

Davis County

POST-SUICIDE SUPPORT PLAN

Updated 2026

Partners and Agencies

The Davis County Community Suicide Postvention Plan was developed by workgroup members from the following organizations:

























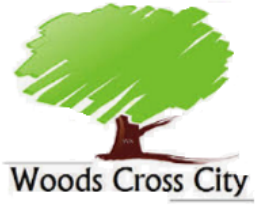


















Post-Suicide Support Plan

Davis County, UT 2026

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If you or someone you know is experiencing thoughts of suicide, or a mental health crisis, please **call or text 988 for immediate, free, confidential support** 24 hours a day, 7 days a week.

What Is Post-Suicide Support?

Post-suicide support is also known as suicide postvention. It aims to support individuals and communities affected by suicide loss, and to prevent and alleviate additional negative outcomes. It includes psychological first aid, crisis intervention, safe and planned engagement with media partners, and other support offered as an organized response after a suicide death. This planned response also helps bereaved individuals find appropriate crisis and bereavement support. Efforts are proactive and may help prevent additional suicides (Andriessen & Krysinska, 2012).

Purpose

The purpose of the Davis County Post-Suicide Support Plan is to promote healing in the community and reduce the risk of further suicide attempts and death. It guides the coordination of response efforts, communication, and resources after a death by suicide. This plan does not outline activities, policies, or protocols of individual agencies. It does outline general roles and responsibilities for an overall coordinated county-wide effort. In the event of a suicide death, an individual organization's plan will supersede, and this plan will support, as applicable.

Goals

The goals of the Davis County Post-Suicide Support Plan are to:

- Have a prepared, organized response that outlines communication and provides resources for individuals, partners, community leaders, and the public when a suicide death has occurred.
- Build and maintain partnerships among community agencies to coordinate support after a suicide death.
- Promote connection, resilience, and healing to individuals and the community after a suicide death.
- Increase grief literacy in Davis County through outreach, education, and training.

Definitions

Definitions adapted from Suicide Prevention Resource Center (SPRC)

Contagion: Suicide risk associated with the knowledge of another person's suicidal behavior, either firsthand or through the media. Suicides that may be at least partially caused by contagion are sometimes called "copycat suicides."

Postvention: An organized response following a suicide to help alleviate the suffering and emotional distress of the survivors, and prevent additional trauma and contagion.

Suicide: A death resulting from an action taken by a person with the intent or reasonable expectation that the action will result in their death.

Suicide attempt: When someone harms themselves with an intent to end their life, but they do not die as a result of their actions.

Suicidal behavior: Suicide, suicide attempts, suicidal ideation, and planning/preparation done with the intent of attempting or dying by suicide.

Suicide ideation: A broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide.

Safe messaging: Media or personal communications about suicide or related issues that do not increase the risk of suicidal behavior in vulnerable people, and that may increase help-seeking behavior, promote healing, and support suicide prevention efforts.

Intended Audience

This plan was written to guide organizations and leaders that are positioned in the community to coordinate a comprehensive response. Identified partners have expertise in responding to emergencies; providing mental health services, including suicide prevention; and connecting individuals to needed resources. Community post-suicide support is a coordinated effort that no one agency can do alone. Partners may include local health departments (LHDs), local mental health authorities (LMHAs), local substance abuse authorities (LSAAs), the Office of the Medical Examiner (OME), law enforcement, first responders, schools, local governments, worksites, faith and community leaders, and individuals. Collectively, these partners will implement this plan.

Background

Suicide impacts entire communities, families, friends, schools, workplaces, and beyond. A death by suicide can increase the risk of suicidal thoughts and actions among those close to, or even aware of, the person who died. Timely, coordinated support helps people cope with grief, reduce emotional distress, and prevent further harm. (Utah Suicide Prevention Committee and Coalition; Fairfax County, 2020)

The post-suicide support plan was created by the Davis County Suicide Postvention Workgroup. This group began in 2023 and continues to meet quarterly to provide input and direction for a coordinated response. Consultations with first responders, crisis response team members, local death investigators, the Utah Office of the Medical Examiner, and individuals with lived experience also guided this document. The processes outlined in this plan have been implemented in various instances throughout 2024 and 2025. In 2026, updates have been made that reflect process adjustments to protect personal data, increase communication, and update resources.

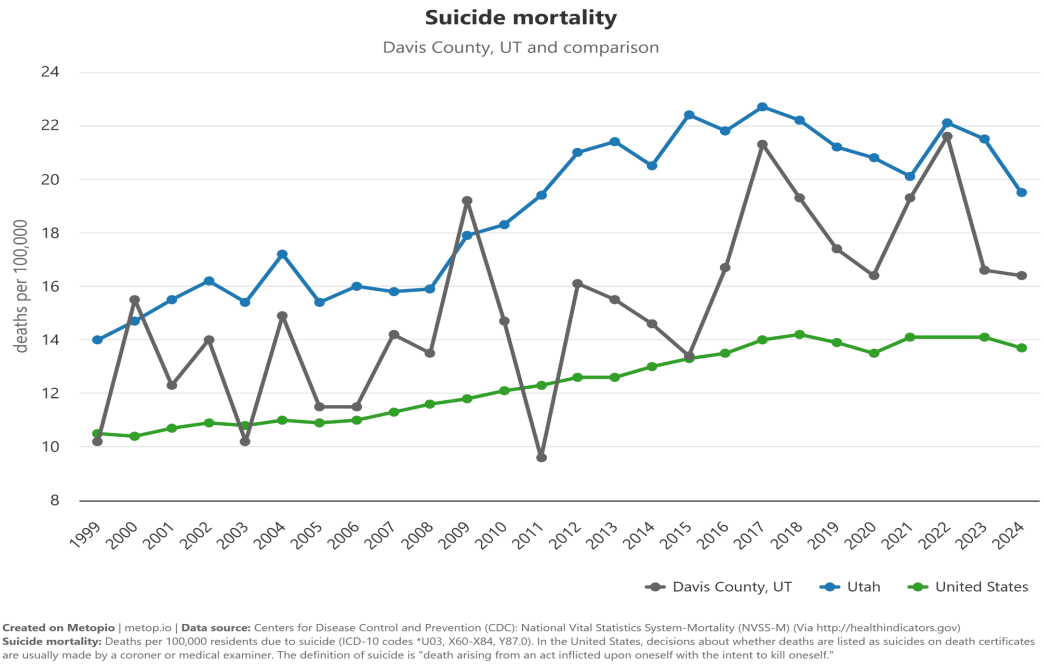
Community Postvention Workgroup and Member Roster

The workgroup is responsible for: writing the plan, keeping it current, training new members, and promoting post-suicide support planning within their own organization.

The Postvention Workgroup was formed in September 2023 to assess community post-suicide support efforts, identify gaps, and align efforts in a coordinated community suicide postvention plan. The Davis County Health Department (DCHD) provides administrative support for the

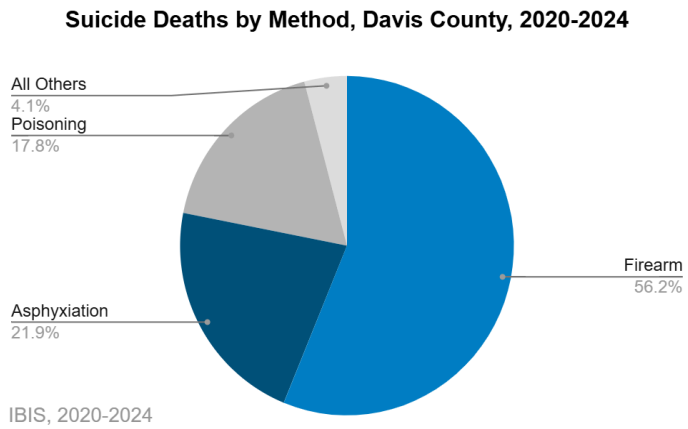
workgroup, including the staff who serve as coordinators. Refer to the workgroup roster for the 2026 list of workgroup members and contact information.

Statistics



In Utah, 656 people died by suicide in 2024; 61 deaths (9%) occurred in Davis County (IBIS, 2024). Suicide is in the top 10 leading causes of death in Davis County, the State of Utah, and the U.S. Utah traditionally has higher rates than most other states, but similar rates to neighboring Rocky Mountain states (AHR, 2023).

It is important to note the Davis County suicide rate in the chart above appears to be much more inconsistent than the Utah and U.S. rates. This is common for data at the local level due to small counts. County suicide rates are typically reported as an average over several years as a reliable way to observe and report trends. From 2022-2024, the average rate of death by suicide per 100,000 people was 18.2 in Davis County and 21.0 in Utah (IBIS, 2023).



Firearms are the most common method of suicide deaths for all age groups. In recent years, firearms were involved in 56.2% of suicide deaths followed by asphyxiation (21.9%) and poisoning (17.8%) in Davis County as shown in Figure 2 (IBIS, 2020-2024).

Local Post-Suicide Support Resources

Various tools and resources have been created or identified to coordinate support for individuals and the community after a suicide death. The tools include: a community connection card, a Davis County Grief and Loss Webpage, the Davis Links Resource Directory, a promotional rack card, and other services to provide on scene as needed.

Community Connection Card

The community connection card is one point of contact to resources for those affected by a suicide or any unexpected death. It is distributed through multiple avenues such as on-scene by investigators, through funeral homes, hospitals, schools, faith leaders, workgroup members, neighbors, etc. The card lists a phone number to a therapist from Davis Behavioral Health to call for support and connection to resources. It also includes a QR code and link to a webpage of applicable resources. The card is available to share in print as well as a PDF version for sharing digitally.

Front of card:



Inside card:

Dear Neighbor,

We are deeply sorry for your loss. May you find moments of strength, peace, and comfort in the coming days. Your community grieves with you.

As help and healing are core values in our community, we want you to know that a variety of grief support and other resources are available for you and your loved ones. If you would like help accessing these resources, you are welcome to call 801-336-1749 to talk to a member of our loss survivor support team. There is also a QR code on the back of this card that links you to a webpage with information on services and supports.

We acknowledge that grieving and healing happen in their own time. Feel free to reach out when or if you would like support.

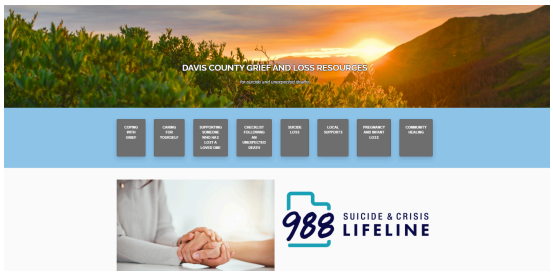
Sincerely,

The Davis County Loss Survivor Support Team

Davis County Grief and Loss Webpage

This webpage can be used for all unexpected deaths. The page includes general grief information and local resources as well as resources specific to suicide loss. It can be given in person or sent in an email to anyone affected by the suicide death. The link is also listed on the Survivor Connection Card. The webpage is found at this link: **griefandloss.davislinks.org** (refer to Appendix B).

griefandloss.davislinks.org



Davis County Grief and Loss Rack Card

The rack card was created to promote the Grief and Loss Webpage. One side provides a QR code to the webpage highlighting resources, while the other side gives basic tips for supporting others through grief. It can be shared with the general public at community events, through partner programs, and in other settings to reach community members.





Davis Links Resource Directory

Davis Links is an online tool to help community members find trusted resources in one place. The Davis Links Resource Directory can be found at davislinks.org. It is a one-stop source with over 2,000 programs and services for all stages of life. Users can access resources for food, housing, healthcare, behavioral health, family support, overall well-being, and more, just by entering a keyword and their ZIP code.

Immediate Resources to Share on Scene

Immediately following a suicide loss, families often face acute practical needs. In addition to the community connection card, it is important to identify specific resources that first responders can share on scene as applicable.

- Trauma Scene Biohazard Cleanup: Assistance is available for those with high-cost or no insurance. For more information and to apply for assistance, view the online application. sumh.utah.gov/online-application-for-reimbursement/
- Immediate In-Person Support: Upon request, the Davis Behavioral Health Mobile Crisis Outreach Team is available to come to provide a trained therapist on scene to support and connect to resources.
- Davis Links Resource Directory: Find food, housing, healthcare, behavioral health, family support, overall well-being, and more, just by entering a keyword and their ZIP code. davislinks.org
- Lethal Means Safety & Secure Storage: Local police departments often offer temporary off-site firearm storage or secure medication disposal to ensure safety in the home during acute grieving periods.

More information on these resources is available on the Grief and Loss Webpage.

Long-term Bereavement and Milestone Support

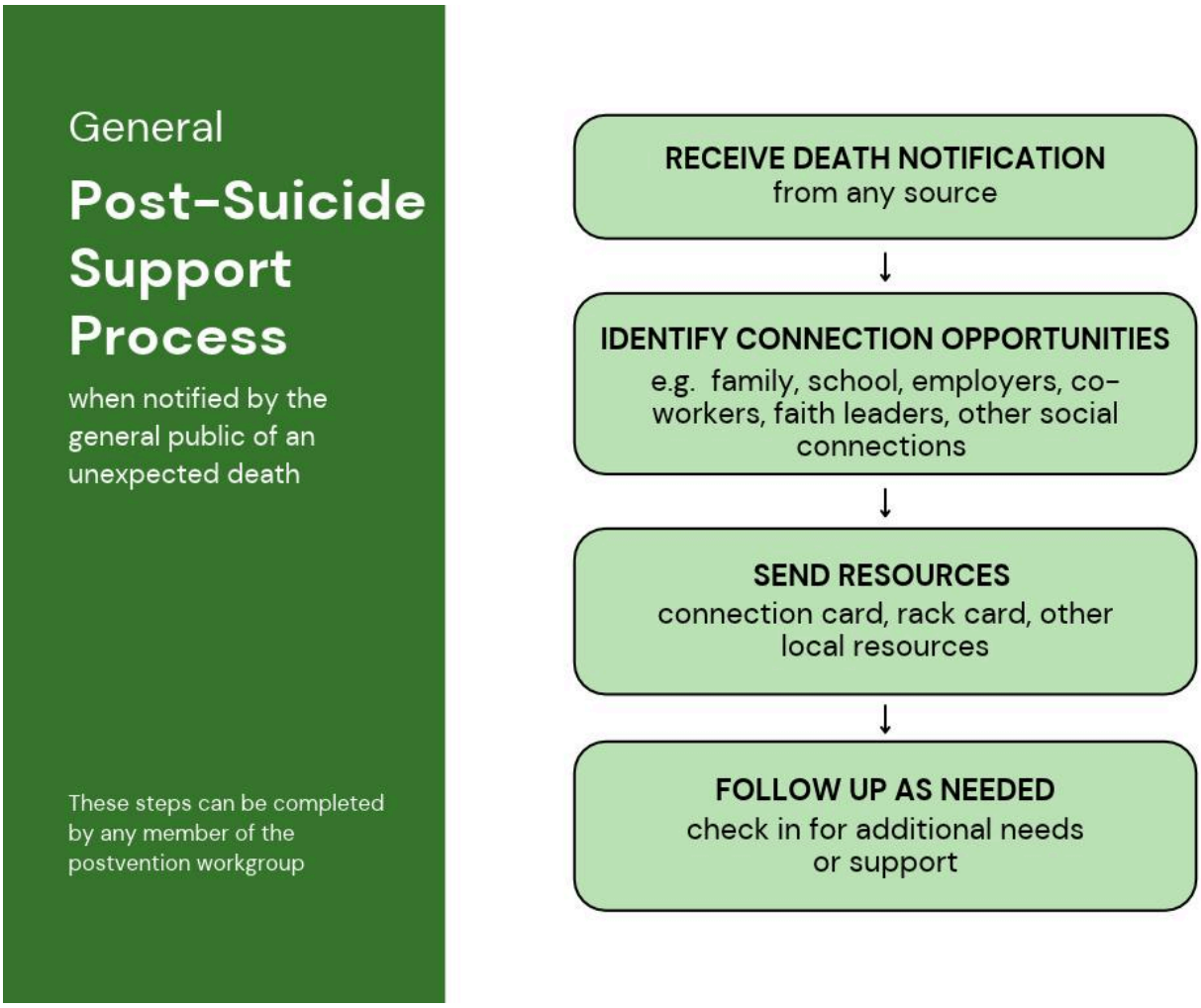
Grief does not follow a predictable timeline and can often resurface around holidays, birthdays, or anniversary dates. Various memorial activities, coping suggestions, and support groups are listed on the Grief and Loss Webpage.

Post-Suicide Support for Individuals and the Community

Three processes have been outlined to coordinate support for individuals and the community when someone has died by suicide.

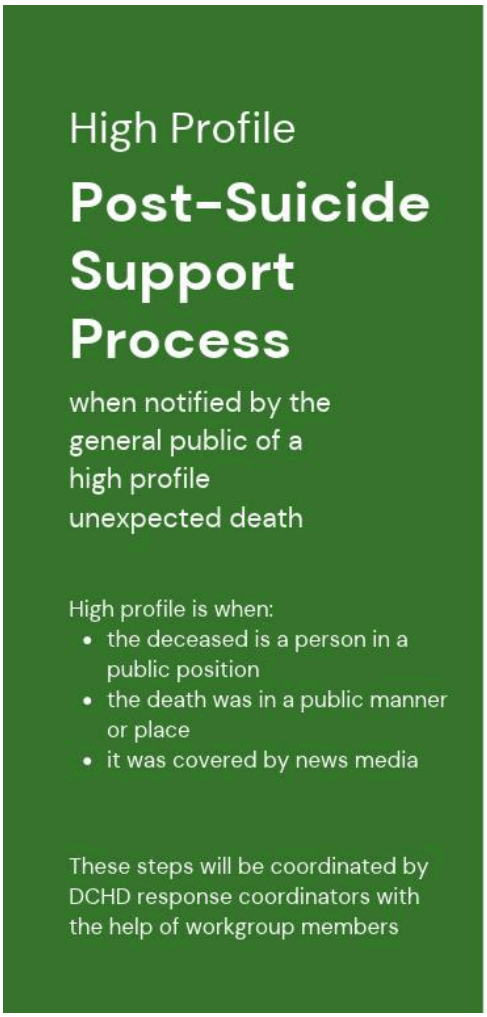
1. General Post-Suicide Support Process

When the notice of a suicide death is received through the general public (e.g., a community member, an obituary, a worksite, etc.), the following process is activated. Any member of the community or Postvention Workgroup can complete these steps by looking for groups or individuals that may need support, connecting them to local resources and the school district (if applicable), and following up as needed. This is the main process of support.



2. High Profile Post-Suicide Support Process

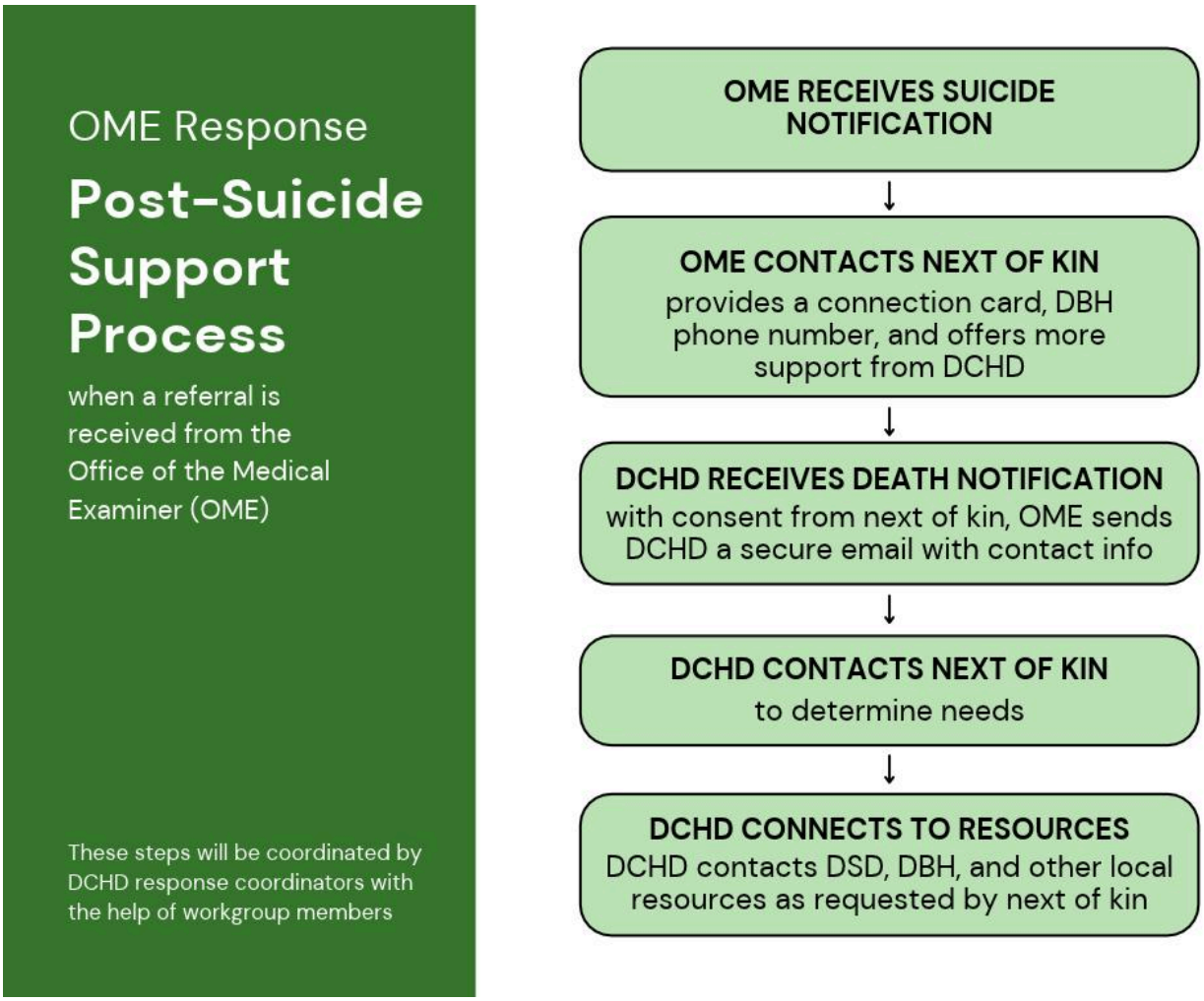
The post-suicide support process for a high-profile death is very similar to the General Post-Suicide Support Process. The high-profile process is activated if the deceased is a person in a public position, the death was in a public manner or place, or it was covered by the news media. The DCHD response coordinators often take the lead in coordinating this process with the help of the workgroup members.





3. Utah Office of the Medical Examiner (OME) Response Post-Suicide Support Process

Information from all Utah deaths is processed through the OME. When the cause of death or suspected cause of death is suicide, a member of the OME will contact the next of kin to provide support. When they talk with someone from Davis County, OME staff will provide the information on the connection card and the phone number to a therapist at Davis Behavioral Health. If the next of kin would prefer someone contact them, OME staff will send their contact information to the DCHD Response Coordinators, who will reach out and connect them to Davis School District (DSD), Davis Behavioral Health (DBH), or other local resources.



Sample OME script when talking to next of kin after suicide loss:

"Before we end our call, I wanted to let you know that Davis County has free grief and loss support for individuals and families. There are a few options for how I can connect you to local support if you are interested. 1) I can send you an email with a link to the Davis County Grief and Loss Webpage; 2) I can give you a phone number for David, a Davis Behavioral Health therapist, who can provide support and connect you to other local resources; and/or 3) I can have our partner from Davis County's support team call you. Would any of these options be helpful?"

Post-Suicide Support Communication Plan

The following guidelines will be used when discussing suicide deaths and a response is activated.

- All communication will be conducted with humility and respect
- Personal information will be kept private and shared by consent with the intent to connect to applicable resources
- Post-suicide support will be offered to individuals or agencies through email, phone calls, and in-person communication
- All members of the workgroup will review the Safe Messaging Video to learn safe messaging principles
- All public messaging follows guidelines outlined in the Safe Messaging Guide linked in Appendix A

Self-Care Guidelines

Working in suicide prevention, intervention, and/or postvention is emotional work, and self-care is encouraged. Simple self-care activities are an intentional part of the Davis County Postvention Workgroup meetings through:

- Icebreaker activities
- Open communication about how this work affects individuals involved in a response
- Reminders of mental health resources for crisis workers
    - 988 Lifeline
    - SafeUT Frontline
    - First Responders First
    - Self-care Preparedness Toolkit
    - Organizations' Employee Assistance Programs

Evaluation & Quality Improvement

To measure the effectiveness and reach of the Post-Suicide Support Plan, the workgroup will review the following at quarterly meetings:

- Webpage analytics and community feedback section
- Number of suicide loss responses activated and source of notification(OME, public, high-profile).
- Number of outreach events, presentations, and materials distributed
- Postvention technical assistance provided to organizations/businesses

The workgroup will also explore a method to gather community feedback about resources.

Plan Review and Update

Every post-suicide support response brings additional knowledge and experience. Workgroup meetings will be used to address challenges as they arise and improve processes. This plan will be reviewed and/or updated annually. Refer to the record of revisions below.

Record of Revisions

Date	Description of Update	Updated By
2023	Initial outline organized	DCHD (Teresa Smith, Jessica Gehring, Isa Perry, Ivy Melton-Sales)
2024	Original Postvention Plan Completed	Workgroup members
6/2026	Updated Post-Suicide Support Plan	DCHD
8/2026	Post-Suicide Support Plan Updated	Workgroup members

For more information about this plan contact the Davis County Health Department at healthstrategy@co.davis.ut.us.

Appendix A: Community Messaging Toolkit

The links below can be used to guide safe and timely messaging in response to a suicide death in the community.

- Safe Messaging Guide
- Tips to Share Your Story Safely
- Templates for communicating with families, impacted individuals and groups, and the media during the response
    - Sample email/letter templates
    - Social media guidelines
    - Sample press release
- Community Healing Handout that can be printed or shared electronically as appropriate.
- University of Utah's Caring Connections developed a grief literacy webpage on how to respond to persons experiencing grief and loss in ways that bring comfort and do not bring harm.
- **Live On** is a statewide effort to prevent suicide by promoting education, providing resources, and changing our culture around suicide and mental health. Together we can get through, reach out, lift up, look ahead, and Live On.
    - The Live On Campaign Toolkit includes messaging for campaigns, such as ads and images.
    - Suicide affects us all. When you know how to help someone struggling with thoughts of suicide, you can save a life. The Suicide Prevention Playbook is a fast-paced, interactive course with simple tips on how to help. **Visit LiveOnUtah.org to get started!**



Appendix B: Building Post-Suicide Support Capacity

Awareness of this plan is essential to implement coordinated post-suicide support. The Davis County Suicide Postvention Workgroup will continue to meet quarterly to gain additional suicide prevention education; to educate the general public; and to train additional community response organizations.

- **Increase awareness among the general public of available support for those who have lost a loved one to suicide.**
    - Social media posts
    - Include Davis County Post-Suicide Support Plan on partner webpages

- **Increase Davis County Post-Suicide Support Plan awareness among community response organizations.**
    - Work with organizations such as:
        - first responders
        - funeral homes
        - city leaders

- **Offer post-suicide technical support for Davis County organizations.**
    - Support organizations in creating or updating post-suicide response plans by:
        - Consulting
        - Providing examples
        - Offering training opportunities
        - Assisting with problem solving

- **Increase the knowledge of the Davis County Postvention Workgroup members about suicide prevention, intervention, and postvention skills as well as available resources.**
    - Suggested suicide prevention, intervention, and postvention education trainings
        - 15 Minute Safe Messaging video
        - Messaging Matters Train the Trainer provided by the Utah Suicide Prevention Coalition
        - Question, Persuade, Refer (QPR)
        - Mental Health First Aid
        - Grief Literacy
        - Webinars/education opportunities
        - Highlight from resources listed on the Grief and Loss Website

Appendix C: Post-Suicide Support Resources by Group or Sector

This appendix includes resources specific to various groups within the community.

Children:

- A Center for Grieving Children
- Bradley Center
- National Alliance for Children's Grief
- The Sharing Place

Faith Leaders:

- Utah Suicide Prevention Coalition and Committee: Resources for Faith-Based Organizations
- National Action Alliance for Suicide Prevention: Supporting Life Before, During and After a Suicidal Crisis
- Suicide Prevention Resource Center: After a Suicide Recommendations for Religious Services & Other Public Memorial Observances
- Church of Jesus Christ of Latter-day Saints: Life Help resources for grief, hope, suicide, etc.

First Responders:

- First Responders First

General

- Davis County Grief and Loss Resources (support groups, cleanup assistance, crisis lines, etc.)
- Davis Links Online Resource Directory (go-to source for local resources)
- Veteran Affairs: Uniting for Suicide Postvention
- Suicide Prevention Resource Center: Suicide Postvention as Suicide Prevention
- University of Utah: Grief Literacy: Compassionate Communities
- Firearm Safety and Safe Storage
- Safe Medication Storage and Disposal

LGBTQIA+:

- LGBTQ+ Davis County Resource Directory 2023
- The Trevor Project

Media Guidelines:

- AFSP: Ethical Reporting Guidelines for Media

Military:

- Department of Defense: Postvention Toolkit for a Military Suicide Loss
- Department of Veterans Affairs: Mental Health Care Following a Death by Suicide
- Defense Suicide Prevention Office: Postvention Guide
- Department of the Air Force: Guidance on Memorials for Suicide Deaths

Schools:

- USBE: Healing Our Schools After a Loss
- After a Suicide: A Toolkit for Schools
- Higher Education Mental Health Alliance: Postvention: Guide for Response to Suicide on College Campuses

Workplace:

- A Manager's Guide To Suicide Postvention in the Workplace

Appendix D: Post-Suicide Support Printables

Following are resources that can be easily printed or shared electronically as appropriate.

- Checklist following an unexpected death
- Community Healing Handout
- Tips to share your story safely
- Safe Messaging Guide
- Safe Storage Handout
- Community Connection Card email format (PDF)
- Community Connection Card printable format (front/back of card)
- Community Connection Card printable format (inside of card)
- Grief and Loss Rack Card