

Suicide Prevention Through Mindfulness Training (2025)

Highlights

October 6, 2025

A program evaluation has shown significant improvement in measures regarding suicidal thoughts and a range of mental health issues.

The eight-week in-person workshop series was conducted from April to June 2025.

Pre- and post-evaluations were matched for 10 participants. A third evaluation was completed at the three-month follow-up.

Suicidal Thoughts

There was a **53% decrease** in the intensity of suicidal thoughts from beginning to end of the program, for 8 participants.

The **duration** of these thoughts was significantly reduced for 5 out of 7 participants who responded both pre- and post including Days to Minutes, and 2 Days to Hours.

Responses to the statement **“I have thoughts about suicide often,”** showed a **52% improvement over the 8 weeks.**

Indicators of Well-Being (10 Participants)

Disagreement with the statement **“I feel like I have no control over my thoughts, moods, and feelings”** increased by **89%.**

Responses to *“The voice in my head can make me feel anxious and I don’t know how to pause or interrupt this pattern”* showed a **70% improvement.**

Responses to “When I have negative thoughts, they overwhelm me and I don’t have any tools to deal with it” showed a **70% improvement.**

Totals for all 18 quantitative evaluation statements **increased by 45%.**

Follow Up

At the 3-month follow-up, the total evaluation scores for 7 participants was 398, compared to 414 at the end of the program—a 4% regression. *“I have thoughts about suicide often...”*

Disagreement increased by 37% between the beginning of the program and the follow-up.

View the complete evaluation report: <https://bit.ly/SPOutcomesSummaryOctober2025>

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