

Pain Isn't Always Obvious



suicideispreventable.org

Suicide Prevention Resources for Men

The following resources are available to assist you in developing programs to reach men.

California Resources

Each Mind Matters

- [Know the Signs Radio Spot](#): customizable to include local resources, these English language radio spots are aimed at the general public with an emphasis on those concerned about a man in their life.
- [Restricting Access to Lethal Means](#): archived 2013 webinar provides an overview of data and strategies to address access to lethal means.
- [Suicide Prevention Outreach to Men and Man Therapy](#): archived 2013 webinar focused on strategies to reach men and highlighted the Man Therapy campaign.
- [Skills Building: Messaging for Suicide Prevention](#): archived 2017 webinar focused on safe and effective messaging for suicide prevention.
- [Resources for Workplace Suicide Prevention](#): information about mental health and crisis supports that can be included in the workplace as part of suicide prevention efforts.
- [Each Mind Matters Resource Center](#): browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote mental health.

San Diego's [It'sUp2Us](#) campaign has developed [resources](#) to support men's mental health and wellness.

Older Men: The Friendship Line—Institute on Aging

Phone: [415-750-4111](tel:415-750-4111)

<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.

National Resources

- **Preventing Suicide Among Men in the Middle Years: Recommendations for Suicide Prevention Programs.** Suicide Prevention Resource Center, 2016.
<http://www.sprc.org/resources-programs/preventing-suicide-men-middle-years>
Provides recommendations for state and community suicide prevention programs that focus on men in the middle years (ages 35–64). Includes a review of the research, recommendations and guidance, and an annotated list of programs and resources.
- **“A Surprising Health Disparity: Suicide among men in the middle years.”** Suicide Prevention Resource Center, 2014
<http://www.sprc.org/events-trainings/surprising-health-disparity-suicide-among-men-middle-years>
Archived webinar designed to support the development of best practices for suicide prevention among men in the middle years of life.
- **Man Therapy.** State of Colorado Office of Suicide Prevention, Carson J. Spencer Foundation, and Cactus Communication <http://mantherapy.org>
Web-based tool designed to help men with their mental health. It uses humor and media to connect men and their families to facts, resources, and help in grappling with ongoing negative emotions.
- **Surviving Suicide in Wyoming.** <https://fivethirtyeight.com/features/suicide-in-wyoming/>
Self-reliance helps people thrive in a landscape that’s big and tough, but it can also put them at risk if they get into a personal crisis. In Wyoming, which has one of the highest suicide rates in the country, approximately 80 percent of suicide deaths occur among men, a quarter of whom are middle aged. This website tells the story of how one man found help.

Workplace Resources

- Suicide Prevention Resource Center: [Workplaces](#)
- National Action Alliance for Suicide Prevention [blueprint for workplace suicide prevention](#)
- [Construction Industry Alliance for Suicide Prevention](#)
- [Construction industry blueprint for suicide prevention](#)
- Society for Human Resource Management [Workplace Suicide web page](#)
- Canadian [guide for promoting workplace mental health](#)

Access to Lethal Means Resources

- [Counseling on Access to Lethal Means](#) Free online training provides guidance for asking patients whether they have access to lethal means and how to reduce their risk.
- Some counties in California several states have worked with pharmacies to provide education about suicide risk and medications. See www.pharmacistspreventingsuicides.com for more information.
- The Harvard School of Public Health [Means Matter](#) Campaign seeks to increase the proportion of suicide prevention groups who promote activities that reduce a suicidal person's access to lethal means of suicide and who develop active partnerships with gun owner groups to prevent suicide.
- The [Gun Shop Project](#) (GSP) brings together the firearm and public health communities toward the common goal of preventing suicide. The GSP provides materials such as educational tip sheets to firearm dealers and gun range owners to help them know what to look for and how to help a customer. The GSP was developed in New Hampshire and is being implemented in multiple states; two California counties are also currently implementing it.
- Utah Suicide Prevention Coalition public service announcement promoting safe storage of firearms for suicide prevention: <https://vimeo.com/175761640>
- [New Hampshire Firearms Safety Coalition's Role in Suicide Prevention](#)



ARE THEY SUICIDAL?

- Depressed, angry, impulsive?
- Going through a relationship break-up, legal trouble, or other setback?
- Using drugs or alcohol more?
- Withdrawing from things they used to enjoy?
- Talking about being better off dead?
- Losing hope?
- Acting reckless?
- Feeling trapped?

SUICIDES IN NH
for October homicides

FIREARMS ARE THE
LEADING METHOD

ATTEMPTS WITH A GUN
ARE MORE DEADLY
than attempts with other methods



HOLD ON TO THEIR GUNS

- Putting time and distance between a suicidal person and a gun may save a life.
- For other ways to help, call the National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

- Suicide Prevention Resource Center, SPARK Talk: [Common Ground: Reducing Gun Access](#)

- In 2016 the California Gun Violence Restraining Order law established a process for law enforcement and immediate family members to petition a court to temporarily remove firearms from a person at risk of harm to self or others. See www.speakforsafety.org for more information.

