



## What is a Celebrating Life Suicide Prevention Case Manager?

The role of the Celebrating Life Suicide Prevention Case Manager may include many things, but the primary goal is connecting participants with care.

### Being a case manager may include:

- Connecting participants to on going care for mental health
  - » This could be health care professionals, traditional healers, church leaders, social workers, etc.
- Problem solving with participants to break down barriers to care
- Coaching participants in coping and problem-solving skills
- Offering social support visits and regular check-ins
- Offering rides to appointments or picking up medications
- Connecting participants to services in the community (behavioral health, housing, school administration, food assistance programs, etc.)
- Assisting participants with filling out paperwork for health care appointments, GED or school forms, job applications, etc.
- Connecting participants to cultural events or community activities

### Being a case manager does NOT mean:

- Being a counselor or therapist
  - » You are connecting them to counselors or therapists who can help them
- Being a crisis worker
  - » You are not on call 24/7 for emergencies
- Taking on the participant's challenges
  - » You are helping and empowering them to problem solve and tackle these challenges themselves
- Becoming the participant's trusted adult
  - » You assist them in identifying people in their support network that they can turn to in times of need, but this should not include you



### Additional notes:

Take some time to research available resources for your participants. This should include anything local, but may also include state or national hotlines, reputable websites, etc.

Include IHS as well as other resources. Connect with local clinics, traditional healers, church leaders, youth leaders, school counselors or administrators, organizations, Elders, etc., to build a resource list you can refer to when helping participants.

