Cognitive Therapy for Suicidal Patients (CT-SP)

Crisis Response and Suicide Prevention · https://bridges4mentalhealth.org/hub/crisis-response-and-suicide-prevention/cognitive-therapy-for-suicidal-patients-ct-sp/

CT-SP is a treatment approach that meaningfully reduces suicidal thoughts and attempts. It is a evidence-based, manualized cognitive-behavioral treatment for adults with suicidal ideation and behaviors. Although this treatment protocol was initially developed for individuals who recently attempted suicide, the protocol can also be applied to individuals with acute suicidal ideation.

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