



Healing



Aetna's suicide prevention strategy

Suicide is a large and growing public health problem. Aetna is tackling this critical health issue by executing a comprehensive strategy to **reduce suicide attempts 20 percent among Aetna members by the year 2025.**

Central to this work is that **suicide is preventable** within healthcare systems through evidence-based interventions and programs. The suicide prevention taskforce has identified, created and launched capabilities that can save lives and bring hope to those Aetna serves.

Member-focused initiatives

- Caring Contact Program outreaches members at vulnerable times
 - Showing a 70 percent reduction of repeat suicide attempts with our Commercial adult population
 - Expanding to Student Health members
 - Launching adolescent care bags given at discharge
- Improved universal suicide risk assessment and safety plan protocols
- Clinical outpatient pilots using proven risk-reducing therapies
 - Didi Hirsch in California
 - Oui/Vita Health in Connecticut, Pennsylvania, Florida, New York, Missouri, Texas, California, Virginia, Nevada, Utah and Illinois
- Social media campaign and informational toolkits for multiple audiences focused on youth dealing with continued mental health impact of the pandemic
- Predictive suicide risk model uses member features to estimate and best support those Aetna serves

Provider-focused skill-based trainings

- New customized suicide prevention training, support and certification program to all contracted network behavioral health and EAP providers at no cost in partnership with **Psych Hub**
- Suicide prevention training pilot with select primary care provider practices in the Northeast in partnership with **SafeSide**

Did you know: ¹
*** For every suicide there are 30 attempts.**

*** Suicide is the second-leading cause of death for those 10-34 and fourth leading cause among people 34-54. The potential impact of COVID-19 may worsen current trends.**

Talk Saves Lives training

Aetna is offering the *Talk Saves Lives* suicide prevention training program.* The training is available under “Mental Health Support and Services” on the member website.

¹ Centers for Disease Control and Prevention. Suicide and self-harm Injury. Available at: [cdc.gov](https://www.cdc.gov). Accessed May 4, 2021.

*Aetna staff is trained and qualified by the American Foundation for Suicide Prevention (AFSP) to deliver this critical educational program.