

# Suicide Prevention Action Plan for Tribal Communities

The Minnesota Department of Health has a tribal suicide prevention coordinator to support tribal communities with strategic planning, training, technical assistance in suicide prevention. To contact the tribal suicide prevention coordinator, email [health.suicideprev.MDH@state.mn.us](mailto:health.suicideprev.MDH@state.mn.us).

Sign up for the [Suicide Prevention Newsletter \(public.govdelivery.com/accounts/MNMDH/subscriber/new?topic\\_id=MNMDH\\_271\)](https://public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271). For additional support or guidance, complete the [Suicide Prevention TA form \(redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN\)](https://redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN).

## Opportunities for action



**Participate in tribal Zero Suicide learning collaborative to foster collaboration between all Minnesota tribal nations to address suicide and promote mental health wellness.**

**Implement Zero Suicide across all tribal health care and behavioral health systems.**

**Establish a community pathway of care to ensure access to care is accessible.**

- [Zero Suicide Toolkit \(zerosuicide.edc.org/toolkit/toolkit-adaptations/indian-country\)](https://zerosuicide.edc.org/toolkit/toolkit-adaptations/indian-country): Best and promising practices for the implementation of zero suicide in Indian Country.
- Email [health.suicideprev.MDH@state.mn.us](mailto:health.suicideprev.MDH@state.mn.us) to learn more or get involved in the tribal Zero Suicide learning collaborative.



**Engage internal and external tribal and non-tribal partners to support suicide prevention efforts.**

**Develop a comprehensive strategic plan that is culturally appropriate to address and prevent suicide in tribal communities.**



**Create a data system to collect, store, and analyze data to help determine appropriate cultural strategic planning for a comprehensive approach to suicide prevention.**

- [Community Readiness Manual on Suicide Prevention in Native Communities \(samhsa.gov/sites/default/files/tribal\\_tta\\_center\\_2.3.b\\_commreadinessmanual\\_final\\_3.6.14.pdf\)](https://samhsa.gov/sites/default/files/tribal_tta_center_2.3.b_commreadinessmanual_final_3.6.14.pdf): Community Readiness Model handbook assesses community readiness for change and increasing community capacity for suicide prevention.
- [To Live To See Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults \(store.samhsa.gov/product/To-Live-To-See-the-Great-Day-That-Dawns-Preventing-Suicide-by-American-Indian-and-Alaska-Native-Youth-and-Young-Adults/SMA10-4480\)](https://store.samhsa.gov/product/To-Live-To-See-the-Great-Day-That-Dawns-Preventing-Suicide-by-American-Indian-and-Alaska-Native-Youth-and-Young-Adults/SMA10-4480): Manual lays the groundwork for community-based suicide prevention and mental health promotion plans for American Indian and Alaska Native teens and young adults.
- [Suicide Prevention Resource Center: American Indian/Alaska Native Settings \(sprc.org/settings/aian\)](https://sprc.org/settings/aian): Drawing on strengths within Native traditions, community leaders and experts developing models that are culturally based to promote mental health and prevent suicide for future generations.



**Raise awareness about suicide prevention to reduce stigma and taboo on suicide.**

- **[Indian Health Service: How to Talk About Suicide](https://ihs.gov/suicideprevention/howtotalk/)** ([ihs.gov/suicideprevention/howtotalk/](https://ihs.gov/suicideprevention/howtotalk/)): This resource provides guidance on recognizing and responding to suicide.



**Strengthen protective factors and decrease risk factors to prevent suicide.**

- **[Centers for Disease Control and Prevention and Care Program](https://cdc.gov/suicide/programs/tribal/index.html)** ([cdc.gov/suicide/programs/tribal/index.html](https://cdc.gov/suicide/programs/tribal/index.html)): The CDC is working with tribes to reduce risk and increase protective factors to prevent suicide among American Indians and Alaska Natives.



**Support culture is prevention by increasing culture protective factors.**

**Promote cultural adaptation for gatekeeper trainings and other mental health training programs.**

- **[Substance Abuse and Mental Health Services: Culture is Prevention](https://samhsa.gov/sites/default/files/nc-oy1-task-3-culture-is-prevention-final-2018-05-31.pdf)** ([samhsa.gov/sites/default/files/nc-oy1-task-3-culture-is-prevention-final-2018-05-31.pdf](https://samhsa.gov/sites/default/files/nc-oy1-task-3-culture-is-prevention-final-2018-05-31.pdf)): Cultural protective factors positively associated with health and social outcomes for American Indian and Alaska Native (AI/AN) youth. This includes combining cultural activities with evidence-based gatekeeper trainings.



**Recruit and train tribal citizens to become trainers and facilitators in suicide prevention trainings (safeTALK, ASIST, Tribal Suicide Prevention Awareness, and other tribal specific curriculums to prevent suicide and promote mental wellness).**

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

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