in supporting mental well-being and preventing suicide. Below are some opportunities for action as well as resources to learn more.

Sign up for the [Suicide Prevention Newsletter \(public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271\)](https://public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271). For additional support or guidance, complete the [Suicide Prevention TA form \(redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN\)](https://redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN).

Opportunities for action



Engage individuals in fellowship activities and promote the importance of emotional well-being and connection.

- [Centers for Disease Control and Prevention Preventing Suicide Through Connectedness \(cdc.gov/violenceprevention/pdf/asap_suicide_issue3-a.pdf\)](https://www.cdc.gov/violenceprevention/pdf/asap_suicide_issue3-a.pdf)
- [#StayConnectedMN Congregational Communications \(health.state.mn.us/communities/suicide/documents/mhmcongregationalemails22.docx\)](https://health.state.mn.us/communities/suicide/documents/mhmcongregationalemails22.docx): Resources developed by the Minnesota Department of Health



Provide suicide prevention training for faith leaders and community members.

- [Mental Health and Suicide Prevention Trainings \(health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html\)](https://health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html): Suicide prevention training opportunities through the Minnesota Department of Health



Promote information/resources that will help their community and congregants connect with mental health services.

- [211 \(211unitedway.org\)](https://211unitedway.org): An easy-to-remember, three-digit number those families and individuals in Minnesota can call to obtain free and confidential information on health and human services.
- [988 Suicide & Crisis Lifeline \(988lifeline.org\)](https://988lifeline.org): The Lifeline provides 24/7, free and confidential support, crisis resources for you or your loved ones, and best practices for professionals.
- [State Mobile Crisis Services \(mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp\)](https://mn.gov/dhs/people-we-serve/people-with-disabilities/health-care/childrens-mental-health/resources/crisis-contacts.jsp): Crisis services are available within each county 24 hours a day, seven days a week. County crisis teams are available for phone support as well as face-to-face crisis help.



Incorporate suicide prevention into faith communities' worship and other spiritual gatherings.

- **Suicide Prevention Resource Center** (sprc.org/settings/faith-communities): Provides information on the role that faith communities can have in suicide prevention.
- **Faith. Hope. Life.** (theactionalliance.org/faith-hope-life): Action Alliance campaign aimed at involving every faith community in the United States, regardless of creed, in suicide prevention.



Build faith leaders capacity to provide care and support to those affected by suicide to promote healing.

- **Suicide Prevention Competencies for Faith Leaders** (theactionalliance.org/faith-hope-life/resource/suicide-prevention-competencies-faith-leaders-supporting-life-during-and-after-suicidal): A resource on supporting life before, during and after a suicidal crisis.
- **After a Suicide** (sprc.org/resources-programs/after-suicide-recommendations-religious-services-and-other-public-memorial): Recommendations for religious services and other public memorials after a death by suicide.

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To obtain this information in a different format, call: 651-201-5400.