

## RESOURCES FOR COMMUNITIES

### SUICIDE PREVENTION

#### Suicide Prevention Resource Center

- Suicide Prevention Topics and Terms
  - <https://www.sprc.org/about-suicide/topics-terms>

#### Centers for Disease Control and Prevention

- Suicide Prevention Resources
  - <https://www.cdc.gov/suicide/>
- Understanding Suicide: Fact Sheet
  - [https://www.cdc.gov/violenceprevention/pdf/suicide\\_factsheet-a.pdf](https://www.cdc.gov/violenceprevention/pdf/suicide_factsheet-a.pdf)
- Preventing Suicide: Facts Sheet
  - <https://www.cdc.gov/violenceprevention/pdf/suicide-factsheet.pdf>

#### American Academy of Suicidology

- Warning Signs
  - <https://suicidology.org/resources/warning-signs/>

#### U.S. Department of Health & Human Services

- Warning Signs (Youth)
  - <https://youth.gov/youth-topics/youth-mental-health/warning-signs>

#### Washington State Department of Health

- Washington State Suicide Prevention Plan
  - <https://www.doh.wa.gov/Portals/1/Documents/Pubs/631-058-SuicidePrevPlan.pdf>

### SUICIDE PREVENTION – Resources for Schools

#### Substance Abuse and Mental Health Services Administration

- Preventing Suicide: A Toolkit for High Schools
  - <https://store.samhsa.gov/sites/default/files/d7/priv/sma12-4669.pdf>

#### Suicide Prevention Lifeline

- Youth Suicide Prevention
  - <https://suicidepreventionlifeline.org/help-yourself/youth/>

#### American Foundation for Suicide Prevention

- After a Suicide: Toolkit for Schools
  - <https://afsp.org/after-a-suicide-a-toolkit-for-schools>
- K-12 Suicide Prevention
  - <https://afsp.org/suicide-prevention-in-k-12-schools>

#### U.S. Department of Health & Human Services

- School-Based Supports
  - <https://youth.gov/youth-topics/youth-mental-health/school-based>

## RESOURCES FOR COMMUNITIES

### SUICIDE PREVENTION – Resources for the Media

- Recommendations for Reporting on Suicide
  - <https://reportingonsuicide.org/>

#### Suicide Prevention Resource Center

- Safe and Effective Messaging
  - <https://sprc.org/sites/default/files/migrate/library/SafeMessagingrevised.pdf>

#### American Academy of Suicidology

- Snapshot of Media Reporting Recommendations
  - <https://suicidology.org/reporting-recommendations/>

#### National Alliance on Mental Illness

- Why Suicide Reporting Guidelines Matter
  - <https://www.nami.org/Blogs/NAMI-Blog/June-2018/Why-Suicide-Reporting-Guidelines-Matter>

## **RESOURCES FOR COMMUNITIES**

### **CRISIS INTERVENTION**

#### *Suicide Prevention Lifeline*

- Suicide Prevention Hotline
  - <https://suicidepreventionlifeline.org/>
- Suicide Prevention Chat
  - <https://suicidepreventionlifeline.org/chat/>
- Help Someone Else
  - <https://suicidepreventionlifeline.org/help-someone-else/>

#### *Crisis Text Line*

- Crisis Text Line
  - <https://www.crisistextline.org/>

#### *American Foundation for Suicide Prevention*

- Crisis Resources
  - <https://afsp.org/suicide-prevention-resources#crisis-services>

#### *American Academy of Suicidology*

- Crisis Resources
  - <https://suicidology.org/resources/crisis-resources/>
- 988 Mental Health Crisis Line Info Sheet
  - [https://suicidology.org/wp-content/uploads/2020/03/988\\_final.pdf](https://suicidology.org/wp-content/uploads/2020/03/988_final.pdf)

#### *National Alliance on Mental Illness*

- Five Action Steps for Helping Someone in Emotional Pain
  - <https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/>

### **CRISIS INTERVENTION – Resources for Family Members & Caregivers**

#### *American Foundation for Suicide Prevention*

- Teens and Suicide: What Parents Should Know
  - <https://afsp.org/teens-and-suicide-what-parents-should-know>

#### *Suicide Prevention Resource Center*

- Resources for Suicide Attempt Survivors and their Families and Friends
  - <https://sprc.org/livedexperience/tool/resources-suicide-attempt-survivors-their-families-friends>
- Suicide Prevention Resources for Parents/Guardians/Families
  - <https://sprc.org/resources-programs/suicide-prevention-resources-parentsguardiansfamilies>
- Resources for Family Members and Caregivers
  - <https://www.sprc.org/settings/family-members-and-caregivers>

#### *U.S. Department of Health & Human Services*

- Resources for Parents and Caregivers

## **RESOURCES FOR COMMUNITIES**

- <https://www.mentalhealth.gov/talk/parents-caregivers>
- Resources for Friends and Family Members
  - <https://www.mentalhealth.gov/talk/friends-family-members>

## RESOURCES FOR COMMUNITIES

### POST-SUICIDE COPING RESOURCES (POSTVENTION)

- Best Practices and Recommendations for Reporting on Suicide
  - <https://reportingonsuicide.org/recommendations/>

#### *Suicide Prevention Resource Center*

- Postvention Effectiveness
  - <https://sprc.org/news/postvention-effectiveness>
- Suicide Postvention as Suicide Prevention (video)
  - <https://sprc.org/video/suicide-postvention>
- Suicide Postvention as Suicide Prevention (page)
  - <https://sprc.org/news/postvention-prevention>
- Resources for Postvention Planning
  - [https://sprc.org/sites/default/files/resource-program/Spotlight\\_Postvention\\_ResourceSheetv03.pdf](https://sprc.org/sites/default/files/resource-program/Spotlight_Postvention_ResourceSheetv03.pdf)
- Recommendations for Memorials and Other Public Services After a Suicide
  - <https://www.sprc.org/sites/default/files/migrate/library/aftersuicide.pdf>
- After a Suicide: A Toolkit for Schools
  - <https://sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>
- Suicide Postvention in School Community
  - <https://sprc.org/sites/default/files/migrate/library/SchoolPostvention.pdf>

#### *American Foundation for Suicide Prevention*

- Returning to School After a Suicide Loss: For Teens
  - <https://afsp.org/story/returning-to-school-after-a-suicide-loss-for-teens>
- Returning to School After a Suicide Loss: For Younger Children
  - <https://afsp.org/story/returning-to-school-after-a-suicide-loss-for-younger-children>

## RESOURCES FOR COMMUNITIES

### RESOURCES FOR SURVIVORS/PEOPLE WITH LIVED EXPERIENCE

#### American Foundation for Suicide Prevention

- Losing Someone to Suicide
  - <https://afsp.org/ive-lost-someone>

#### Suicide Prevention Lifeline

- With Help Comes Hope
  - [https://lifelineforattemptsurvivors.org/?\\_ga=2.178966306.740530239.1619218494-1715272323.1607470216](https://lifelineforattemptsurvivors.org/?_ga=2.178966306.740530239.1619218494-1715272323.1607470216)
- Resources for Suicide Attempt Survivors
  - <https://suicidepreventionlifeline.org/help-yourself/attempt-survivors/>

#### Substance Abuse and Mental Health Services Administration

- A Journey... Handbook for Recovery After a Suicide Attempt
  - <https://store.samhsa.gov/product/A-Journey-Toward-Health-and-Hope-Your-Handbook-for-Recovery-After-a-Suicide-Attempt/SMA15-4419>

#### American Academy of Suicidology

- Resources for Suicide Loss Survivors
  - <https://suicidology.org/wp-content/uploads/2019/07/Resources-for-Survivors-of-Suicide.pdf>
- Helping Survivors of Suicide
  - <https://suicidology.org/resources/suicide-loss-survivors/helping-sosl/>
- Resources for Suicide Attempt Survivors
  - <https://suicidology.org/resources/suicide-attempt-survivors/>
- Best Practices for Presentations by Suicide Loss and Suicide Attempt Survivors
  - [https://suicidology.org/wp-content/uploads/2019/07/Best\\_Practices\\_Presentations\\_Suicide\\_Loss\\_Suicide\\_Attempt\\_Survivors.pdf](https://suicidology.org/wp-content/uploads/2019/07/Best_Practices_Presentations_Suicide_Loss_Suicide_Attempt_Survivors.pdf)