

Aspirational Goals for a National Suicide Prevention Research Agenda

1. Ensure that communities use effective programs to reduce the factors that contribute to suicidal behavior (e.g., substance abuse, criminal behavior, trauma, mental disorders).
2. Reduce access to lethal means that people use to attempt suicide.
3. Ensure that health care providers and others in the community are well trained in how to find and treat those at risk.
4. Ensure that people at risk for suicidal behavior can access affordable care that works, no matter where they are.
5. Determine the degree of lifetime risk a person has for attempting suicide and how to measure this risk in various groups of people and in various settings.
6. Predict who is at risk for attempting suicide in the immediate future.
7. Ensure that people who are thinking about suicide but have not yet attempted can get effective counseling to prevent suicidal behavior.
8. Find better ways to use existing and new biological treatments (e.g., medications) to prevent suicidal behavior.
9. Ensure that people who have attempted suicide can get effective treatments to prevent further attempts.
10. Ensure that people getting care for suicidal thoughts and behaviors are followed throughout their treatment so they don't fall through the cracks.
11. Know what leads to, or protects against suicidal behavior, and learn how to change those things to prevent suicide.
12. Increase help seeking for suicidal thoughts and behaviors by reducing the stigma of doing so.