Suicidal Ideation

Crisis Response and Suicide Prevention · https://bridges4mentalhealth.org/hub/crisis-response-and-suicide-prevention/suicidal-ideation/

Summary: Suicidal ideation, marked by thoughts of self-harm or ending one's life, affects a broad spectrum of individuals and is frequently linked to mental health disorders. Recognizing suicidal ideation early and identifying the underlying causes are crucial steps in enhancing a patient's quality of life and reducing the likelihood of suicide.

Application: Professionals need to better understand suicidal ideation so that they can intervene. This article provides a continuing education activity, which reviews the essential knowledge and tools for evaluating and managing individuals with suicidal ideation.

Understanding the intricacies of suicidal ideation, including etiology, risk factors, potential complications, and the critical role of early intervention, leads to reduced morbidity and mortality. Participating clinicians will acquire knowledge and skills to understand various manifestations of suicidal thoughts, their impact on daily lives and relationships, and vital techniques for risk assessment and management.

Objectives:

- Differentiate the current theories associated with suicidal ideation, considering prior risk factors.
- Implement the appropriate screening considerations when caring for patients with suicidal ideation.
- Select the evidence-based treatment recommendations for patients endorsing suicidal ideation.
- Apply effective strategies among interprofessional team members to facilitate positive outcomes for patients presenting with suicidal ideation.

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