



POLICY DIALOGUE RESOURCES

Shifting the Future: Policy and Research Updates on Suicide in the Nursing Profession Submitted by the Planning Committee and Speakers

Virtual Policy Dialogue hosted by the Building Health Care System Excellence Expert Panel

September 10, 2025

*Whether you're facing mental health struggles, emotional distress, alcohol or drug use concerns, or just need someone to talk to, caring counselors are here for you. You are not alone. **Dial 988 - Suicide & Crisis Lifeline***

Personal Safety Plan

Nurse suicide is a topic that is personal for many of us. Hearing or talking about nurse suicide can be difficult. Below is a link to personal safety planning. Please consider completing this for yourself prior to the webinar. This is a way to be pro-active to have strategies for self-care and a safety plan in place if you become emotionally distressed during or after the webinar or at any time in the future. [Stanley-Brown-Safety-Plan-05-02-2024.pdf](#)

Suicide Loss and Survivor Support Resources

- Resources for Suicide Loss Survivors <https://988lifeline.org/help-yourself/loss-survivors/>
- Resources for Suicide Attempt Survivors <https://suicidepreventionlifeline.org/help-yourself/attempt-survivors/>
- Resources for People who have experienced suicide loss, suicide attempts, and suicidal thoughts and feelings, and their friends and families <https://www.unitesurvivors.com/> (United Suicide Survivors International)

Current Evidence

- Makhija H, Davidson JE, Lee KC, Barnes A, Choflet A, Zisook S. National Incidence of Physician Suicide and Associated Features. *JAMA Psychiatry*. 2025;82(5):451-458. doi:10.1001/jamapsychiatry.2024.4816
- Davidson, J. E., Makhija, H., Lee, K. C., Barnes, A., Richardson, M. G., Choflet, A., ... & Zisook, S. (2024). National incidence of nurse suicide and associated features. *JONA: The Journal of Nursing Administration*, 10-1097.
- Groves, S., Lascelles, K., & Hawton, K. (2024). Suicidal thoughts and behaviours among student nurses and midwives: A systematic review. *Journal of advanced nursing*, 80(6), 2202-2213.
- Schimmels J, Groh C, Neft M, Wocial L, Young C, Davidson JE. American Academy of Nursing Expert Panel Consensus Statement on leveraging equity in policy to improve recognition and treatment of mental health, substance use disorders, and nurse suicide. *Nurs Outlook*. 2023 May-Jun;71(3):101970. doi: 10.1016/j.outlook.2023.101970.
- Norful, A. A., de Jacq, K., Zhao, J., Gao, Y., Asadoorian, K., Yang, Y., ... & Shechter, A. (2025). Exploring longitudinal physiologic stress measurement and sleep quality interventions to

improve psychological well-being in nurses: a pilot study. *Health Psychology and Behavioral Medicine*, 13(1), 2503376.

- Kreuze, E., Merwin, E. I., & York, J. (2025). Moving toward standardized surveillance of “nurse” suicide mortality. *Nursing Outlook*, 73(1), 102308.

Organizational Planning Resources

- Evidence-based approaches to mitigate suicide among healthcare workers <https://www.aha.org/suicideprevention/health-care-workforce/suicide-prevention-guide>
- Anonymous encrypted psychologically safe mental health organizational screening <https://afsp.org/interactive-screening-program/>
- American Foundation for Suicide Prevention <https://afsp.org/healthcare-professionals-mental-health-and-suicide-risk/>
- Removing stigmatizing licensure and credentialing questions at the State (BRN) or local (institutional credentialing) level. <https://drlornabreen.org/removebarriers/>