**Older Adults Suicide Prevention Resources**

The following resources are available to assist you in developing programs for older adults.

**California:**

**The Friendship Line—Institute on Aging**

Phone: 415-750-4111

[*http://www.ioaging.org/services/all-inclusive-health-care/friendship-line*](http://www.ioaging.org/services/all-inclusive-health-care/friendship-line)

A free, 24-hour suicide prevention "warm" line and crisis intervention center for seniors that provides emotional support, medication reminders and well-being check-ins.

**California Department of Aging**

[*https://www.aging.ca.gov/ProgramsProviders/AAA/*](https://www.aging.ca.gov/ProgramsProviders/AAA/)

Find your local Area Agency on Aging at this site.

**Older Adult Hopelessness Screening (OAHS)**

Christi Lupkes at 559-624-8000 or [clupkes@tularehhsa.org](mailto:clupkes@tularehhsa.org)

[*http://www.sprc.org/bpr/section-III/check-you-older-adult-hopelessness-screening-program-oahs*](http://www.sprc.org/bpr/section-III/check-you-older-adult-hopelessness-screening-program-oahs)

Developed by Tulare County Health and Human Services Agency, this program assesses levels of hopelessness in older adults and provides early intervention services to reduce suicide risk, improve quality of care, and prevent the onset of serious mental illness.

**The Community Gatekeeper Training: Lesbian, Gay, Bisexual, Transgender (LGBTQ) Older Adults**

Mercedes Coleman at 510-420-2460 or [mercedescoleman@crisissupport.org](mailto:mercedescoleman@crisissupport.org)

[*http://www.sprc.org/bpr/section-III/community-gatekeeper-training-lesbian-gay-bisexual-transgender-lgbt-older-adults-sui*](http://www.sprc.org/bpr/section-III/community-gatekeeper-training-lesbian-gay-bisexual-transgender-lgbt-older-adults-sui)

A 120-minute program, designed by Crisis Support Services of Alameda County, to train gatekeepers to recognize when a lesbian, gay, bisexual, or transgender (LGBT) older adult may be at risk for suicide and respond appropriately.

**National:**

**Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities (SAMHSA**1**)**

[*https://store.samhsa.gov/shin/content/SMA10-4515/SMA10-4515.ToolkitOverview.pdf*](https://store.samhsa.gov/shin/content/SMA10-4515/SMA10-4515.ToolkitOverview.pdf)

This toolkit contains resources to help staff in senior living communities, including nursing homes, assisted living facilities, independent living facilities, and continuing care retirement communities, promote emotional health and prevent suicide among their residents.

**A Guide to Promoting Emotional Health and Preventing Suicide in Senior Living Communities (SAMHSA)** [*https://store.samhsa.gov/shin/content/SMA10-4515/Guide.GettingStarted.pdf*](https://store.samhsa.gov/shin/content/SMA10-4515/Guide.GettingStarted.pdf)

This Guide will help you implement policies, protocols, programs, and activities that will improve all residents’ quality of life, while also helping protect vulnerable members of the community from suicide and related emotional health problems.

**The Older Adult, Family and Caregiver Guide on Depression (SAMHSA)**

[*https://store.samhsa.gov/shin/content/SMA11-4631CD-DVD/SMA11-4631CD-DVD-CareGiversGuide.pdf*](https://store.samhsa.gov/shin/content/SMA11-4631CD-DVD/SMA11-4631CD-DVD-CareGiversGuide.pdf)

Describes how older adults can recognize depression, access depression treatment, make informed treatment choices, work with practitioners to receive the best care, and be involved in decisions concerning their care.

**Aging, Medicines, and Alcohol (SAMHSA)**

[*http://store.samhsa.gov/product/Aging-Medicines-and-Alcohol/SMA12-3619*](http://store.samhsa.gov/product/Aging-Medicines-and-Alcohol/SMA12-3619)

A brochure designed to increase awareness among older adult consumers about possible problems related to the misuse of alcohol, prescription drugs, or over-the-counter drugs. Lists signs of misuse and suggests actions the elderly can take to avoid or deal with problems.

**Fact Sheet: The Role of Senior Living Community Professionals in Preventing Suicide (SPRC**2**)**

[*http://www.sprc.org/sites/sprc.org/files/slc\_providers.pdf*](http://www.sprc.org/sites/sprc.org/files/slc_providers.pdf)

A fact sheet providing basic information to help professionals working in senior living communities recognize and respond to people who may be suicidal or at high risk.

**Linking older adults with medication, alcohol, and mental health Resources** **Kit (SAMHSA)**

[*http://store.samhsa.gov/shin/content//SMA03-3824/SMA03-3824.pdf*](http://store.samhsa.gov/shin/content//SMA03-3824/SMA03-3824.pdf)

This kit helps service providers for the aging learn more about alcohol and medication misuse and mental health problems in older adults to address these issues more effectively. Provides tools such as a program coordinator's guide, suggested curricula, and handouts.

**Treatment of depression in older adults Evidence-based Practices Kit (SAMHSA)**

[*http://store.samhsa.gov/product/Treatment-of-Depression-in-Older-Adults-Evidence-Based-Practices-EBP-KIT/SMA11-4631CD-DVD*](http://store.samhsa.gov/product/Treatment-of-Depression-in-Older-Adults-Evidence-Based-Practices-EBP-KIT/SMA11-4631CD-DVD)

Offers information about an array of evidence-based practices for treatment and services to improve outcomes for older adults with depression, including dysthymia.

**Brochures:**

**“Older Adults and Depression” brochure (NIMH**3**)**

[*http://www.nimh.nih.gov/health/publications/older-adults-and-depression/older-adults-and-depression\_141998.pdf*](http://www.nimh.nih.gov/health/publications/older-adults-and-depression/older-adults-and-depression_141998.pdf)

This is an 8-page brochure including signs and symptoms of depression and promoting the National Suicide Prevention Lifeline.

**“Good mental health is ageless” brochure (SAMHSA)**

[*https://store.samhsa.gov/shin/content/PHD881/PHD881.pdf*](https://store.samhsa.gov/shin/content/PHD881/PHD881.pdf)

A brochure promoting mental health awareness and the National Eldercare Locator (1-800-677-1116).

1. Substance Abuse and Mental Health Services Administration September 2016

2. Suicide Prevention Resource Center

3. National Institute of Mental Health