



Suicide Prevention Guide for High Priority Youth Groups

General suicide prevention resources are critical in supporting all youth. To support the requirements of AB2246, the SDCOE has created this guide with resources specific to "high risk" youth groups disproportionately affected by suicide.

High Priority Group	Resource	Description	Webink
American Indian/Alaskan Native	Indian Health Services: Suicide Prevention and Care Program	<i>The Federal Health Program for American Indians and Alaska Natives with specific resources for American Indians and Alaska Natives.</i>	https://www.ihs.gov/suicideprevention/
	American Indians Seven Generations Prevent Suicide video	<i>Young American Indian men, especially in the Northern Plains, face a greater challenge with suicide than other groups. However, they have the strength of generations to help them overcome their pain and silence, the stigma, and to seek help. Learn more about the spirit of American Indian men.</i>	https://www.youtube.com/watch?v=MW2JH5--KII&feature=youtu.be
	National Suicide Prevention Lifeline	<i>Native Americans: How to take care of yourself.</i>	https://suicidepreventionlifeline.org/help-yourself/native-americans/
	We R Native	<i>Wanting to End Your Life: Articles and resources.</i>	https://www.wernative.org/articles/wanting-to-end-your-life
	Alaskan Natives: Heart of the Land Prevent Suicide Video	<i>Suicide greatly impacts young men living in Alaska. However, connections to their ancestors and traditions can help guide them to overcome their pain, silence, the stigma and to seek help. Heart of the Land, produced in coordination with a Native Alaskan production company, includes location shooting from the Alaskan cities of Juneau, Kotzebue, and Anchorage. In addition, representation in the video includes the Inupiaq, Tlingit, Tshimshian, Unangan, Athabascan, Aleut and Yupik Tribes. SAMHSA is grateful for the participation of all who made this video possible.</i>	https://www.youtube.com/watch?v=p-rASzoqxhY&feature=youtu.be
Attempt Survivors	Suicide Prevention Lifeline: Attempt Survivors	<i>Coping with the deep hurt after surviving a suicide attempt and finding hope is possible. The Lifeline is available for support, 24/7.</i>	https://suicidepreventionlifeline.org/help-yourself/attempt-survivors/
	After a Suicide Attempt: A Guide for Family and Friends	<i>This guide includes information on what will happen at the hospital, their rights and how you can help and support them with a list of resources.</i>	http://www.togethertolive.ca/sites/default/files/waterloo_after_a_suicide_attempt_for_family.pdf
	SAMHSA: After an Attempt	<i>A guide for taking care of your family members after treatment in the emergency department.</i>	https://store.samhsa.gov/sites/default/files/d7/priv/sma18-4357eng.pdf
	Suicide Prevention Resource Center	<i>Resources for Suicide Attempt Survivors and Their Families and Friends.</i>	http://www.sprc.org/livedexperience/tool/resources-suicide-attempt-survivors-their-families-friends
LGBTQ	Trevor Project	<i>The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.</i>	https://www.thetrevorproject.org/
	Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth	<i>Each Mind Matters collaborated with a strategic council of LGBTQ+, community leaders and stakeholders to create mental health materials for youth/young and older adults, and providers working with Latinx youth.</i>	https://emmresourcecenter.org/resources/be-true-and-be-you-basic-guide-lgbtq-youth
	TrevorLifeLine: 866-488-7386	<i>TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/365.</i>	https://www.thetrevorproject.org/get-help-now/
	Trevor Text: Text "START" to 678678	<i>TrevorText is a confidential text messaging with a Trevor counselor, available 24/7/365.</i>	https://www.thetrevorproject.org/get-help-now/
	Trevor Chat	<i>TrevorChat is a confidential online instant messaging with a Trevor counselor, available 24/7.</i>	https://www.thetrevorproject.org/get-help-now/

	<u>Trans Lifeline: 877-565-8860</u>	<i>Trans Lifeline is a hotline available in the U.S. and Canada staffed by transgender people for transgender people. Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm. 7 days a week, 18 hours a day, 8:00 AM - 2:00 AM.</i>	https://www.translifeline.org/
	<u>Blackline: 800-604-5841</u>	<i>BlackLine is a 24-hours a day, 7 days a week hotline geared towards the Black, Black LGBTQI, Brown, Native, and Muslim community. However, no one will be turned away from the Hotline. BlackLine is anonymous and confidential and can provide immediate crisis counseling to those who call upset, need to talk with someone immediately, or are in distress.</i>	https://www.callblackline.com/
	<u>NASP: Organizations Supporting LGBTQ</u>	<i>The National Association of School Psychologist list of organizations supporting LGBTQ Youth.</i>	
Youth with Disabilities	<u>Suicide Prevention Resource Center</u>	<i>Populations: This webpage provides information and prevention resources for people with disabilities.</i>	https://www.sprc.org/populations/people-physical-health-problems-or-disabilities
	<u>National Suicide Prevention Lifeline</u>	<i>Resources for Deaf, Hard of Hearing and Hearing Loss.</i>	https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/
Youth with Mental Illness	<u>Natinal Institute of Mental Health</u>	<i>Suicide Prevention & Mental Health webpage provides related information and resources.</i>	https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml
	<u>National Alliance on Mental Illness</u>	<i>NAMI Helpline at 800-950-NAMI.</i>	https://nami.org/About-Mental-Illness/Common-with-Mental-Illness/Risk-of-Suicide
	<u>Active Minds</u>	<i>Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening up the conversation about mental health and creating lasting change in the way mental health is talked about, cared for, and valued in the United States.</i>	https://www.activeminds.org/
	<u>Each Mind Matters</u>	<i>Provides mental health information and resources as well as personal stories.</i>	www.eachmindmatters.org or www.sanamente.org
	<u>Its Up To Us</u>	<i>Resources for young adults to find help, help others and increase mental health literacy.</i>	https://up2sd.org/young-adults/
Youth with Substance Abuse Disorders	<u>Reach Out</u>	<i>Website for young people that includes information and resources for youth on alcohol, drugs and addiction.</i>	https://au.reachout.com/explore-articles?page=1&tags=Alcohol%20and%20drugs,
	<u>Jack.org</u>	<i>You and Substance Use: Stuff to think about and ways to make changes.</i>	https://jack.org/getattachment/94e670e4-077f-4e04-9c73-fdae7d91163e/Be-There-Poster-1-1-1-1.aspx
	<u>Half of Us</u>	<i>A youth oriented site that includes information on dealing with addiction and getting help.</i>	http://www.halfofus.com/condition/addiction/
Youth Bereaved by Suicide	<u>Suicide Prevention Lifeline: Loss Survivors</u>	<i>Resources for loss survivors and taking care of self.</i>	https://suicidepreventionlifeline.org/help-yourself/loss-survivors/
	<u>American Association of Suicidology</u>	<i>Helping survivors of suicide through various tools and resources.</i>	https://suicidology.org/resources/suicide-loss-survivors/
	<u>Sibling Survivors of Suicide Loss</u>	<i>The Sibling Survivors of Suicide Loss site aims to provide a safe place for anyone who has lost a sister or brother to suicide. It's a place to share memories, discuss your feelings and experiences, and to share photos. It's a place to connect with others who also miss their sister or brother.</i>	http://www.siblingsurvivors.com/
	<u>American Foundation for Suicide Prevention</u>	<i>Provides resources on healing conversations, support groups and provides a Children, Teens and Suicide Loss booklet.</i>	https://afsp.org/live-lost-someone
	<u>Alliance of Hope for Suicide Loss Survivors</u>	<i>Offers support, resources and connection with others who have experienced loss.</i>	https://allianceofhope.org/
	<u>Friends for Survival</u>	<i>Offering help after a suicide death including how to support children and teens who are grieving.</i>	https://friendsforsurvival.org/
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