

National Strategy *for* Suicide Prevention

Care. Connect. Collaborate.

2024

2024 National Strategy for Suicide Prevention and Federal Action Plan Talking Points

Updated August 2024

View the 2024 *National Strategy for Suicide Prevention* at hhs.gov/nssp.

Overview: 2024 National Strategy for Suicide Prevention (National Strategy) and Federal Action Plan (Action Plan)

- On April 23, 2024, the Biden-Harris administration released the 2024 *National Strategy for Suicide Prevention (National Strategy)* and an accompanying *Federal Action Plan*.
 - The Substance Abuse and Mental Health Services Administration (SAMHSA) and the Centers for Disease Control and Prevention (CDC) led the development of the *National Strategy*. More than 20 agencies in 10 departments across the government contributed to the strategy, along with support from the Suicide Prevention Resource Center (SPRC) and the National Action Alliance for Suicide Prevention (Action Alliance).
 - This *National Strategy* is the first-ever to be released with an *Action Plan* for implementation.
- The 2024 *National Strategy for Suicide Prevention* incorporates advances in the field and addresses the associated issues of equity, substance use and the overdose crisis, and the societal significance of social media, particularly for young people. The comprehensive, whole-of-society

strategy is designed to guide, motivate, and promote a more coordinated and comprehensive approach to suicide prevention in communities across the country. It focuses on the many factors associated with suicide, with the recognition that there is no single solution.

- This comprehensive approach addresses the many factors associated with suicide, including:
 - Preventing suicide risk in the first place (upstream prevention);
 - Identifying and supporting people with increased risk through treatment and crisis intervention (downstream prevention);
 - Preventing reattempts;
 - Promoting long-term recovery; and
 - Supporting survivors.
- The accompanying *Federal Action Plan* identifies more than 200 priority actions to be taken over the next three years by dozens of federal agencies. These actions will be monitored and evaluated to measure progress and identify barriers to suicide prevention.
- The *National Strategy and Action Plan* recognize that collaboration across the national, state, tribal, local, and territorial levels—and among public and private partners—is key to achieving and sustaining meaningful, equitable, and measurable advancement in suicide prevention.
- The *National Strategy* also emphasizes the importance of incorporating suicide-centered lived experience, referring to individuals who have had thoughts of suicide, survived a suicide attempt, lost a loved one to suicide, or provided substantial support to a person with direct experience of suicide, throughout all prevention efforts.
- New topics such as youth and social media, the intersection of suicide and substance use, the 988 Suicide & Crisis Lifeline, an expanded focus on social determinants of health, and health equity, are reflected throughout the strategy’s goals and the agency commitments in the *Action Plan*.

Call to Action: Care. Connect. Collaborate.

This call to action cuts across the entire strategy and is relevant to everyone’s participation in the strategy at all levels (federal/national, state, territorial, tribal, local community, and individual). Our call to action is more than just words, it’s a commitment to:

- **CARE:** Caring about suicide prevention requires a thoughtful strategy and the intersection of prevention, intervention, and postvention supports.
- **CONNECT:** Connecting to community and culture are key protective factors for health and well-being, including protecting against suicide risk. Connecting with data and research helps inform efforts and improve the ability for effective suicide prevention strategies.
- **COLLABORATE:** Carrying out a comprehensive approach relies on collaboration with public and private sector partners, people with suicide-centered lived experience, and people in populations disproportionately affected by suicide and suicide attempts. Everyone has a role to play in achieving meaningful, equitable, and measurable advancement in suicide prevention.

Four Strategic Directions

Four strategic directions guide the *National Strategy*. These include:

1. Community-Based Suicide Prevention: A comprehensive approach to suicide calls for communities to select, implement, and evaluate a range of strategies to address the many factors associated with suicide at the individual, relationship, community, and societal levels. As such, Strategic Direction 1 requires coordination for upstream prevention, lethal means safety for those at risk, postvention supports, workplace strategies, and evidence-informed communication and messaging efforts.

2. Treatment and Crisis Services: Preventing suicide requires making sure those at risk of suicide get connected to the proper treatment and services they need. Therefore, this strategic direction focuses on the critical importance of implementing a systematic approach to suicide care within health systems, including emphasizing the structural role of the health system in preventing suicide, rather than the responsibility resting solely in the hands of individual clinical providers. Additionally, Strategic Direction 2 sets the vision for a complete and coordinated crisis response infrastructure that includes not only a 24/7 nationally available crisis line, but mobile crisis response, crisis stabilization facilities, and community-based alternatives to 911 emergency response.

3. Surveillance, Quality Improvement, and Research: Good quality data enable the evaluation of suicide prevention efforts and are important for applying research advances to improve prevention practices and, ultimately, to reduce the impact of suicide. Strategic Direction 3 focuses on enhancing accessible and timely data on suicide thoughts, attempts, deaths, and risk and protective factors, and promoting rigorous research.

4. Health Equity in Suicide Prevention: Ensuring equity in a public health approach to suicide prevention requires active collaboration to assess and meet the needs of all individuals and communities. Strategic Direction 4 includes ways that various sectors and communities can engage in work to address populations disproportionately impacted by suicide.