BE THE DIFFERENCE

YOUR QUICK GUIDE TO SUICIDE SAFER CARE
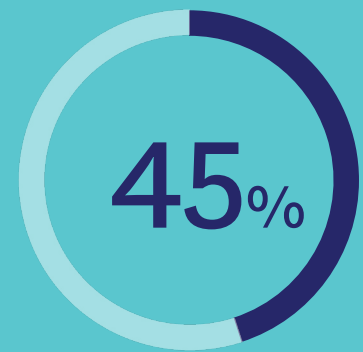
Resources and best practices to help you support at-risk patients

CENTENE® *Corporation*

peach state health plan.

With the right tools, you can change the course of someone's life

Every day, primary care teams are trusted with more than just physical health. Patients are seen through tough conversations, life changes, and moments of vulnerability. Suicide prevention starts here — with our care.

That's why we're proud to share this collection of evidence-based tools and training, designed specifically for primary care teams. Whether you have 10 minutes or time for a deeper dive, there's something here to help you feel more confident having conversations that could save a life.

45%

About 45% of individuals who died by suicide visited a primary care provider in the month before their death.

What is Suicide Safer Care (SSC)?

Developed by the Association of Clinicians for the Underserved (ACU) in partnership with Centene Foundation, the SSC curriculum is built on the Zero Suicide framework: an evidence-based approach to reducing suicide in healthcare settings. It equips primary care teams with practical skills for:

- ☑ **Identifying suicide risk**
- ☑ **Applying brief, evidence-based interventions**
- ☑ **Building safety plans**
- ☑ **Making warm handoffs and referrals**
- ☑ **Supporting care transitions**
- ☑ **Creating a culture of openness and prevention**

The SSC initiative has trained thousands of healthcare providers and team members across 47 U.S. states, Washington D.C., and Puerto Rico to strengthen how they care for patients at risk.

Toolkits to support care:
Choose what fits

Each toolkit is co-branded and tailored to your patient population.

TOOL KIT	BEST FOR
Suicide Safer Care Toolkit	A general starting point for all primary care providers.
Pediatric Suicide Prevention Toolkit	Practices serving youth and school-based health centers.
Geriatric Suicide Prevention Toolkit	Teams working with older adult populations.
Preventing Suicide in Providers and Staff: Organizational Approaches	Clinic leaders and support staff who shape care protocols.
Quick Tips for Medical Students & Other Healthcare Professionals in Training	New providers and healthcare professionals in training.

How you can make a difference

Even brief interventions in primary care can have a major impact.
Here's what you can do today:

1. Start with screening. Many of the toolkits include guidance on using validated tools like the PHQ-9, GDS, and CSSR-S protocols, tailored to different populations.

2. Use safety planning templates. A simple safety plan can help your patients feel supported between visits.

3. Encourage open conversation. Talking about suicide doesn't increase risk — it opens the door to hope.

4. Know where to refer. Your toolkit includes referral guidance and patient-facing materials for next steps.

Only have 10 min? Start here:

Download the Quick Tips for Medical Students & Other Healthcare Professionals in Training toolkit.

Let's create change, together

Suicide prevention isn't just the work of behavioral health specialists — it's all of us. With the right tools, the right words, and the right support, you can help create safer spaces for your patients to speak up and get help.

Thank you for the care you provide and for being part of this effort.

For more information, visit

clinicians.org/programs/
suicide-safer-care

Let's create change, together

Suicide prevention isn't just the work of behavioral health specialists — it's all of us. With the right tools, the right words, and the right support, you can help create safer spaces for your patients to speak up and get help.

Thank you for the care you provide and for being part of this effort.

For more information, visit

clinicians.org/programs/
suicide-safer-care