



## Treating Suicidal Patients during COVID-19: Best Practices and Telehealth Webinar Supplemental Resources

### ➤ **Suicide Prevention Resource Center and Zero Suicide Resources**

The Suicide Prevention Resource Center (SPRC) has created and gathered a variety of resources related to behavioral healthcare delivery during the COVID-19 pandemic.

- Webinar: Treating Suicide Patients during COVID-19: Best Practices and Telehealth: <http://edc.adobeconnect.com/pelhg9o49s1n/>
- Providing Suicide Care During COVID-19: <http://zerosuicide.edc.org/covid-19>
- Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe: <https://theactionalliance.org/resource/recommended-standard-care>

### ➤ **Safety Planning Intervention**

A fill-in-the-blank template for developing a safety plan with a patient at increased risk for a suicide attempt. It is available via the links below for print-out, as well as in app format for both Apple and Android devices.

- Safety Plan Template: <https://www.sprc.org/resources-programs/patient-safety-plan-template>
- Safety Plan App iOS: <https://apps.apple.com/us/app/stanley-brown-safety-plan/id695122998>
- Safety Plan App Android: [https://play.google.com/store/apps/details?id=com.twopenguinsstudios.safetyplanningguide&hl=en\\_US](https://play.google.com/store/apps/details?id=com.twopenguinsstudios.safetyplanningguide&hl=en_US)

### ➤ **Collaborative Assessment and Management of Suicide Risk (CAMS)**

CAMS, the Collaborative Assessment and Management of Suicidality, is an evidence-based suicide-specific clinical intervention that has been shown through extensive research to effectively assess, treat and manage suicidal patients in a wide range of clinical settings.

- Access on-demand presentations related to the use of CAMS, specifically in telemental health settings is available by visiting the CAMS-care website: <https://cams-care.com/>
- For more information regarding the CAMS approach:
  - Jobes, D.A. (2016). *Managing suicidal risk: A collaborative approach (2<sup>nd</sup> ed.)*. New York, NY: Guilford Press.
  - Jobes, D. A., Gregorian, M. J., & Colborn, V. A. (2018). A stepped care approach to clinical suicide prevention. *Psychological Services, 15*, 243-250. <http://dx.doi.org/10.1037/ser0000229>

### ➤ **Crisis Intervention/Response Tools and Resources**

There are a variety of resources available for behavioral health practitioners that can provide guidance on providing care to those experiencing crises and/or increased risk of suicide during the COVID-19 pandemic, as well as resources for use by patients, clients, and anyone who may be in need from which support can be accessed 24/7.

- The below resources were created by Dr. Ursula Whiteside and provide guidance to behavioral health practitioners who are providing mental health services and supports to patients and clients experiencing crises via telehealth, but are also applicable during in-person visits.
  - Outreach in the Time of COVID-19: Matching the Patient Experience to Guided Intervention: <http://zerosuicide.edc.org/resources/outreach-time-covid19-matching-patient-experience-guided-intervention>



# Suicide Prevention Resource Center

- Suicide Care Pathway: Linking Assessment and Brief Intervention:  
<http://zerosuicide.edc.org/resources/suicide-care-pathway-linking-screening-and-assessment-brief-intervention>
- The Now Matters Now website provides information, skills, and training that can be helpful for both practitioners and individuals who are experiencing crises and/or increased risk of suicide:  
<https://www.nowmattersnow.org/skills>
- There are a variety of services providing 24/7/365 crisis services for those experiencing crises and/or increased suicide risk:
  - SAMHSA's Disaster Distress Helpline
    - Call: 800-985-5990
    - Text/SMS: Text TalkWithUs or Hablanos (for Spanish) to 66746 (subscription-based)
    - Full details at: <https://www.samhsa.gov/find-help/disaster-distress-helpline>
  - National Suicide Prevention Lifeline: 800-273-8255
  - The Trevor Project
    - TrevorLifeline: 866-488-7386
    - TrevorText: Text START to 678678
    - TrevorChat: <https://www.thetrevorproject.org/get-help-now/>
  - Crisis Text Line: Text HOME to 741741

## ➤ Telepsychology/Telemental Health

Below are a number of resources containing practice guidelines for practitioners providing behavioral health services in telehealth settings.

- Office and Technology Checklist for Telepsychological Services:  
<https://www.apa.org/practice/programs/dmhi/research-information/telepsychology-services-checklist.pdf>
- American Psychological Association (2013). Guidelines for the practice of telepsychology. *American Psychologist*, 68, 791-800. <https://doi.org/10.1037/a0035001>
- Gilmore, A. K. & Ward-Ciesielski, E. F. (2019). Perceived risks of use of psychotherapy via telemedicine for patients at risk for suicide. *Journal of Telemedicine and Telecare*, 25, 59-63.  
<https://doi.org/10.1177/1357633X17735559>
- Yellowlees, P., Shore, J., Roberts, L. (2010). Practice guidelines for videoconferencing-based telemental health. *Telemedicine Journal and E-Health*, 16, 1074-1089. <https://doi.org/10.1089/tmj.2010.0148>

## ➤ Telecommunications Information

- Telecommunications initiatives summary: "Coronavirus: What Cell Phone & Internet Service Providers Are Doing:" <https://www.actionnewsjax.com/news/consumer/clark-howard/coronavirus-what/TKTARQRRK7XGTQS62BPQ62A7DI/>