

Science + Lived Experience

Patients presenting with suicidal ideation or suicide attempts who are not acutely psychotic or severely agitated will interact with self-help areas of *Shared Stories* and *Comfort & Skills* within the emergency department.

All clinical interventions contained in Jaspr Health draw upon well-established evidence-based practices.

Shared Stories

Contains videos from people who have lived experience with suicide sharing their personal stories to inspire hope and connectedness.



Controlled trials show significant decrease in distress and agitation.

Comfort & Skills

Contains videos that provide activities and coping skills drawn from Cognitive Behavior Therapy (“CBT”) and Dialectical Behavior Therapy (“DBT”) to manage distress. The following categories of activities are provided in the *Comfort & Skills* video library:



Distraction

Videos to take the patient’s mind off of the distressing situation *in the moment*.

Self-Soothe

Provide a state of comfort and relaxation to patients by soothing their 5 senses.

Paced Breathing

Teaches slow inhalation of breath followed by an even slower exhalation resulting in relaxation.

Opposite Action

Several videos describe how to change negative emotions the patient may wish to change.

Mindfulness

Walks through core mindfulness skills within DBT: Wise Mind, What Skills & How Skills.

Controlled trials show significant increase in learning to cope more effectively with current and future suicidal thoughts.

About Jaspr Health

Founded in 2007 as the Evidence-based Practice Institute, Drs Kelly Koerner and Linda Dimeff have utilized National Institute of Health (NIH) grants to develop a technology platform and conduct clinical research in some of the nation’s most prestigious health systems with the endorsement and support of top behavioral health experts. Jaspr Health is a software application delivered via a safely encased iPad tablet.

*** Disclaimer:** *Jaspr Health is intended to support crisis care and inform provider care decisions; it is not a substitute for professional behavioral or medical care.*