

Equity Focused Suicide Prevention Resources for Older Adults

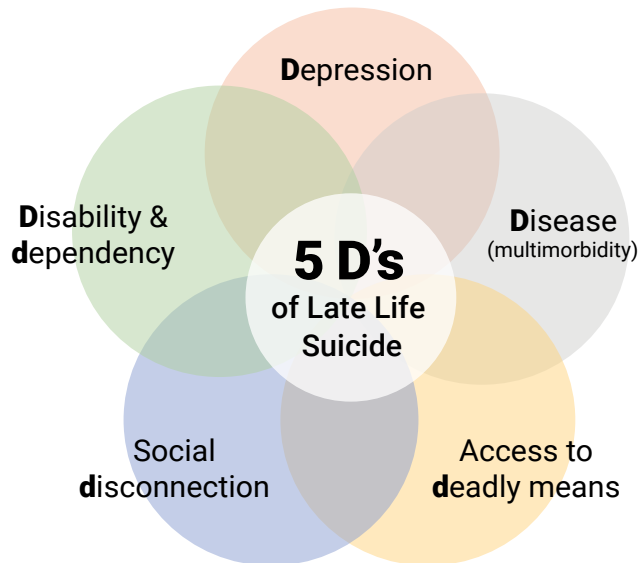


SAMHSA
Substance Abuse and Mental Health
Services Administration

E4 CENTER
Center of Excellence for
Behavioral Health Disparities in Aging

Equity Focused Suicide Prevention Resources for Older Adults

This resource guide addresses suicide prevention in older adults (defined as age 60 or older). The model guiding the selection of resources for this guide is the '5 D's of Late Life Suicide.'^{1,2} This model (see Figure) describes the most common characteristics of older people who die by suicide (with the accumulation of factors suggesting greater risk)—**depression** (and other mental disorders), **disability** (functional and sensory impairment), **disease** (physical illness, including multimorbidity) and **access to deadly means** (in the U.S. firearms are most common).



Key facts about the epidemiology late-life suicide were also used to guide the development of this resource, including that:

- 1) most older people die on their first attempt (necessitating the use of universal and selective programs);
- 2) the most common method of suicide in later life is firearms;
- 3) older people are unlikely to present to care in specialty mental health clinics but do present for care in primary care clinics in the months and weeks before their deaths.

Users of this guide should keep several limitations in mind. First, programs that have shown some effectiveness for late-life suicide prevention often (if not always) contain multiple components and layers (i.e., universal, selective, and indicated prevention strategies). There are no such models readily available in the U.S. for older adults, so users should understand the limitations of selecting a single program from this list.

As well, this guide focuses on resources tailored for older adults. Given that there are relatively few of these resources, considering programs not specifically designed for older adults may be useful to address current gaps. A particularly notable gap is the lack of suicide-specific gatekeeper programs for older adults given the differing presentation of older people at risk for suicide (from younger people) and the fact that older people do not commonly seek out specialty mental health care; the exception is for senior living communities and senior centers, as there are suicide prevention toolkits for these settings (that may be useful for other settings where older adults frequent). Gaps are also especially apparent regarding intersecting identities (e.g., older adults who identify as LGBTQ, Native American, Black, Hispanic, Asian among others), as suicide-specific resources are not available that address the specific needs of older people in those groups; to address this gap, programs and resources are included in this guide for selective prevention programs that address the 5D's for these older adults.

1. Van Orden, Silva, & Conwell (2019). Suicide in Later Life. *Oxford Research Encyclopedia of Psychology*, Oxford University Press.
2. Conwell (2022). "My Work is Done. Why Wait?" Lessons Learned from Older Adults who Died by Suicide. *Am J Geriatr Psychiatry*, 12, 1339-1341. doi: 10.1016/j.jagp.2022.09.015.

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
National Academy of Medicine	<p>The National Academies of Sciences, Engineering, and Medicine’s report, <i>Social Isolation and Loneliness in Older Adults</i></p> <p>Provides an overview of the role of healthcare in addressing social connection for older patients, including assessment in healthcare settings.</p>	<p>Program development/evaluators</p> <p>Social Isolation and Loneliness in Older Adults</p>
Kimberly A. Van Orden, PhD, University of Rochester Medical Center (corresponding author for manuscript)	<p>Social Disconnection in Late Life Suicide Workshop by NIMH</p> <p>Provides an overview of what science tells us about the link between social disconnection and suicide in later life that may be of interest to program developers/ evaluators.</p>	<p>Program development/evaluators</p> <p>National Institute of Mental Health Symposium, Social Disconnection in Late Life Suicide: Mechanisms, Treatment Targets, and Interventions. Social Connection as a Target Mechanism in Suicide Prevention for Older Adults. September 17-18, 2020. Workshop recording.</p> <p>Lutz, J., Van Orden, K. A., Bruce, M. L., & Conwell, Y. (2021). Social disconnection in late life suicide: An NIMH workshop on state of the research in identifying mechanisms, treatment targets, and interventions. <i>American Journal of Geriatric Psychiatry</i>, 29(8), 731-744. doi: 10.1016/j.jagp.2021.01.137.</p>
engAGED: The National Resource Center for Engaging Older Adults	<p>Social Engagement Innovations Hub (N, R, L)</p> <p>Provides a searchable list of promising behavioral programs to promote social connection in later life, including location where the program has been implemented, links to available training materials, and contact information to learn more.</p>	<p>Program development/evaluators; professionals working with older adults</p> <p>engAGED National Resource Center</p> <p>engAGED Social Innovations Hub</p>
RTI International	<p>Interventions to Prevent Older Adult Suicide: Final Report</p> <p>This report was prepared by RTI International as requested by The Office of the Assistant Secretary for Planning and Evaluation (ASPE) at the U.S. Department of Health & Human Services to provide an overview of the state of the science on interventions to prevent late life suicide.</p>	<p>Program development/evaluators; professionals working with older adults</p> <p>Interventions to Prevent Older Adult Suicide: Final Report</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
National Resource Center on Native American Aging	<p>Title VI Needs Assessment Survey: Identifying Our Needs: A Survey of Elders Cycle VII (2017-2020)</p> <p>This report provides an overview of the unmet needs of Elders in the Native American community to guide program development. The report includes issues relevant to suicide prevention, including wellness, social support, and healthcare access.</p>	<p>Program development/evaluators; professionals working with older adults</p> <p>Needs Assessment Survey 2021</p>
National Asian Pacific Center on Aging	<p>National Resource Center on AAPI Aging</p> <p>The National Resource Center on AAPI Aging is the nation’s technical assistance resource center dedicated to building the capacity of long-term service and support systems to equitably serve AAPI older adults and their caregivers. Education on issues relevant to suicide prevention, including elder abuse, financial exploitation, caregiving, social inclusion, and healthy aging are available, as well as toolkits to conduct community needs assessments.</p>	<p>Program development/evaluators; professionals working with older adults</p> <p>Technical assistance including trainings, fact sheets, reports, and culturally and linguistically appropriate educational resources.</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
<p>National Hispanic Council on Aging (NHCOA)</p>	<p>National Hispanic Council on Aging Resource Center</p> <p>The NHCOA is a national organization working to improve the lives of Hispanic older adults, their families, and caregivers. The online resource center provides information about resources relevant to suicide prevention, including socialization and access to healthcare.</p> <p>The resource center is available in English, Spanish and Portuguese. It can be accessed with the Center’s chatbot by messaging the number associated with the hotline via WhatsApp. This automated messaging service is prepared with the latest up-to-date information on the same services that you would call the hotline for, as well as frequently asked questions about the services.</p>	<p>For older adults and professionals working with older adults</p> <p>NHCOA</p> <p>Resource center information, including web-based WhatsApp chat (or direct link to WhatsApp chat if accessing via a smartphone).</p>
<p>National Caucus and Center on Black Aging (NCBA)</p>	<p>National Caucus and Center on Black Aging</p> <p>The NCBA provides technical assistance, resources, and support to further advancements and innovations that serve older African Americans and their families. Information and resources are available on topics relevant to suicide prevention, including the Health and Wellness Program.</p>	<p>For older adults and professionals working with older adults</p> <p>Health and Wellness Program</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
<p>Elizabeth C. Conti, PhD; Veterans' Administration South Central MIRECC</p>	<p>Safety Planning for Older Adults</p> <p>This online resource includes a brief (free) manual and training video for professionals working with older adults on how to develop safety plans with older adults, including aging-specific recommendations. There is also an associated scientific publication (available for free) that illustrates the approach with two case examples that address key risk factors for suicide in later life and demonstrate how safety planning can be used as part of treatment planning as well as crisis management.</p>	<p>Professionals working with older adults (e.g., physicians, nurses, social workers, community care managers)</p> <p>Safety Planning for Older Adults manual and training materials</p> <p>Conti, E. C., et al. (2020). Safety Planning to Manage Suicide Risk with Older Adults: Case Examples and Recommendations. <i>Clinical Gerontologist</i>, 43(1): 104-109.</p>
<p>Department of Veterans Affairs, REACH Program</p>	<p>The Department of Veteran Affairs Keep it Secure Program</p> <p>This free online resource provides psychoeducation, tips, and resources for clinicians, veterans, and members of the public to learn about safe storage of lethal means for suicide, including firearms and medications. While some of the specific programs referenced are only for veterans, the information about the rationale for safe storage and tips for doing so apply more broadly.</p>	<p>Professionals working with older adults, family members, and older adults</p> <p>Keep it Secure Program</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
<p>University of Washington AIMS Center (Advancing Integrated Mental Health Solutions)</p>	<p>Collaborative Care Models for Treating Depression (CoCM)</p> <p>Older adults at risk for suicide are less likely than younger adults to seek specialty mental health care and are most often seen in primary care in the weeks and months before their deaths. Thus, treating depressive disorders (and sub-threshold depressive symptoms) is a key component of suicide prevention in later life. There are several evidence-based CoCM models for depression in later life that have been shown to reduce suicide ideation, including the IMPACT and PROSPECT models. The AIMS Center at UW provides information on CoCM (evidence base, principles, structure of teams), as well as several ‘tiers’ of training, ranging from free online ‘office hours,’ online CME-eligible trainings, and implementation support, including clinical training in behavioral interventions that are part of CoCM, including Problem Solving Therapy (PST) and Behavioral Activation.</p>	<p>Professionals working in clinical settings with older adults</p> <p>AIMS Center</p> <p>Training in Problem Solving Therapy and Behavioral Activation</p> <p>Grigoroglou, C., et al. (2021). Effectiveness of collaborative care in reducing suicidal ideation: An individual participant data meta-analysis. <i>General Hospital Psychiatry</i>, 71, 27-35.</p> <p>Unützer J, Katon W, Callahan CM, Williams JW, Jr., Hunkeler E, Harpole L, et al. Collaborative-care management of late-life depression in the primary care setting. <i>JAMA</i>. 2002;288(22):2836-45.</p> <p>Alexopoulos, G. S., et al. (2009). Reducing Suicidal Ideation and Depression in Older Primary Care Patients: 24-Month Outcomes of the PROSPECT Study. <i>American Journal of Psychiatry</i> 166(8): 882-890.</p>
<p>National Institute on Aging (NIA)</p>	<p>Psychoeducation on Depression</p> <p>This free online resource provides information for older adults, their families, and professionals without expertise in aging or geriatrics information about depression in later life. This can be useful to help older adults understand symptoms and increase willingness to seek treatment.</p>	<p>Professionals working with older adults, family members, and older adults</p> <p>Depression and Older Adults from NIA</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
<p>Kimberly A. Van Orden, PhD, University of Rochester Medical Center (intervention developer)</p>	<p>Connection Planning for Older Adults</p> <p>Connection Planning is a brief (1 to 3 session) behavioral intervention that is designed as a selective intervention for late-life suicide prevention to target social isolation and loneliness.</p> <p>Information about and training on Connection Planning is available through several sources:</p> <ol style="list-style-type: none"> 1) Peer-reviewed article that describes the intervention and illustrates it with case examples, as well as corresponding handouts to use with clients available online and a webinar recording; 2) A training manual developed by the BA VISN 5 MIRECC that is available online for free; 3) An asynchronous (1.5 hour long) online training in providing the intervention in long-term care settings from the Finger Lakes Geriatric Education Center (FLGEC) 	<p>Professionals working with older adults (e.g., physicians, nurses, social workers, community care managers)</p> <p>VA VISN 5 MIRECC Connection Plans manual</p> <p>Finger Lakes Geriatric Resource Center training, "Connection Planning in Long Term Care," supported by a HRSA-funded Geriatric Workforce Enhancement Program (GWEP) grant</p> <p>Centre for Addiction and Mental Health training, Supporting connection in later life: Working with older adults to develop a connections plan, September 10, 2020.</p> <p>Van Orden, K. A., Bower, E., Lutz, J., Silva, C., Gallegos, A. M., Podgorski, C. A., Santos, E. J., & Conwell, Y. (2021). Strategies to Promote Social Connections Among Older Adults During "Social Distancing" Restrictions. <i>The American Journal of Geriatric Psychiatry</i>, 29(8), 816–827.</p> <p>Handouts to support implementation</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
<p>Institute on Aging (IOA), California</p>	<p>Friendly Caller Program</p> <p>The Friendship Line is a free 24-hour suicide prevention “warm” line and crisis support line for seniors. It is operated in California, but accepts calls toll-free nationwide. Calls provide emotional support and friendly conversation, as well as linkage to resources. Institute on Aging’s staff and volunteers field approximately 11,000 inbound and outbound calls per month. The nationally-known Friendship Line is a program of Institute on Aging’s Center for Elderly Suicide Prevention and Grief-Related Services, and is accredited by the American Association of Suicidology.</p> <p>There are additional friendly calling programs that operate nationwide, as well as state-level programs. Our list is not fully comprehensive and there may be a program in your area. The engaged National Resource Center for Engaging Older Adults (described above) can provide technical assistance in locating programs.</p>	<p>Older adults and caregivers</p> <p>The Institute on Aging’s 24-hour toll-free Friendship Line: 888.670.1360</p> <p>AARP’s Friendly Voice Program is available nationwide, including in Spanish. Call 1-888-281-0145 and leave your information. Llámamos directamente al 1-888-497-4108.</p> <p>See HearMe information below for friendly calling for LGBTQ+ older adults.</p> <p>Many states also offer their own ‘Friendly calling’ programs, including:</p> <p>SilverLine NY at Lifespan in Rochester, NY (585.287.6439) connects older adults across New York State with weekly friendly phone calls by volunteers.</p> <p>New York State Friendly Calls Training</p> <p>Oregon’s Senior Loneliness Line (800.282.7035) serves Oregon adults 55 and older from 5:30am-11:30pm daily</p> <p>Friendly Voices Phone Buddies Program for Seniors serves older adults in California. Cantonese, Hindi, or Mandarin-speaking volunteers are available. Sign up online.</p> <p>Scientific publications supporting this approach as selective suicide prevention:</p> <p>Kahlon, M. K., Aksan, N., Aubrey, R., Clark, N., Cowley-Morillo, M., Jacobs, E. A., Mundhenk, R., Sebastian, K. R., & Tomlinson, S. (2021). Effect of Layperson-Delivered, Empathy-Focused Program of Telephone Calls on Loneliness, Depression, and Anxiety Among Adults During the COVID-19 Pandemic: A Randomized Clinical Trial. <i>JAMA Psychiatry</i>, 78(6), 616–622.</p> <p>De Leo, D., Dello Buono, M., & Dwyer, J. (2002). Suicide among the elderly: the long-term impact of a telephone support and assessment intervention in northern Italy. <i>The British Journal of Psychiatry</i>, 181, 226–229.</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
<p>New York State Office for the Aging (NYSOFA)</p>	<p>Friendly Calls Training</p> <p>Providers of aging services are seeking to expand programs that address social isolation in the pandemic, including volunteer models like Friendly Calls.</p> <p>To help, the New York State Office for the Aging (NYSOFA), the New York State Department of Health (NYSDOH), Association on Aging in New York (AgingNY), and DOROT have partnered on training videos and an accompanying manual to expand the development and growth of these outreach programs locally. Training manuals and sample forms are also available.</p>	<p>Aging services providers</p> <p>New York State Friendly Calls Training and manuals</p> <p>Complete training series on YouTube</p>
<p>AmeriCorps</p>	<p>Volunteering with AmeriCorps Seniors</p> <p>AmeriCorps is a federal agency that supports national service and volunteering. AmeriCorps Seniors volunteers serve with organizations dedicated to the improvement of communities. Programs are available in every state and are often run locally by Area Agencies on Aging.</p> <p>Volunteering is associated with better physical, mental, and cognitive health, all of which are associated with reduced risk for suicide.</p>	<p>For older adults and professionals working with older adults</p> <p>AmeriCorps Seniors</p> <p>AmeriCorps Seniors Pathfinder</p> <p>Scientific publications supporting volunteering as selective suicide prevention:</p> <p>O'Reilly, D., Rosato, M., Moriarty, J., & Leavey, G. (2017). Volunteering and mortality risk: A partner-controlled quasi-experimental design. <i>International Journal of Epidemiology</i>, 46(4), 1295–1302.</p> <p>Warner, L. M., Yeung, D. Y., Jiang, D., Choi, N. G., Ho, R. T. H., Kwok, J. Y. Y., & Chou, K. L. (2024). Effects of volunteering over six months on loneliness, social and mental health outcomes among older adults: The HEAL-HOA Dual Randomized Controlled Trial. <i>The American Journal of Geriatric Psychiatry</i>, 32(5), 598–610.</p>

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OASIS Institute	<p>Oasis Lifelong Learning, Health Programs, and Volunteer Engagement</p> <p>Oasis is a non-profit organization that is active in over 250 communities and reaches more than 50,000 individuals each year through virtual and in-person lifelong learning classes, evidence-based healthy living programs, and volunteer engagement.</p> <p>The Oasis Institute in St. Louis is the national headquarters and is responsible for developing national programs and provides training and support for Oasis education centers and partners. Oasis education centers are located in community sites, including health providers, corporations, senior centers, community organizations, libraries, universities and colleges, senior living organizations and more.</p> <p>Cognitive impairment is linked to suicide risk. Promoting brain health with cognitive stimulation while spending time with others addresses at least two risk factors for suicide in later life.</p>	<p>Older adults</p> <p>Oasis Locations</p> <p>Oasis Everywhere Virtual Learning (314) 862-2933, info@oasisnet.org</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
Osher Foundation	<p>Osher Lifelong Learning Institutes</p> <p>There are 125 Osher Lifelong Learning Institutes across the country, each affiliated with a college/University. Each program is unique, but all share common characteristics: a diverse repertoire of intellectually stimulating, non-credit courses and educational activities designed for adults 50 years of age or older; participants are offered membership and significant opportunities for volunteer engagement and leadership.</p> <p>Cognitive impairment is linked to suicide risk. Promoting brain health with cognitive stimulation while spending time with others addresses at least two risk factors for suicide in later life.</p>	<p>Older Adults</p> <p>Osher Foundation</p>
National Resource Center on LGBTQ+ Aging	<p>The National Resource Center on LGBTQ+ Aging</p> <p>This is a technical assistance resource center focused on improving the quality of services and supports offered to lesbian, gay, bisexual and/or transgender older adults, their families and caregivers.</p>	<p>Professionals</p> <p>National Resource Center on LGBTQ+ Aging</p>
SAGE: Advocacy & Services for LGBTQ+ Elders	<p>SAGE Social Isolation Resource Finder</p> <p>SAGE is a national agency that conducts advocacy and promotion of services for older adults in the LGBTQ+ Community.</p> <p>Their website includes links to resources to learn about social isolation in the aging LGBTQ+ community.</p>	<p>Professionals</p> <p>SAGE social isolation resource page</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
HearMe	<p>HearMe</p> <p>HearMe is a social isolation program for LGBTQ+ older adults. Instead of friendly phone calling, it is an app-based peer support program. HearMe, is an LGBTQ+ founded company and is an on-demand mental wellness app that allows users to text one-on-one with trained empathetic listeners. It is available 24/7.</p> <p>HearMe also provides volunteer opportunities, including training.</p>	<p>Older adults</p> <p>HearMe</p> <p>HearMe Volunteering information</p>
AARP Foundation	<p>Connect2Affect Tools</p> <p>AARP Foundation's Connect2Affect website offers self-assessments of social connection, information, and resources to get connected.</p>	<p>For older adults, caregivers, and professionals</p> <p>Connect2Affect</p>
US Aging	<p>Care navigation, congregate meals, and senior centers</p> <p>USAgging is the national association representing and supporting the network of Area Agencies on Aging (AAA) and advocating for the Title VI Native American Aging Programs.</p> <p>AAAs offer numerous non-medical programs to support older adults and their caregivers. Local AAAs often offer numerous services that can function as selective suicide prevention, including congregate meals, senior center programming, and care navigation. Care managers can meet in the home to provide information, referrals, and guidance on eldercare, disability, and long-term care options; some may offer in-home geriatric assessment (a holistic tool that assesses social health, mental health, physical health, financial stability, and safety); assistance with housing options; caregiver consultation and services; nursing home placements.</p>	<p>For older adults, caregivers, and professionals</p> <p>Eldercare Locator</p> <p>1-800-677-1116</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
The National Institute on Aging	<p>Social Isolation and Loneliness Outreach Toolkit</p> <p>Resources are available for professionals and public to use to promote awareness of the impact of social isolation on older adults.</p>	<p>Older adults, caregivers, and professionals</p> <p>Social Isolation and Loneliness Outreach Toolkit</p>
The National Indian Council on Aging (NICOA)	<p>Resources and Fact Sheets on Social Isolation and Loneliness</p> <p>The National Indian Council On Aging, Inc. (NICOA) is a national nonprofit organization focused on aging American Indian and Alaska Native elders. Fact sheets and resources on social isolation and loneliness in the American Indian and Alaska Native community are available.</p> <p>Tribal Continuum of Care National Resource Center</p> <p>NICOA, in partnership with the National Resource Center on Native American Aging, the American Association of Retired Persons, the USAging and other key stakeholders, established a Continuum of Care National Resource Center, also known as the NICOA Compass. The goal of this project is to empower tribal communities to develop or expand long-term care for American Indian and Alaska Native elders and persons with disabilities within their local communities.</p>	<p>Older adults, caregivers, and professionals</p> <p>Fact sheets on social isolation and loneliness</p> <p>Continuum of Care National Resource Center (NICOA Compass)</p>

Name/Sponsor	Brief Description of the Resource	Type and Location of Resource
SAMHSA	<p>Toolkit for “Promoting Emotional Health and Preventing Suicide” in Senior Living Communities</p> <p>This toolkit equips senior living staff with resources to promote mental health, suicide prevention, and encourages active participation among residents. It includes guidelines for integrating suicide prevention into ongoing programs, hands-on tools, and training manuals.</p> <p>This toolkit includes universal, selective, indicated, and postvention resources.</p>	<p>Program development/evaluators; professionals working with older adults in Senior Living Communities.</p> <p>Substance Abuse and Mental Health Services Administration, Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities. HHS Publication No. SMA 4515, CMHS-NSPL-0197. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2011.</p>
SAMHSA	<p>Toolkit for “Promoting Emotional Health and Preventing Suicide” in Senior Centers</p> <p>This toolkit helps senior centers integrate suicide prevention into activities that support well-being. It describes activities that increase protective factors, and explains how to recognize the warning signs of suicide.</p> <p>This toolkit includes universal, selective, indicated, and postvention resources.</p>	<p>Program development/evaluators; professionals working with older adults in Senior Centers</p> <p>Substance Abuse and Mental Health Services Administration. (2015). Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers. HHS Publication No. SMA-15-4416. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2015.</p>
Center for Civic Partnerships	<p>Ageing Well in Communities Toolkit</p> <p>This toolkit gives local governments the resources they need to successfully plan for aging well in their communities.</p>	<p>Program development/evaluators</p> <p>Ageing Well in Communities Toolkit</p>
World Health Organization (WHO)	<p>National programs for age-friendly cities and communities: Toolkit</p> <p>WHO provides practical support for every country to develop a national programme for age-friendly cities and communities. This hub will be continuously updated with tools and resources to help every country embark on or sustain their age-friendly journeys.</p>	<p>Program development/evaluators</p> <p>WHO Toolkit</p> <p>For more information, feedback on the toolkit, or support, please contact gnafcc@who.int.</p>

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U.S. Men's Shed Association	<p>U.S. Men's Shed</p> <p>Men's Shed started in Australia and spread to the United Kingdom and the U.S. It provides a communal space for older men to socialize, learn new skills, and engage in practical activities with other men, such as woodworking. Available data suggests that participation in Men's Shed is associated with increased social connectedness, health, and well-being. The national organization provides resources to find a local Men's Shed or start a new one.</p>	<p>For older adults, their caregivers, and professionals working with older adults</p> <p>U.S. Men's Shed</p> <p>Shed Locator</p> <p>Start a new Shed</p> <p>Scientific publication supporting the potential of Men's Shed as universal suicide prevention:</p> <p>Clarke, J. J., Talbot, R., Holmes, K., Wild, J., Ashley, J., & McEvoy, P. M. (2023). Social anxiety, behavioural activation and depression risk in older men: protection through Men's Shed membership. <i>Health Promotion International</i>, 38(6), daad180.</p>
SAMHSA	<p>Toolkit for "Promoting Emotional Health and Preventing Suicide" in Senior Centers</p> <p>This toolkit helps senior centers integrate suicide prevention into activities that support well-being. It describes activities that increase protective factors, and explains how to recognize the warning signs of suicide.</p> <p>This toolkit includes universal, selective, indicated, and postvention resources.</p>	<p>Program development/evaluators; professionals working with older adults</p> <p>Substance Abuse and Mental Health Services Administration. (2015). Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers. HHS Publication No. SMA-15-4416. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, 2015.</p>

This guide was created by Kimberly VanOrden, PhD, University of Rochester, on behalf of the **[E4 Center of Excellence for Behavioral Health Disparities in Aging](#)**.