

“Suicide Prevention Through Mindfulness Training”

Highlights

September 2, 2026

The evaluation of this Mindfulness-based program has evidenced significant improvements in measures regarding suicidal thoughts and a range of mental health issues.

This eight-week workshop series was conducted with three groups between Spring 2021 and Spring 2026. Pre- and post-evaluations were matched for a total of 20 participants.

Suicidal Thoughts

Responses indicated an average **49%** decrease in the *intensity* of suicidal thoughts from beginning to end of program. The duration of these thoughts was significantly reduced for 12 of the participants, including Days to Minutes, and 2 to 5 Days to Several Hours.

Responses to “I have thoughts about suicide often,” indicated that disagreement with this statement had increased by **52%** over the 8 weeks.

Indicators of Well-Being

“The voice in my head can make me feel anxious and I don’t know how to pause and interrupt this pattern.” Disagreement with this statement rose **79%** by the end of the program.

“When I have negative thoughts, they overwhelm me and I don’t have any tools to deal with it.” Disagreement increased by **63%**.

Scores for all 18 evaluation statements combined showed a **43%** improvement overall.

Asked to rate how helpful the program has been (1-10), the average was **8**.

“The hopelessness that I often feel about changing myself is probably the biggest trigger to my suicidal thoughts. It is often a self- perpetuating cycle that leaves me exhausted and paralyzed. Fortunately, I have built a good toolbox, and have had lots of professional help to navigate those moments of deep dark despair. “

“I am now able to bring myself back to being present in the moment when something is overwhelming me.”

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