Suicide is among the most pressing public health issues of our time. A recent Scientific American editorial called the U.S. suicide rate “nothing short of an epidemic” with a life being lost every 11.7 minutes. Suicide is the second leading cause of death among youth, and 59 percent of all firearm fatalities are suicides.

At Forefront, we are changing the conversation about mental health and suicide to one of prevention and compassion. We are translating research into policy and broad-based systems change. We are building capacity for suicide prevention through training, protocol development, and consultation to health care organizations, schools and institutions of higher education. We believe that innovation, research and partnerships are critical to saving lives.

Since 2012, our work has focused on Washington state, but the laws and services we have helped shape through advocacy and outreach are serving as a model for the rest of the nation. Today, we are building an inclusive, powerful, grassroots movement to bring suicide prevention to the forefront of our legislative agendas, school curricula and public awareness.

Please join us. Your passion and compassion can save lives.
EMPOWERING INDIVIDUALS & COMMUNITIES

Forefront has trained more than 30,000 health and school professionals and community members statewide in suicide awareness, intervention and response skills. Our LEARN™ Suicide Prevention training is achieving widespread recognition coupling life-saving skills with additional emphasis on locking and limiting access to lethal means. Our Safer Homes, Suicide Aware campaign focuses on safe storage of medications and firearms, especially in communities with high suicide rates.

LEADING POLICY & SYSTEMATIC CHANGE

Our signature effort is collaborative advocacy with lawmakers, state agencies, and public and private partners. This strategic approach resulted in the passage of nine innovative state laws, a comprehensive suicide-prevention state plan, new prevention programs in health care organizations, and increased funding for crisis response resources. Our education and intervention programs in schools, colleges and universities, and consulting services to health care organizations are delivering life-saving training and critical systems change.

RESTORING HOPE

Our volunteer programs empower people who have attempted suicide and those who have lost a loved one to suicide. These programs build resilience and restore hope through support networks that help end the isolation often associated with suicide. Mainstream media can access our tools to write resources-oriented stories that reduce stigma by portraying those with mental illness and thoughts of suicide in a sensitive and accurate light.

GET INVOLVED

• Request a training session.
• Become a volunteer.
• Make a donation.

After losing my husband to suicide in 2011, I dedicated my career to suicide prevention in our nation and to spreading the life-saving information I wish I had known at the time.

– Jennifer Stuber, PhD, Co-founder and Faculty Director, Forefront Suicide Prevention

For more information, go to intheforefront.org