

# Memorandum

To: Gold Coast Health Plan Primary Care Providers

From: Nancy Wharfield, M.D., Chief Medical Officer

Re: **Suicide Prevention Tools and Resources for Providers**

Date: July 20, 2020

The departments of Health Care Services and Public Health, along with the Office of the California Surgeon General, have shared tools and resources for providers to use to help their patients manage the pandemic's impact on their mental health.

Increases in deaths from suicide, overdose, and illness caused by social isolation, financial insecurity, and unemployment are disproportionately impacting communities of color. Those with a history of Adverse Childhood Experiences (ACEs) are particularly at risk.

Providers are encouraged to use the Ask Suicide-Screening Questions (ASQ), developed by the National Institute on Mental Health (NIMH), to help them identify those who are at risk of suicide:

1. In the past few weeks, have you wished you were dead?
2. In the past few weeks, have you felt that you or your family would be better off if you were dead?
3. In the past week, have you been having thoughts about killing yourself?
4. Have you ever tried to kill yourself?

A study by NIMH found that a "yes" response to one or more questions identified 97% of those 10 to 21 years of age as being at risk of suicide.

You can access the tools and resources [here](#).

If you have any questions, email [ProviderRelations@goldchp.org](mailto:ProviderRelations@goldchp.org).