









## Talking to Your Doctor

Suicide is often not discussed in medical visits where physical symptoms are more of the focus. If you have thoughts of suicide, tell your health care provider. Asking questions and providing information to your doctor or health care provider can improve your care. Talking with your doctor builds trust and leads to better results, quality, safety, and satisfaction. Visit the Agency for Healthcare Research and Quality website for tips at [www.ahrq.gov/patients-consumers](http://www.ahrq.gov/patients-consumers).

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## Where can I learn about research on suicide?

**NIMH** is committed to supporting research to improve the ability to identify who is at risk for suicide and develop effective treatments for at-risk individuals. As the government lead in the **National Action Alliance for Suicide Prevention's Prioritized Research Agenda for Suicide Prevention**, NIMH has helped shape priorities in suicide prevention research. For example, NIMH-supported researchers continue to study:

- Long-term risk factors, such as childhood events like trauma
- Immediate risk factors, such as mental health and recent life events
- How genes can either increase risk of suicide or make someone more resilient to loss and hardships
- Treatments for patients with treatment-resistant depression and active suicidal ideation (e.g., ketamine infusions)
- Instruments to detect suicidal ideation and behavior

Visit the NIMH website to learn more about NIMH's **research priorities** and **recent research on suicide prevention**.

For additional information about suicide prevention efforts, visit Zero Suicide: <http://zerosuicide.sprc.org>.

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## What Are Clinical Trials?

Clinical trials are research studies that look at new ways to prevent, detect, or treat diseases and conditions. The goal of clinical trials is to determine if a new test or treatment works and is safe. Although individual participants may benefit from being part of a clinical trial, participants should be aware that the primary purpose of a clinical trial is to gain new scientific knowledge so that others may be better helped in the future.

Researchers at NIMH and around the country conduct many studies with patients and healthy volunteers. We have new and better treatment options today because of what clinical trials uncovered years ago. Be part of tomorrow's medical breakthroughs. Talk to your doctor about clinical trials, their benefits and risks, and whether one is right for you.

- For more information about clinical trials conducted at NIMH, visit NIMH's Join a Study page at [www.nimh.nih.gov/joinastudy](http://www.nimh.nih.gov/joinastudy).
  - For questions about participating in research studies that are being conducted at the National Institutes of Health (NIH) and where to find them, contact [prpl@mail.cc.nih.gov](mailto:prpl@mail.cc.nih.gov) (link sends e-mail).
  - For a listing of clinical trials being conducted around the country by NIH and others, be sure to check the [www.clinicaltrials.gov](http://www.clinicaltrials.gov) website.
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## Finding Help

### Mental Health Treatment Locator

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides this online resource for locating mental health treatment facilities and programs. The Mental Health Treatment Locator section of the Behavioral Health Treatment Services Locator lists facilities providing mental health services to persons with mental illness. Find a facility in your state at <https://findtreatment.samhsa.gov/>. For additional resources, visit <https://www.nimh.nih.gov/findhelp>.

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## For More Information

To learn more information about suicide, visit:

Medline Plus (National Library of Medicine)

<http://medlineplus.gov> (En español: <http://medlineplus.gov/spanish>)

For information on clinical trials, visit:

**ClinicalTrials.gov:** <http://www.clinicaltrials.gov>

(En español: <http://salud.nih.gov/investigacion-clinica/>)

For more information on conditions that affect mental health, resources, and research, visit the NIMH website (<http://www.nimh.nih.gov>).

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