For many people, pregnancy & postpartum is a time of increased access to healthcare.

So how can WE use this time to identify and intervene for suicide risk?

Universal Screening for Mental Health Conditions:
Health professionals can regularly use screening tools to assess patient mental health.
- National Institute of Mental Health "Ask Suicide-Screening Questions"
- Columbia Suicide Severity Rating Scale

Consider Safety when Discharging All Patients:
Health professionals can closely monitor patients when they are discharged to a home with a history of violence, depression, or previous suicide attempts.
Families can reduce firearms access.

Education of Parents & Caretakers:
Health professionals can provide medication and treatment education to caregivers.
Families can participate in mental health treatment for their loved one.

Community Resources

NH Rapid Response: Call or Text 833-710-6477
Suicide Prevention & Crisis Lifeline: Dial 988
24/7 access to mental health and/or substance use crisis support

Find Your Community Health Center www.nhcbha.org
Ten NH community health centers currently provide mental health services