

# Additional resources

Use these resources to learn about suicide prevention and substance use disorder.

## Suicide prevention

**American Association of Suicidology** ([suicidology.org](http://suicidology.org)) provides toolkits and other resources relevant to suicide prevention.

**American Foundation for Suicide Prevention Community Programs** ([afsp.org/community-programs](http://afsp.org/community-programs)) provides community programs.

**American Psychiatric Nurses Association (APNA) "Psychiatric-mental health nurse essential competencies for assessment and management of individuals at risk for suicide"** ([apna.org/m/pages.cfm?pageid=5684](http://apna.org/m/pages.cfm?pageid=5684)) outlines skills and competencies relevant to assessing and managing suicide risk.

**Johnson & Johnson "Nurses on life support"** (<https://nursing.jnj.com/see-you-now-podcast/covid-19-the-nurse-response-on-life-support>) is a 10-minute podcast about COVID-19 and nurse suicide.

**Mental Health First Aid Australia "Suicidal thoughts & behaviours guidelines"** ([mhfa.com.au/sites/default/files/suicidal\\_thoughts\\_and\\_behaviours\\_guidelines\\_0.pdf](http://mhfa.com.au/sites/default/files/suicidal_thoughts_and_behaviours_guidelines_0.pdf)) outline risk factors, warning signs, and techniques for starting a conversation with someone who may be at risk of suicide.

**National Academy of Medicine "Nurse suicide: Breaking the silence"** ([nam.edu/nurse-suicide-breaking-the-silence](http://nam.edu/nurse-suicide-breaking-the-silence)) is a discussion paper that includes individual prevention strategies and current statistics.

**Sigma Theta Tau "Suicide in nursing: We are at risk"** ([nursingcentered.sigmanursing.org/features/more-features/suicide-in-nursing](http://nursingcentered.sigmanursing.org/features/more-features/suicide-in-nursing)) offers reflections on nursing leadership and the Healer Education Assessment and Referral (HEAR) program.

**Study: Nurses at greater risk of suicide than others** ([kpbs.org/news/2020/feb/20/ucsd-launches-suicide-prevention-program-address-h/](http://kpbs.org/news/2020/feb/20/ucsd-launches-suicide-prevention-program-address-h/)) is a KPBS podcast episode that explains the HEAR program.

**Suicide Prevention Resource Center "The role of co-workers in preventing suicide in the workplace"** ([sprc.org/sites/default/files/resource-program/V11\\_Co-worker\\_May2018.pdf](http://sprc.org/sites/default/files/resource-program/V11_Co-worker_May2018.pdf)) includes steps for reducing suicide risk among work colleagues.

**U.S. Department of Health and Human Resources "Identifying the relative importance of non-suicidal self-injury features in classifying suicidal ideation, plans, and behavior using exploratory data mining"** ([ncbi.nlm.nih.gov/pmc/articles/PMC6684203](http://ncbi.nlm.nih.gov/pmc/articles/PMC6684203)) looks at self-injury as a possible precursor to suicide.

**U.S. Department of Veterans Affairs National Center for PTSD "Psychological first aid (PFA) online training"** ([www.ptsd.va.gov/professional/continuing\\_ed/psych\\_firstaid\\_training.asp](http://www.ptsd.va.gov/professional/continuing_ed/psych_firstaid_training.asp)) is a continuing education course for psychological first aid after a disaster or other trauma.

**Zero Suicide** ([zerosuicide.edc.org](http://zerosuicide.edc.org)) provides a framework for organization-wide safer suicide care, including toolkits, training, and podcasts.

**Zero Suicide COVID-19 resources** ([zerosuicide.edc.org/movement/innovations/covid-19](http://zerosuicide.edc.org/movement/innovations/covid-19)) offers multiple resources specific to COVID-19 challenges.

## Substance use

**American Association of Nurse Anesthetists (AANA) "Substance use disorder workplace resources"** ([aana.com/practice/health-and-wellness-peer-assistance/About-AANA-Peer-Assistance/substance-use-disorder-workplace-resources](http://aana.com/practice/health-and-wellness-peer-assistance/About-AANA-Peer-Assistance/substance-use-disorder-workplace-resources)) offer recommendations for addressing substance use disorder and ensuring patient safety.

**AANA "Substance use disorder – Peer support: An empathetic information resource"** ([topmedtalk.libsyn.com/website/topmedtalk-substance-use-disorder-peer-support-an-empathetic-information-resource-0](http://topmedtalk.libsyn.com/website/topmedtalk-substance-use-disorder-peer-support-an-empathetic-information-resource-0)) is a podcast that discusses how to address substance use disorder among health-care workers.

**APNA Substance use resources** ([apna.org/i4a/pages/index.cfm?pageid=4792](http://apna.org/i4a/pages/index.cfm?pageid=4792)) provide substance use statistics, screening tools, and other resources.

**Lippincott NursingCenter "Programs and resources to assist nurses with substance use disorders"** ([nursingcenter.com/journalarticle?Article\\_ID=3386413&Journal\\_ID=1444159&Issue\\_ID=3386006](http://nursingcenter.com/journalarticle?Article_ID=3386413&Journal_ID=1444159&Issue_ID=3386006)) is an article from the *Journal of Addictions Nursing* that includes information about programs throughout the United States.

**National Council of State Boards of Nursing (NCSBN) "Substance use disorder"** ([ncsbn.org/substance-use-disorder.htm](http://ncsbn.org/substance-use-disorder.htm)) provides continuing education courses at no cost.

**National Institute of Alcohol Abuse and Alcoholism Rethinking Drinking** ([rethinkingdrinking.niaaa.nih.gov](http://rethinkingdrinking.niaaa.nih.gov)) includes information about drinking levels, warning signs of a problem, and resources for making changes.

**NCSBN "Alternative to discipline programs for substance use"** ([ncsbn.org/alternative-to-discipline.htm](http://ncsbn.org/alternative-to-discipline.htm)) includes state-by-state information about these programs.

**NCSBN "Understanding substance use disorder in nursing"** ([ncsbn.org/5127.htm](http://ncsbn.org/5127.htm)) is a free course that discusses substance use and abuse, early identification and intervention, how to protect the public, treatment, and return to practice.

**U.S. Department of Health and Human Resources "Facing addiction in America: The Surgeon General's report on alcohol, drugs, and health"** ([ncbi.nlm.nih.gov/books/NBK424857/pdf/Bookshelf\\_NBK424857.pdf](http://ncbi.nlm.nih.gov/books/NBK424857/pdf/Bookshelf_NBK424857.pdf)) reviews substance use disorder and opportunities to bring treatment and mainstream healthcare into alignment.