

Suicide Prevention Strategies for Leaders

EARLY ENGAGEMENT

- Know your team
- Talk to your people often
- Foster unit cohesion and a culture of: “We all need help sometimes”
- Encourage buddy care
- Help people get connected to support before a small issue turns into a big issue
- Educate on safely storing firearms, pills, & poisons
- Take care of yourself; it will teach others to take care of themselves also (e.g., sleep, nutrition, stress)



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<https://www.cstsonline.org/suicide-prevention-program/>

