



PROJECT BRIEF

Caring Texts:

A Strengths-based Suicide Prevention Trial

PARTNERSHIPS
for NATIVE HEALTH

Washington State University

BACKGROUND:

Suicide is the second leading cause of death in American Indians and Alaska Natives aged 10 to 34 years. Suicide rates are especially high in Native teens. Studies show that feeling socially connected reduces thoughts and behaviors associated with suicide. Caring Contacts is a successful program that uses regular communication with suicidal people to increase social connection. We adapted this program into an intervention for Native youth called Caring Texts, which sends caring text messages to participants.

OBJECTIVES:

We aim to:

- 1) Compare the effectiveness of usual care to that of Caring Texts in reducing thoughts and behaviors related to suicide, and
- 2) Evaluate the association between social connectedness and reductions in suicidality.

FUNDING AGENCY: National Institute of Mental Health

PROJECT NAME: Caring Texts: A Strengths-based Suicide Prevention Trial in Native Communities (R01MH106419)

PROJECT YEARS: 2016-2021

PARTNER: University of Washington

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Our Mission

Conduct community-centered research, training, education, and outreach to improve the health and quality of life of American Indian and Alaska Native populations