Suicide Prevention Resources

FOR TEACHERS AND SCHOOL STAFF:

“I am an elementary school teacher who is required to take training in youth suicide prevention. Isn’t this a bit of an overreaction considering how rare suicide is with kids this age?”
Read Suicide Awareness in Elementary School: Sense or Nonsense? here.

The Role of High School Teachers in Preventing Suicide by the Suicide Prevention Resource Center.

Youth Suicide Prevention School-Based Guide

Suicide Prevention Resource Center (SPRC): Identifying People at Risk for Suicide, and National Best Practices Registry for Suicide Prevention which provides free self-paced online training courses to improve educators’ knowledge and skills in suicide prevention.

Preventing Suicide - A Toolkit for High Schools

Sources of Strength - is a best-practice school suicide prevention program that emphasizes resilience and positive youth development.

Preventing Youth Suicide: Tips for Parents & Educators by the National Association of School Psychologists.

Preventing Suicide: A Resource for Teachers and Other School Staff prepared as part of SUPRE, the World Health Organization initiative for the prevention of suicide.

Preventing Suicide: A Toolkit for High Schools prepared by SAMHSA to assist high schools in designing and implementing strategies to prevent suicide and promote behavioral health.

Kognito gatekeeper training program for high school teacher and staff - outcomes

American Academy of Child and Adolescent Psychiatry

The Role of High School Mental Health Providers in Preventing Suicide

Recommendations for School-Based Suicide Prevention Screening


Youth Suicide Prevention, Intervention, and Postvention Guidelines: A Resource for School Personnel by Maine Youth Suicide Prevention Program describes the components of a comprehensive school-based suicide prevention program.

After a Suicide: A Toolkit for Schools created by the American Foundation for Suicide Prevention to provide information, tools, and guidance to schools that have been touched by the tragedy of a suicide.

Guidelines for Schools Responding to Death by Suicide by the National Center for School Crisis and Bereavement.

The Way Forward: Pathways to hope, recovery, and wellness with insights from lived experience

Helping Children Cope
Understanding Suicide, Supporting Children - Video. Advice for Educators - Helping Youth After Trauma.

If you are in crisis or need help dealing with one, contact Colorado Crisis Services at 1-844-493-TALK (8255) or text TALK to 38255
COLORADO RESOURCES:

**Colorado Crisis Services** - 1-844-493-TALK (8255) or text TALK to 38255. If you are in crisis or need help dealing with one, Colorado Crisis Services provides confidential and immediate support, 24/7/365 on the phone, text, chat, or in person at walk-in centers. When you don’t know where to start, start here.

**Second Wind Fund** decreases the incidence of teen suicide nationally by removing financial and social barriers to treatment for at-risk youth and working to create a network of local affiliates to provide such services in their own communities.

**Video** by Mayo Clinic in which teens describe signs and suggestions for what to say to a teen who may be at risk for suicide and ways to keep them safe.

**Colorado Office of Suicide Prevention** - Education/Training, General suicide prevention funding, information, training, integration and collaboration.

Children’s Hospital Psychiatric Emergency Service - phone triage and consultation for families and schools at 720-777-6200.

**The Suicide Prevention Coalition of Colorado (SPCC)** - a resource network for those who were working to prevent suicide around the state, including a full list of suicide prevention programs and services in organized by county.

**Carson J Spencer Foundation** - **Fire Within Program** empowers students to develop innovative entrepreneurial strategies to address teen suicide. 303-837-8466.

Rocky Mountain MIRECC for Suicide Prevention - **How to Talk to a Child about a Suicide Attempt in Your Family**: Guides Targeting Age Groups 4-8 and 9-13.

**Safe2Tell** Colorado provides young people a way to report any threatening behaviors or activities endangering themselves or someone they know, in a way that keeps them safe and anonymous. 1-877-542-7233.

**The Colorado School Safety Resource Center** provides free consultation, resources, training and technical assistance to foster safe and secure learning environments, positive school climates and early intervention to prevent crisis situations.

**Speaking of Suicide** - Stacey Freedenthal, PhD, LCSW, Associate Profession of Social Work at the University of Denver.

**Judi’s House** - Provides support groups for children and their families grieving the death of a loved one from any cause, including suicide.

**Yellow Ribbon Suicide Prevention** provides **Ask4Help** cards, which are a ‘voice’ for youth when they can’t find the words to say “I need help”. 303-429-3530.

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FOR FAMILIES AND CONCERNED OTHERS:

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How to Talk to a School Age Child about a Suicide Attempt in Your Family by the Rocky Mountain MIRECC for Suicide Prevention.

Facts for Parents – Excerpts taken from SAMHSA’s Preventing Suicide: A Toolkit for High Schools.

Suicide Prevention Resources for Parents/Guardians/Families compiled by SPRC.

Talking to Your Child about Suicide

After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department by SAMHSA.

Safety Plan – How to create a safety plan by the National Suicide Prevention Lifeline

If you’re concerned that a member of your household may be suicidal, there are steps you can take to help keep them safe.

Specific guidance for foster families is available here.

Helping Young Children with Traumatic Grief: Tips for Caregivers

Helping School-Age Children with Traumatic Grief: Tips for Caregivers

Suggested Reading for Kids

- Bart Speaks Out: Breaking the Silence on Suicide by Linda Goldman, M.S.
- The Grieving Child: A Parent's Guide by Helen Fitzgerald
- Talking About Death: A Dialogue between Parent & Child by Earl A. Grollman
- After a Suicide Death: An Activity Book for Grieving Kids

Half of us - Videos of celebrities and regular people (teens, adults) who struggle with mental illness or have been affected by mental illness. Provides information about mental health issues.

The Trevor Project offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text. The Trevor Lifeline (866-488-7386).

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