

# MENTAL HEALTH & SUICIDE PREVENTION

NATIONAL RESPONSE TO COVID-19

An initiative of the National Action Alliance for Suicide Prevention

## The Time to Act is Now

Mental health and suicide prevention are critical to our nation's overall health. We must act now to emerge a stronger more resilient nation.



### More than 40% of U.S. adults

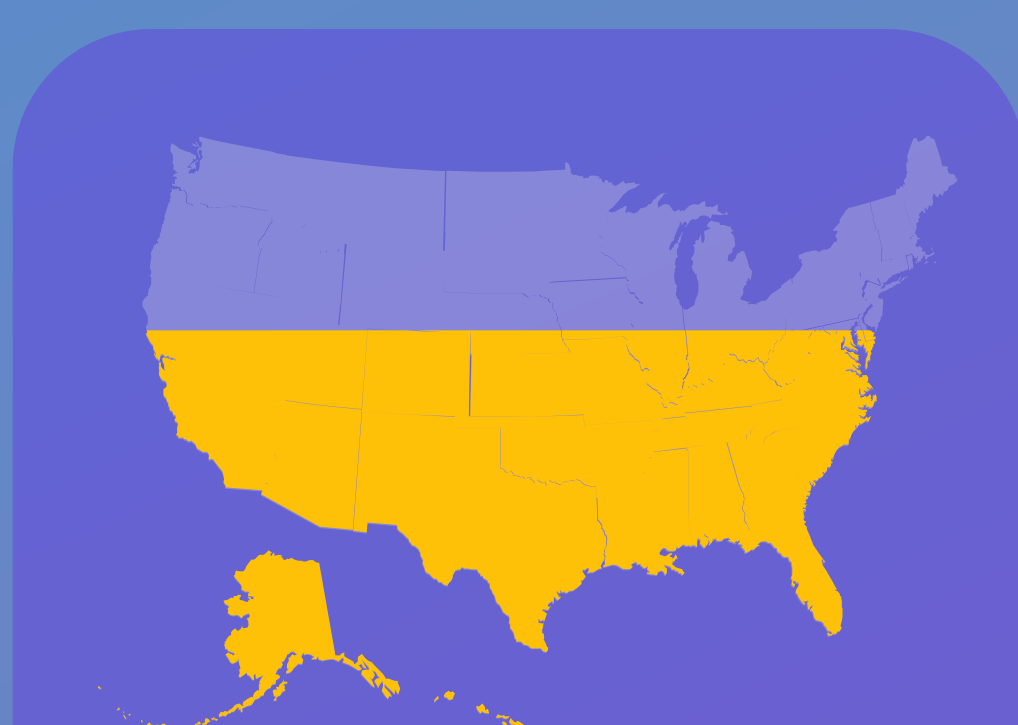
report struggling with pandemic-related mental health or substance abuse<sup>1</sup>

As a result of the pandemic:



81%

say it is more important than ever to make suicide prevention a national priority<sup>2</sup>



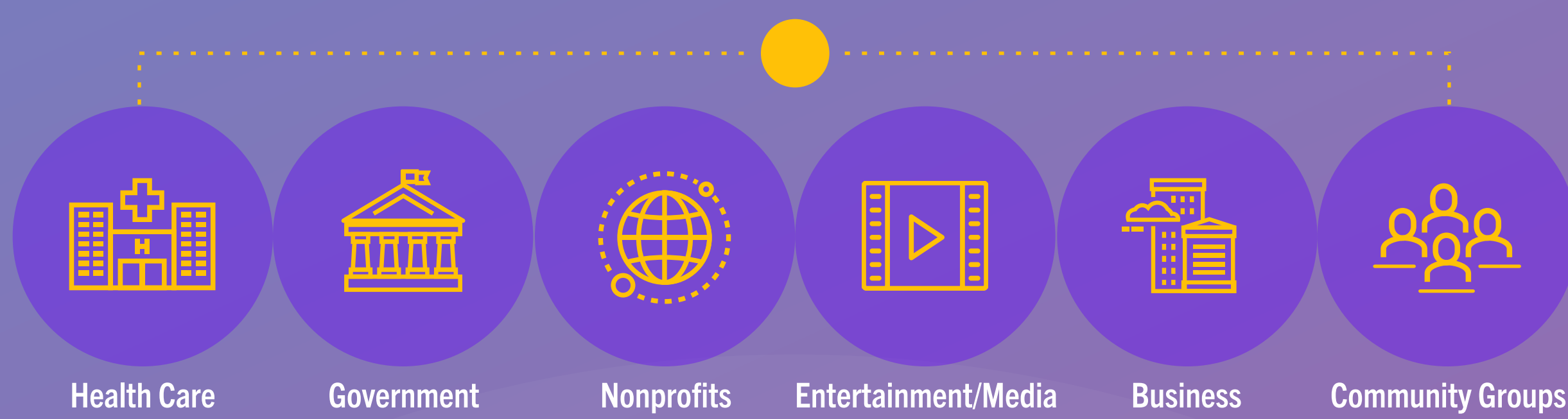
73%

are more aware of the importance of taking care of their mental health<sup>2</sup>



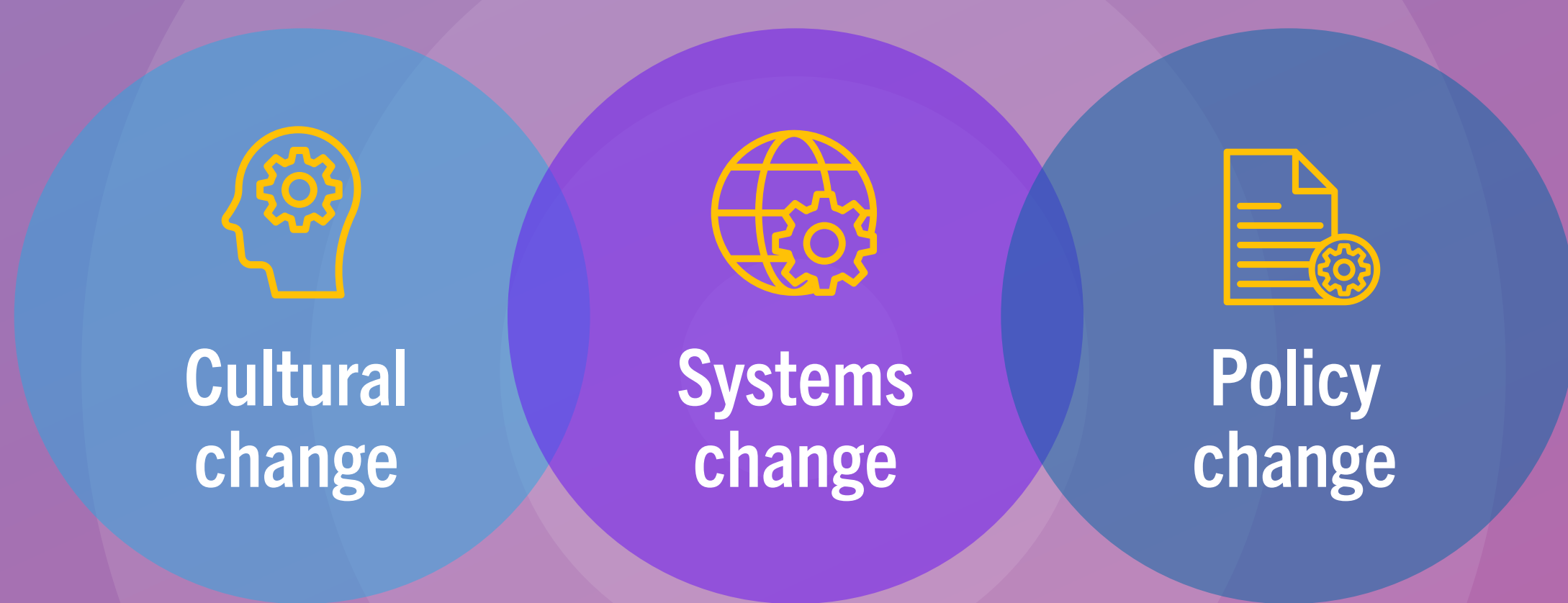
## National Collaboration is Key

Diverse partners from all sectors of society are collaborating to accelerate sustainable and action-oriented solutions.



## Transformational Change is Within Our Reach

The Action Alliance's Mental Health & Suicide Prevention National Response to COVID-19 is committed to ensuring equitable access to the care, support, and services Americans need – when and where they need them.



To achieve this we must:

**Priority 1:** Change the national conversation about mental health and suicide.

**Priority 2:** Increase access to evidence-based treatments for substance use and mental health disorders in specialty and primary care.

**Priority 3:** Increase the use of non-punitive and supportive crisis intervention services.

**Priority 4:** Establish near real-time data collection systems to promptly identify changes in rates of suicide, overdose, and other key events, and of clusters or spikes in these outcomes.

**Priority 5:** Ensure the equitable delivery of comprehensive and effective suicide prevention and mental health services for Black Americans; Latinx Americans; American Indians/Alaskan Natives (AI/AN); lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQ) individuals; and others disproportionately impacted by the pandemic.

**Priority 6:** Invest in prevention and early intervention approaches that treat the root causes of suicide and mental health problems.

## Take Action to Promote Mental Wellness & Suicide Prevention:

[www.NationalMentalHealthResponse.org](http://www.NationalMentalHealthResponse.org)

Stay connected on:



(1) Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020; Weekly / August 14, 2020 / 69(32):1049–1057, Centers for Disease Control and Prevention, Morbidity and Mortality Weekly Report (MMWR) recent survey

(2) 2020 National Public Perception Survey conducted by The Harris Poll, July 2020.