M1 DEPARTMENT OF HEALTH

Suicide Prevention Action Plan for Workplaces

Many adults spend much of their day working. Workplaces can support employees' by implementing programs and policies to strengthen their health and well-being. Below are some opportunities for action as well as resources to learn more.

Sign up for the **Suicide Prevention Newsletter** (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).

Opportunities for action

Provide personal and professional development opportunities by offering classes around wellness, mental health, and suicide.

- **Mental Health and Suicide Prevention Trainings** (health.state.mn.us/communities/suicide/communities/preventsuicidetrainings.html): Suicide prevention training opportunities through the Minnesota Department of Health.

Identify and develop a process to support employees that may be struggling with their mental health or having suicidal experiences.

- **Workplace Suicide Prevention** (workplacesuicideprevention.com): A call to action to all workplaces and professional associations to implement the National Guidelines for Workplace Suicide Prevention.

- **National Guidelines for Workplace Suicide Prevention** (workplacesuicideprevention.com/wp-content/uploads/2019/10/Executive-Summary.pdf): A report of findings to direct the development of guidelines for workplace suicide prevention.

- **Workplace Mental Health & Well-Being — Current Priorities of the U.S. Surgeon General** (hhs.gov/surgeongeneral/priorities/workplace-well-being/index.html): Offers a foundation that workplaces can build upon.

Create and promote a work environment that fosters communication, a sense of belonging, and connection.

- **#StayConnectedMN Workplace Guide** (health.state.mn.us/communities/suicide/documents/mhmworkplace22.docx): Resources developed by the Minnesota Department of Health

Learn more about implementing mental health and suicide prevention within the workplace.

- **Comprehensive Blueprint for Workplace Suicide Prevention** (theactionalliance.org/communities/workplace/blueprintforworkplacesuicideprevention): Resources developed by the National Action Alliance for Suicide Prevention.

- **Suicide Prevention Resource Center** (sprc.org/settings/workplaces): Workplace suicide prevention resources.

- **Workplace Mental Health Toolkit** (mhanational.org/workplace/toolkit): A resource developed by Mental Health America to support mental health in the workplace.

Develop a response protocol after a death by suicide (postvention).

- **A Managers Guide to Postvention in the Workplace** (theactionalliance.org/sites/default/files/managers-guidebook-to-suicide-postvention-web.pdf): This guide provides 10 action steps for managers to respond in the aftermath of a suicide to provide hope and healing.

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7/19/2023

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