Dialectical Behavior Therapy

Crisis Response and Suicide Prevention · https://bridges4mentalhealth.org/hub/crisis-response-and-suicide-prevention/dialectical-behavior-therapy/

DBT is one treatment approach that can meaningfully reduce suicidal thoughts and attempts. It is structured therapy that focuses on teaching four core skills (mindfulness, acceptance & distress tolerance, emotional regulation, and interpersonal effectiveness) to help you create a good life for yourself. You work on those skills through a series of lessons and then start applying them to your life.

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