

## Navigating the CPG for Suicide Prevention Website

The VA/DoD Clinical Practice Guideline (CPG) for Patients at Risk for Suicide uses evidence-based information to guide health care providers in screening, evaluation, treatment, and case management. This user-friendly website shares twenty-two recommendations and accompanying resources in a centralized hub for easy access by mental health professionals.

Check-out some noteworthy sections of our new site below:

### Recommendations

Links to each of the twenty-two recommendations for the CPG for Suicide Prevention are offered.



**7 Risk Management and Treatment**  
Non-pharmacologic Treatments

We suggest offering Dialectical Behavioral Therapy to individuals with borderline personality disorder and recent self-directed violence.

**Strength:** Weak for  
**Category:** Reviewed, New-added

**Recommendation Resources**

The skills taught in Dialectical Behavior Therapy (DBT) are meant to target the factors maintaining clients' suicidal behaviors and include mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness. The structure of DBT involves individual psychotherapy, group skills training, in-the-moment phone coaching, and a DBT consultation team for therapists.

For more information about what DBT is, please see this [behavioraltech.org](#) DBT explanation.

In the upper right-hand corner of each recommendation page, grading is provided for strength (as part of a continuum) and category (based on available evidence).

Each recommendation page gives you access to a carefully selected collection of featured resources and tools such as:

- Treatment Manuals
- Articles
- Training Resources
- Apps
- Webinars
- Reports
- Podcasts
- Clinical Trial
- Videos
- Hand-outs
- Books
- and more

### Webinar Series

Don't forget to check out our monthly CPG Webinar Series! You'll find information on past and upcoming lectures. If you see a webinar you're interested in, make sure you register in advance to earn CEUs.



Show:  All  Upcoming | - Month - | - Year - |  Recordings

**Register for CEUs**

- Registration for VA Employees
- Registration for Non-VA Employees
- Download Flyer

**Recordings for CEUs**

- Access the TMS Recording
- Access the Recording in TRAIN

**CPG Recommendations Related to This Topic**

- 1: Universal Screening — Validated Screening Tools
- 2: PHQ-9
- 4: Multiple Method Risk Assessment