

MAR 20 2015

Dear Tribal Leader:

I am writing to let you know that the Substance Abuse and Mental Health Services Administration (SAMHSA) has just unveiled a free, new mobile app called *Suicide Safe* for health care providers to assist people with suicidal ideation and behaviors. We want to be certain that tribal leaders are aware of this resource, in the hope that its use will help save lives in Indian Country.

Suicide devastates lives throughout all parts of our nation—in rural areas, in tribal communities, in cities, in suburbs—but it is preventable and SAMHSA is working to give direct service providers the resources they need to save lives. *Suicide Safe* is a major step forward in suicide prevention. The app gives behavioral and primary healthcare providers an essential and modern prevention tool at their fingertips to help address suicide risk with their patients.

Almost half of individuals who die by suicide have visited a primary care provider in the month prior to their death, and 20 percent have had contact with mental health services. Behavioral health and primary care settings provide unique opportunities for individuals at risk of suicide to access effective treatment. Yet, a surprising number of behavioral and primary health care providers have never received training on how to assess and assist suicidal patients.

Suicide Safe can help bridge this gap by furnishing tips to behavioral and primary health care providers on how to assess patients for suicidal risk, communicate effectively with patients and their families, determine appropriate next steps, and make referrals when needed. One of the downloadable tribal publications accessible from the app is *To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults*, which can also be ordered free from the SAMHSA Store (<http://store.samhsa.gov>).

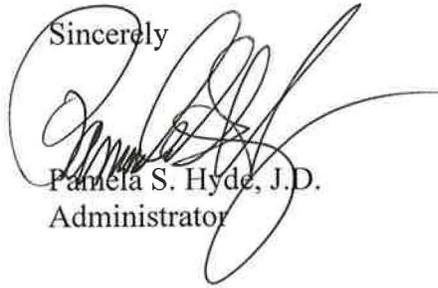
SAMHSA's *Suicide Safe* app is now available for free download on Apple® and Android™ mobile devices. For more information, please visit <http://store.samhsa.gov/apps/suicidesafe/> or contact SAMHSA at SAMHSAinfo@samhsa.hhs.gov or 1-877-SAMHSA-7.

We hope that you will inform health care providers in your community about this potentially life-saving app.

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As always, please know that we welcome your ideas about additional tools that might help you build resilience and save lives in your tribal communities.

Sincerely

A handwritten signature in black ink, appearing to read 'Pamela S. Hyde', with a large, sweeping flourish extending to the right.

Pamela S. Hyde, J.D.
Administrator