

Dear health care providers,

We invite you to save a life. September is suicide prevention month and healthcare providers have a unique opportunity to make an important impact. Last year, 1,170 people in Washington State died from suicide and more than one in five 10<sup>th</sup> graders thought seriously about killing themselves. We know that asking someone if they are considering suicide does not increase the likelihood of suicidal behavior and increases the chance that the person gets help. September is “Suicide Prevention Month” and we’re asking people in our state to talk to those who may be at risk. You can help by:

- 1) Screening everyone that you meet for depression symptoms and suicidal thoughts and behavior. This can be part of the series of question asked of every patient along with other questions about health risk factors.

- 2) [Download](#) the Suicide Safe smart phone/tablet app from

SAMHSA (Substance Abuse and Mental Health Services Administration) at <http://store.samhsa.gov/product/SAMHSA-Suicide-Safe-Mobile-App/PEP15-SAFEAPP1> . This app is free and available for Android or Apple.

Our state has a [Suicide Prevention Plan](#) that is staffed by people from state agencies, non-profit groups, and other people. If you have questions, please contact me.

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The screenshot shows the SAMHSA website's product page for the 'SAMHSA Suicide Safe Mobile App'. The page features the SAMHSA logo at the top left, navigation menus, and a search bar. The main content area displays a tablet with the app's interface, which includes sections for 'SUICIDE SAFE', 'CASE STUDIES', 'CONVERSATION STARTERS', 'BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR', and 'TRAINING AND RESOURCES'. To the right of the tablet, there is a product description, a 5-star rating, a 'Price: FREE' label, and social media sharing options. Below the product description, there are tags for 'Suicide Prevention', 'Crisis Intervention', 'Treatment Improvement', 'Depression', 'Patient Assessment', 'Technology Implementation', 'Suicide', 'Counseling', and 'Training & Continuing Education'. The page also includes a 'Sign In' button and a 'My Cart' icon.

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