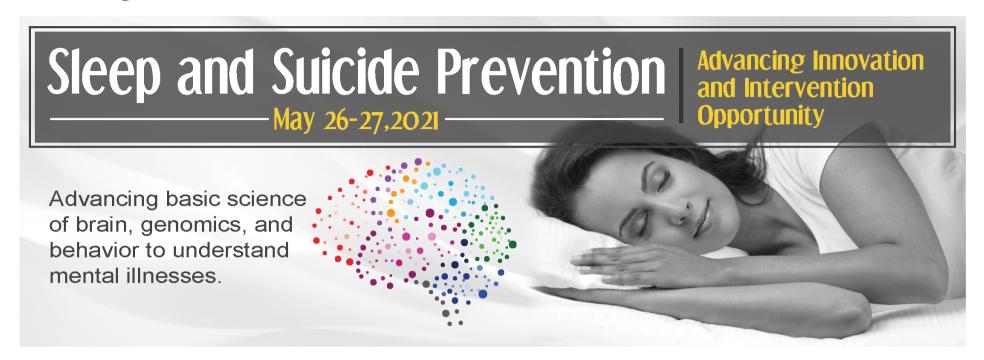


Sponsored by:

Division of Translational Research (DTR)
National Institute of Mental Health (NIMH)
6001 Executive Boulevard
Bethesda, MD 20852



Sleep and Suicide Prevention | Advancing Innovation and Intervention Opportunity

Suicide represents a complex, but preventable public health problem and global disease burden. Based on its overwhelming impact and public health significance, the prevention of suicide has been named a national imperative. Despite unprecedented efforts and coordinated strategies to support its prevention, however, suicide remains a leading cause of death worldwide. This has resulted in prioritized efforts to identify research and public health strategies to impact suicide prevention innovation on a broad scale.

Sleep disturbances have emerged as an evidence-based risk factor for suicidal behaviors, where abnormal sleep and sleep-related behaviors confer risk across the lifespan. This has resulted in the study of sleep as a proposed biomarker and intervention tool to reduce risk for suicidal behaviors and to identify underlying mechanisms at the intersection of sleep and suicide prevention. The primary goal of the Workshop is to share cutting-edge findings across diverse specialties and multi-disciplinary fields to examine sleep as a biomarker and novel treatment target to inform etiology and advance innovation in suicide prevention.

Please join the NIMH Division of Translational Research for a 2-day public workshop, **NIMH 2021 Virtual Workshop: Sleep and Suicide Prevention: Advancing Innovation and Intervention Opportunity**, which will bring together clinicians, behavioral scientists, epidemiologists, neuroscientists, and public health experts to discuss the current state of the science in sleep medicine and suicide prevention.

Workshop Panels in the Study of Sleep and Suicide Prevention:

- . Neurocognition, Learning, and Affect Regulation
- . Hyperarousal and Inflammatory Markers of Risk
- . Neurobiology and Neuroplasticity
- . Lifespan, Timing Mechanisms, Risk and Resiliency
- . Technology Innovation and Digital Medicine in Suicide Prevention: Future Directions
- . Novel Therapeutic Frameworks and Intervention Development

The Goals of the Workshop are to Share Cutting-Edge Findings Focused On:

- . Sleep disturbances as a warning sign and risk factor for suicidal behaviors across the lifespan.
- . Explanatory mechanisms underlying the relationship between sleep and suicidal behaviors.
- . Novel therapeutic targets and interventions for the prevention of suicide.
- . Challenges and opportunities for implementation of sleep as a risk factor or intervention tool to reduce stigma, aid intervention, and prevent suicide.

Register today!

Click here for the agenda.

https://www.sleepsuicideprevention.org

For programmatic questions and information contact us at NIMHsleepsuicide@mail.nih.gov!

If you are in crisis or concerned about a loved one, help is available by calling the National Suicide Prevention Lifeline at 1 (800) 873 -TALK, or by texting the Crisis Text Line (text HOME to 741741 in the United States). All helplines offer free, confidential support 24 hours a day, 7 days a week.

© 2021 Sleep and Suicide Prevention

https://www.sleepsuicideprevention.org

Registration

OMB# 0925-0740; Exp date 7/31/2022

Public reporting burden for this collection of information is estimated to average 1 minute per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate, or any other aspect of this collection of information, including suggestions for reducing this burden, to: NIH Project Clearance Branch, 6705 Rockledge Drive, MSC 7974, Bethesda, Maryland 20892-7974, ATTN: PRA (0925-0740). Do not return the completed form to this address.

Registration is free.

CEU's are not being offered for this meeting.

After you register, you will receive a confirmation email from registrations4@thebizzellgroup.com. If you have any questions regarding registration, please contact us via email at registrations4@thebizzellgroup.com.

First Name *	
Last Name *	
Institutional Affiliation *	
Empil *	
Email *	
Email Address	
Country *	
Select Country	~
Occupational Field *	
Select Occupational Field	•
Primary Interests *	
Select Interest	~
Do you plan on attending? *	
Which Day?	~
Submit Form	

https://www.sleepsuicideprevention.org/registration/

© 2021 Sleep and Suicide

Prevention