



# THE CAMS FRAMEWORK®

## Fact Sheet for Patients

The Collaborative Assessment and Management of Suicidality (CAMS) treats suicide risk with:

- ◆ Empathy
- ◆ Collaboration
- ◆ Honesty
- ◆ Focusing on what makes you suicidal

Multiple randomized controlled clinical trials across different populations and treatment settings have proven that the CAMS Framework:

- ◆ Quickly and reliably reduces suicidal ideation usually in 6-8 sessions
- ◆ Reduces overall symptom distress, depression, changes suicidal thoughts, and increases hope
- ◆ Decreases emergency department visits

The CAMS Framework is designed to keep suicidal people out of the hospital if possible, by collaborating with the patient to create a stabilization plan and resources that will help them get through difficult dark moments.

A CAMS-trained therapist endeavors to target and effectively treat the problems that compel you to consider ending your life.

A 2016 study of patient-generated responses to the CAMS Framework found that most patients liked using CAMS. A couple of the benefits that were noted included:

*"The feeling of being heard, taken seriously..."*

*"Just the fact that a person understands how bad I feel..."*

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The CAMS Framework is recommended by such groups as the Zero Suicide Initiative, The Joint Commission, The Surgeon General, and the Center for Disease Control (CDC).

Around the world, people experiencing suicidal thoughts are taking control of their lives by working with CAMS-trained therapists. Isn't it worth a try to save your life and pursue a life worth living? There is really nothing to lose and everything to gain by giving CAMS a try—patients prefer it to usual care, and it is proven to work.