

Title: Practical Tips to Improve Care of Suicidal Patients in Emergency Settings

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Abstract:

Individuals experiencing suicidal thoughts or behaviors frequently turn to emergency services for support. Given that more than half of individuals who die by suicide had visited an emergency department within the year preceding their death, the provision of high-quality care in emergency settings is critical for effective suicide prevention. However, emergency department staff often report being insufficiently equipped to address the complex needs of this population, leading to significant gaps in the delivery of appropriate care for suicidal patients.

This presentation seeks to address this critical issue by offering evidence-based guidance to emergency personnel on how to effectively and appropriately intervene with suicidal patients in emergency care settings. This session will include psychoeducation on emotional dysregulation, the functions of suicidal thoughts and self-harm, as well as effective coping mechanisms. Additionally, brief therapeutic interventions tailored to emergency settings will be presented, with an emphasis on safety planning. Participants will gain insights into providing care for suicidal individuals in a validating and compassionate manner, fostering hope for those in distress.

At the end of this session, participants will be able to:

- Provide basic psychoeducation to patients and their families,
- Deliver lethal means counseling,
- Develop a safety plan,
- Instill hope,
- Refer patients to appropriate mental health resources.

By offering practical tips based on best practices and supported by scientific literature, this presentation will empower emergency department staff with the expertise and confidence to effectively care for suicidal patients.

Biography:

Camille Brousseau-Paradis, MD, is a senior resident in psychiatry currently pursuing a master's degree in psychiatry and addictology at the University of Montreal. Her master's project is dedicated to enhancing mental health care for suicidal individuals in emergency settings. Dr Brousseau-Paradis has authored several publications on suicidality and emergency care, and she has presented her research at various conferences. She also possesses extended expertise in clinical care within emergency

services. In 2023, she published a paper titled *Suicidality and mood disorders in psychiatric emergency patients: Results from SBQ-R* in the International Journal of Mental Health Nursing. Her most recent article, *Emergency department care experience of suicidal patients: A qualitative analysis of patients' perspectives*, was published in 2024 in the International Emergency Nursing journal. Through her clinical and academic endeavors, she aims to improve the quality of emergency mental health care.