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

# Sleep and Suicide Prevention

May 26-27, 2021

**Advancing Innovation  
and Intervention  
Opportunity**

Advancing basic science of brain, genomics, and behavior to understand mental illnesses.



## 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.](#)

For programmatic questions and information contact us at [NIMHsleepsuicide@mail.nih.gov](mailto: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.***

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# Registration

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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](mailto:registrations4@thebizzellgroup.com). If you have any questions regarding registration, please contact us via email at [registrations4@thebizzellgroup.com](mailto:registrations4@thebizzellgroup.com).

**First Name \***

**Last Name \***

**Institutional Affiliation \***

**Email \***

**Country \***

**Occupational Field \***

**Primary Interests \***

**Do you plan on attending? \***

Submit Form

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