



Suicide Prevention as Mental Health Care

We believe approaching suicide prevention head-on involves open, ongoing, and solution-focused conversations. Modeled after the [Education Development Center's Zero Suicide Institute](#), this evidence-based program helps prevent suicide and hospitalizations of Brave patients.

All patients at Brave are screened for suicidal ideation and are eligible to participate in our suicide prevention program.

By providing multiple layers of care we create a safe and supportive environment for patients who are at a higher risk for suicidal ideation or self-harm.

Digital Safety Plan: We provide a practical safety plan accessible through a user-friendly app. This plan is personalized to the patient's needs and offers step-by-step guidance on coping strategies and resources during challenging moments.

Goal-Focused Treatment Plan: Every patient's journey is guided by a treatment plan with clear objectives and goals. Tracking achievements helps celebrate victories, both big and small, fostering a sense of accomplishment and motivation.

Weekly Support Group: Joining this weekly clinician-led suicide support group provides a sense of community, helping patients feel understood and less alone. It's a chance to share, learn, and grow together.

Check-Ins Between Appointments: Regular check-ins via phone calls and SMS between appointments keeps patients connected with their support team.

Make a Referral
We'll start outreach today.

Online: www.bebavehealth.com/referral

Email: referral@bebravehealth.com

Fax: 727-306-8033

