

Suicide Prevention Action Plan for Workplaces

Many adults spend much of their day working. Workplaces can support employees' by implementing programs and policies to strengthen their health and well-being. Below are some opportunities for action as well as resources to learn more.

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

Opportunities for action



Provide personal and professional development opportunities by offering classes around wellness, mental health, and suicide.

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



Identify and develop a process to support employees that may be struggling with their mental health or having suicidal experiences.

- [Workplace Suicide Prevention](https://workplacesuicideprevention.com) (workplacesuicideprevention.com): A call to action to all workplaces and professional associations to implement the National Guidelines for Workplace Suicide Prevention.
- [National Guidelines for Workplace Suicide Prevention](https://workplacesuicideprevention.com/wp-content/uploads/2019/10/Executive-Summary.pdf) (workplacesuicideprevention.com/wp-content/uploads/2019/10/Executive-Summary.pdf): A report of findings to direct the development of guidelines for workplace suicide prevention.
- [Workplace Mental Health & Well-Being — Current Priorities of the U.S. Surgeon General](https://hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html) (hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html): Offers a foundation that workplaces can build upon.



Create and promote a work environment that fosters communication, a sense of belonging, and connection.

- [#StayConnectedMN Workplace Guide](https://health.state.mn.us/communities/suicide/documents/mhmworkplace22.docx) (health.state.mn.us/communities/suicide/documents/mhmworkplace22.docx): Resources developed by the Minnesota Department of Health



Learn more about implementing mental health and suicide prevention within the workplace.

- [Comprehensive Blueprint for Workplace Suicide Prevention](https://theactionalliance.org/communities/workplace/blueprintforworkplacesuicideprevention) (theactionalliance.org/communities/workplace/blueprintforworkplacesuicideprevention): Resources developed by the National Action Alliance for Suicide Prevention.

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- **[Suicide Prevention Resource Center \(sprc.org/settings/workplaces\)](https://sprc.org/settings/workplaces)**: Workplace suicide prevention resources.
- **[Workplace Mental Health Toolkit \(mhanational.org/workplace/toolkit\)](https://mhanational.org/workplace/toolkit)**: A resource developed by Mental Health America to support mental health in the workplace.



Develop a response protocol after a death by suicide (postvention).

- **[A Managers Guide to Postvention in the Workplace \(theactionalliance.org/sites/default/files/managers-guidebook-to-suicide-postvention-web.pdf\)](https://theactionalliance.org/sites/default/files/managers-guidebook-to-suicide-postvention-web.pdf)**: This guide provides 10 action steps for managers to respond in the aftermath of a suicide to provide hope and healing.

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