

NCTSN External Resources Suicide Prevention Awareness Month (September 2020)

The National Child Traumatic Stress Network (NCTSN) is proud to observe Suicide Prevention Month and World Suicide Prevention Day, and offers the resources listed below to help educate families and communities, mental health and victim services professionals, and policy makers about the profound impact suicide has on our nation's adults and youth.

For Clinicians and Mental Health Professionals

[American Association of Suicidology](#)

Provides resources for helping those who are struggling with depression and suicidal thoughts, and inspirational stories from suicide attempt survivors.

[American Foundation for Suicide Prevention](#)

Raises awareness, funds scientific research and provides resources and aid to those affected by suicide.

- [COVID-19 Resources](#)

Provides resources in English and Spanish for responding to mental health needs during the pandemic.

[California Mental Health Services Authority](#)

- [Social Media Guidelines for Mental Health Promotion and Suicide Prevention](#)

Provides tips for organizations and individuals communicating about mental health and suicide on social media to reduce stigma, increase help-seeking behavior, and help prevent suicide.

[Suicide Prevention Resource Center](#)

- [Foster Care Providers: Helping Youth at Risk of Suicide](#) (2014)

Covers information on how to recognize and respond to warning signs of suicide, access help, and build resiliency in youth in foster care. It also includes a resource list.

- [Safety Planning in Emergency Settings](#) (2012)

Describes the Safety Planning Intervention (SPI), a brief intervention developed for use in emergency departments and other emergency settings.

- [COVID-19 and Suicide](#)

Lists print and nonprint resources for responding to and preventing suicide during a pandemic.

For Educators

[American Foundation for Suicide Prevention](#)

- [A Model School Policy on Suicide Prevention](#)

Helps educators and school administrators implement comprehensive suicide prevention policies in an adaptable modular format.

National Association of School Psychologists

- [Bullying and Youth Suicide: Breaking the Connection \(2011\)](#)
Discusses the link between bullying and suicide and provides prevention strategies involving systematic change to the school climate.
- [Preventing Youth Suicide—Tips for Parents and Educators](#)
Provides information on suicide risk factors, warning signs, what to do, the role of the school in suicide prevention, and resiliency factors.

Substance Abuse and Mental Health Services Administration Suicide Prevention

- [Preventing Suicide: A Toolkit for High Schools \(2012\)](#)
Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. Includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

Suicide Prevention Resource Center

- [After a Suicide: A Toolkit for Schools \(2018\)](#)
Assists schools in the aftermath of a suicide (or other death) in the school community. It is meant to serve as a practical resource for schools facing real-time crises in order to help them determine what to do, when, and how.
- [Preventing Suicide: The Role of High School Teachers \(2019\)](#)
Provides information on recognizing and responding to suicide warning signs, suicide prevention resources, and other information to help prevent suicide among students.
- [Preventing Suicide: The Role of High School Mental Health Providers \(2019\)](#)
Provides information on recognizing and responding to suicide warning signs, resources about suicide prevention, and other information to help prevent suicide among students.

For Journalists

American Foundation for Suicide Foundation

- [For Journalists](#)
Provides the latest statistics on suicide, and guidance for journalists on how to report safely and accurately about suicide.

For Law Enforcement and Judicial Personnel

Office of Juvenile Justice and Delinquency Prevention

- [Suicidal Thoughts and Behaviors among Detained Youth \(2014\)](#)
Summarizes the methods, findings, and implications of a study on suicidal thoughts and behaviors among detained youth ages 10-18 who were part of the Northwestern Juvenile Project, a longitudinal study of juvenile detainees.

Suicide Prevention Resource Center

- [A Guide for Early Responders Supporting Survivors Bereaved by Suicide \(2016\)](#)
Provides information for emergency responders on how survivors of a suicide loss may feel and how to support them.

For Military Families

Veterans Crises Line

- [Suicide Prevention Information](#)

Provides information on suicide prevention, resources and programs, military suicide prevention, and mental health information by branch.

For Parents and Caregivers

JED

- [For Families and Communities](#)
Provides the information and perspective families need to recognize the signs of a potential emotional problem and help their loved one find the proper support and treatment.

Society for the Prevention of Teen Suicide

- [The Immediate Crisis Is Over – Where Do We Go From Here?](#)
Offers answers to questions parents have after their child's suicide attempt.

Suicide Prevention Resource Center

- [Suicide prevention resources for parents/guardians/families \(2017\)](#)
Lists a selection of websites and online information sheets that have suicide prevention resources for parents, guardians, and other family members.

For Policy Makers

World Health Organization

- [Preventing Suicide: A Global Imperative \(2014\)](#)
Aims to increase awareness of the public health significance of suicide and suicide attempts and to make suicide prevention a higher priority on the global public health agenda. The report is intended to be a resource that will allow policymakers and other stakeholders to make suicide prevention an imperative.

For Youth

Crises Text Line

Text 741741 from anywhere in the USA to text with a trained Crisis Counselor

JED

- [Mental Health Resource Center for Young Adult Emotional Health and Well-being](#)
Provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges and make a successful transition to adulthood.
- [Help a Friend in Need \(2014\)](#)
Provides tips on what to do if youth see a friend posting distressing content on Facebook or Instagram, or if they are behaving dramatically differently than usual.

The National Suicide Prevention Lifeline 1-800-273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, seven days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.

You Matter

Provides a safe place for youth to discuss and share stories about mental health and wellness.

The Trevor Project

Get Help Now

- [TrevorLifeline 1-866-488-7386](#)
Provides support 24 hours, 7 days a week.
- [Trevor Chat](#)
Provides abilities to chat with a counselor via a computer.
- [Trevor Text 1-202-304-1200](#)
Provides texting with a counselor.