

Suicide Prevention: Who Are We

Minnesota suicide prevention efforts are based on evidence that most suicides are preventable, mental illness is treatable, and recovery is possible. Suicide is a serious public health problem that can leave lasting effects on individuals, families, and communities. Suicide is complex; there is no single cause of death by suicide. But most importantly, suicide is preventable.

Suicide Prevention in Action

Our goal is zero. The Suicide Prevention Program is working to reduce suicide in Minnesota by 10% in five years, and 20% in 10 years, ultimately working towards zero deaths. Our Minnesota State Plan calls for a comprehensive, public health approach that promotes health, wellness, resilience, and connectedness in all communities. Key partners include schools, coaches, faith communities, law enforcement, tribal nations, and health and behavioral health care practitioners.

Guiding Goals:

- **Support** healthy and empowered individuals, families and communities.
- **Coordinate** effective programs to promote wellness, build resilience, and prevent suicidal behaviors.
- **Promote** suicide prevention as a core component of health care.
- **Increase** the timeliness and usefulness of data systems relevant to suicide prevention.
- **Sustain** suicide prevention efforts.

Preventing Youth Suicides

Minnesota is also implementing a youth suicide prevention program to serve youth from 10 to 24 years old. [Community Partners Preventing Suicide](#) works to build capacity within systems and organizations that will support youth and young adults across Minnesota, with a focus on people and communities that are at greater risk.

Working Across Minnesota

Eighteen grantees are working across Minnesota to implement suicide prevention plans in communities and provide prevention services and trainings.

View the complete list of current [Suicide Prevention State Grantees](#).

Minnesota State Suicide Prevention Task Force

The Minnesota State Suicide Prevention Task Force is co-chaired by a public and private sector. Members include loss survivors, advocates, state government, local public health, and the faith community. The task force works together to provide strategic, system level direction to implement the State Plan. Additionally, four subcommittees work on each of the four goals in the state plan.

Get Involved

Anyone can get involved in suicide prevention.

- Educate yourself on suicide, suicide risk factors and suicide prevention.
- [Take a training on suicide prevention](#), such as Gatekeeper Trainings – QPR and SafeTalk, and Mental Health First Aid.
- Become a [Certified Peer Specialist](#).
- Loss survivors – learn to tell your story in a safe way.
- Learn about safe messaging, and how to talk about suicide.

Crisis Resources

[National Suicide Prevention Lifeline 1-800-273-TALK\(5255\)](#) – The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

[State Mobile Crisis Services](#) -- Every county in Minnesota provides Mobile Crisis Services for both children and adults that may be experiencing suicidal feelings or mental health crisis. Crisis services are available within each county 24 hours a day,

7 days a week. County crisis teams are available for phone support as well as face-to-face crisis help.

[Crisis Text Line](#) – Text MN to 741741 to receive help for any crisis. The Crisis Text Line is available 24 hours a day, 7 days a week.

Contact

Contact the Suicide Prevention Unit at Health.suicideprev.MDH@state.mn.us for more information on the Suicide Prevention Unit.