



Suicide Prevention Education Program Catalog 2023-24

Broome County, New York



Why a Resource Guide for Suicide Prevention Training is Critical

Suicide is a critical public health problem; however, suicides are preventable with timely, evidence-based and often low-cost interventions (WHO, 2021). More than 50% of Americans have been affected by suicide in some way, and it continues to impact all age groups from children to older adults. According to the American Foundation for Suicide Prevention (AFSP), suicide is the 12th leading cause of death in the United States, and the 3rd leading cause of death for youth between the ages 10-19. With the advent of COVID-19 and its impact on work, food scarcity, and disruption to family dynamics; coupled with the universal impact on mental health, experts predict the number of affected individuals will continue to rise in the coming years. Yet, despite such grim statistics, **THERE IS HOPE**. In fact, according to a nationwide study, 93% of adults in the U.S. think suicide can be prevented (AFSP, 2021).

Both risk and protective factors exist for suicide. In assessing the possibility of suicide, it is pertinent to look at both risk factors (aspects that can increase the potential of risk for suicide) as well as protective factors (those aspects that may help to reduce the risk for suicide). Risk factors include feelings of anxiety, depression, hopelessness, lack of coping and problem-solving skills, stress, and identifying as lesbian, gay, bisexual, transgender, or queer (LGBTQ) (Jacobs, 2006). Depression, anxiety, and hopelessness are correlated with difficulty concentrating, social isolation, decreased academic performance, and sleeping and eating disturbances (John Hopkins University, 2013). Protective factors contribute to a decreased risk of suicide and include effective mental health resources, feelings of connectedness to individuals, family, community, and networks, quality problem-solving skills, and open communication with parents and caregivers (Suicide Prevention Resource Center [SPRC]). School settings provide a unique platform to increase protective factors by advocating for the mental and emotional health of students, specifically suicide awareness. However, the majority of students and teachers have not received adequate mental health training (Jacobs 2006); thus, there is a need to incorporate mental health activities, particularly focusing on suicide prevention, into the school setting. In addition to school settings, families play a huge role as a protective factor in suicide prevention. The need for family training, intervention, and capacity building has never been greater than now. Community partners can help enhance protective factors in both school and family settings.

Suicide is preventable and we must all play our part in creating healthy and strong individuals, families, and communities (CDC 2021). One way that we can do that is to increase public awareness by providing education on suicide, and to simultaneously work to reduce the stigma surrounding mental health and suicide. BC SAFE is dedicated to achieving that goal. As a local suicide prevention coalition, our mission is to reduce the number of suicides and suicide attempts in our community. To achieve this, our coalition members have constructed this repository of workshops and suicide prevention resources for your reference and use. As always, if you or someone you know are in crisis, please call or text the 988 Suicide and Crisis Lifeline at 988. Resources are available 24/7/365.

In Hope - BC SAFE Coalition



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Trainings to Support Students & Young Adults

- Youth: Ages 5-11 (Grades K-5)**

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP) in partnership with the United Way of Connecticut	Gizmo's Pawesome Guide to Mental Health: Host a 30–40-minute read-along for children 5-11 and their trusted adults. Topics cover mental health and social emotional learning, development, and social connectedness. Click HERE to listen to this five-minute story about Connecticut’s effort to create and implement an upstream suicide prevention curriculum in elementary schools.	N/A	Virtual or In-Person	BC SAFE

- Adolescents & Teens: Ages 12-18 (Grades 6-12)**

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	It’s Real: Teens and Mental Health: Intended for high school classes or community settings with groups of teens, ages 14 to 18. It’s Real: Teens and Mental Health is a 45-minute program that provides young people with mental health education and resources. The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.	N/A	Virtual or in-person	BC SAFE
American Foundation for Suicide Prevention (AFSP)	It’s Real: College Students and Mental Health is a 45–60-minute training intended for college students and high school seniors.	N/A	Virtual or in-person	BC SAFE
LivingWorks	START : LivingWorks START is a self-paced, fee-based training appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	BC SAFE
LivingWorks	Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK): LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are	Yes	In-Person	LivingWorks

	available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).			
teen Mental Health First Aid (tMHFA)	teen Mental Health First Aid (tMHFA): teen Mental Health First Aid (tMHFA) teaches teens in grades 10-12 (ages 15-18) how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.	N/A	Virtual or in-person	BC SAFE

● **Young Adults & College Students: Ages 18+**

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	Talk Saves Lives - An Introduction to Suicide Prevention: Talk Saves Lives is a 60-minute training intended to introduce the public to suicide prevention and the role everyone can play in preventing suicide.	N/A	Virtual or in-person	BC SAFE
American Foundation for Suicide Prevention (AFSP)	It's Real - College Students and Mental Health: It's Real - College Students and Mental Health: is a 45–60-minute training intended for college students and high school seniors.	N/A	Virtual or in-person	BC SAFE
LivingWorks	START : LivingWorks START is a self-paced, fee-based training appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	LivingWorks
LivingWorks	Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK): LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs). Fee-based.	Yes	In-Person	LivingWorks



Trainings to Support Parents and Families

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	More Than Sad for Parents a 90-minute program that teaches parents how to recognize signs of depression and other mental health problems; initiate a conversation about mental health with their child; and get help. This program focuses on parents and guardians of teen youth.	N/A	Virtual or In-Person	BC SAFE
American Foundation for Suicide Prevention (AFSP)	More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel is a 120-minute program that teaches educators to recognize signs of mental health distress in students and refer them for help. This program focuses on high school teachers and other school personnel.	N/A	Virtual or In-person	BC SAFE
American Foundation for Suicide Prevention (AFSP)	Talk Saves Lives: An Introduction to Suicide Prevention: Talk Saves Lives is a 60-minute training intended to introduce the public to suicide prevention and the role everyone can play in preventing suicide. This program provides participants with the most up-to-date research, and provides guidance on what can be done to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.	N/A	Virtual or in-person	BC SAFE
American Foundation for Suicide Prevention (AFSP)	It's Real - College Students and Mental Health: It's Real - College Students and Mental Health: is a 45–60-minute training intended for college students and high school seniors.	N/A	Virtual or In-Person	BC SAFE
LivingWorks	START : LivingWorks START is a self-paced, fee-based training appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	LivingWorks
LivingWorks	Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK): LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs). Fee-based.	Yes	In-Person	LivingWorks

QPR Institute	QPR (Question, Persuade, Refer): QPR is a 60-minute certification course available for individuals or groups. QPR is designed to teach “gatekeepers” the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who may have the ability to recognize if someone is at risk for suicide, and connect them to help. (Ex - parents, friends, neighbors, teachers, coaches, caseworkers, first responders). Fee-based.	Yes	Virtual or in-person	QPR Institute
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Trainings to Support Adults & Professionals

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	Talk Saves Lives: An Introduction to Suicide Prevention: Talk Saves Lives is a 60-minute training intended to introduce the public to suicide prevention and the role everyone can play in preventing suicide. This program provides participants with the most up-to-date research, and provides guidance on what can be done to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.	N/A	Virtual or in-person	BC SAFE
LivingWorks	START : LivingWorks START is a self-paced, fee-based training appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	LivingWorks
LivingWorks	Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK): LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).	Yes	In-Person	LivingWorks
LivingWorks	Applied Suicide Intervention Skills Training (ASIST): LivingWorks ASIST is a two-day, in-person practice-dominated course to help caregivers learn to recognize and review risk, and to intervene to prevent imminent risk of suicide. Fee-based.	Yes	In-Person	LivingWorks



National Council for Mental Wellbeing	Adult Mental Health First Aid (MHFA): MHFA for Adults is a 1-day certification course that teaches participants how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Topics covered include anxiety, depression, psychosis, and addictions. To learn more, download the Mental Health First Aid for Adults one-pager . Cost may vary.	Yes	Virtual, In-Person & Hybrid	BC SAFE
National Council for Mental Wellbeing	Youth Mental Health First Aid (YMHA): Youth MHFA for Adults is a 1-day certification course that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. YMHA is primarily designed for adults who regularly interact with young people. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. To learn more, download the Mental Health First Aid for Youth one-pager .	Yes	Virtual, In-Person & Hybrid	BC SAFE
QPR Institute	QPR (Question, Persuade, Refer): QPR is a 60-minute certification course available for individuals or groups. QPR is designed to teach “gatekeepers” the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who may have the ability to recognize if someone is at risk for suicide, and connect them to help. (Ex - parents, friends, neighbors, teachers, coaches, caseworkers, first responders). Fee-based.	Yes	Virtual or in-person	QPR Institute

Trainings to Support Specific Vocations

- **Education Professionals**

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP) in partnership with the United Way of Connecticut	Gizmo's Pawesome Guide to Mental Health: Host a 30–40-minute read-along for children 5-11 and their trusted adults. Topics cover mental health and social emotional learning, development, and social connectedness. Click HERE to listen to this five-minute story about Connecticut’s effort to create and implement an upstream suicide prevention curriculum in elementary schools.	N/A	Virtual or in-person	BC SAFE

National Council for Mental Wellbeing	Youth Mental Health First Aid (YMHFA): Youth MHFA for Adults is a 1-day certification course that teaches parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. YMHFA is primarily designed for adults who regularly interact with young people. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. To learn more, download the Mental Health First Aid for Youth one-pager .	Yes	Virtual, In-Person & Hybrid	BC SAFE
QPR Institute	QPR (Question, Persuade, Refer): QPR is a 60-minute certification course available for individuals or groups. QPR is designed to teach “gatekeepers” the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who may have the ability to recognize if someone is at risk for suicide, and connect them to help. (Ex - parents, friends, neighbors, teachers, coaches, caseworkers, first responders). Fee-based.	Yes	Virtual or In-Person	BC SAFE
American Foundation for Suicide Prevention (AFSP)	Talk Saves Lives: An Introduction to Suicide Prevention: Talk Saves Lives is a 60-minute training intended to introduce the public to suicide prevention and the role everyone can play in preventing suicide. This program provides participants with the most up-to-date research, and provides guidance on what can be done to save lives. Participants will learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.	N/A	Virtual or in-person	BC SAFE
LivingWorks	START : LivingWorks START is a self-paced, fee-based training appropriate for Ages 13+. LivingWorks Start teaches trainees to be “safety starters,” giving them the ability to recognize when someone is thinking about suicide and connect them to help and support.	Yes	Virtual	LivingWorks
LivingWorks	Suicide Alertness for Everyone - Tell Ask Listen KeepSafe (safeTALK): LivingWorks safeTALK is a 3-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to recognize warning signs, effectively communicate with individuals who are thinking about suicide, and connect them with life-saving intervention resources. Three contact hours are available for Social Workers, Licensed Mental Health Counselors, and Credentialed Alcohol and Substance Abuse Counselors (CASACs).	Yes	In-Person	BC SAFE

LivingWorks	Applied Suicide Intervention Skills Training (ASIST): LivingWorks ASIST is a two-day, in-person practice-dominated course to help caregivers learn to recognize and review risk, and to intervene to prevent imminent risk of suicide. Fee-based.	Yes	In-Person	<u>LivingWorks</u>
Suicide Prevention Center of New York (SPCNY)	Creating Suicide Safety in School is a 1-day workshop is designed to assist school administrators, school-based mental health and health professionals, school safety staff, and school counselors with planning suicide prevention activities. Sometimes board members, teachers, and parents attend; it is ideal to include members of the school community who are vested in assessing current prevention and response readiness and providing recommendations for improvements. Implementation teams come together to spend the day learning about suicide and best practices in prevention. Small and large group discussions facilitate the development of a customized action plan.	N/A	Virtual or in-person	<u>BC SAFE</u>
Suicide Prevention Center of New York (SPCNY)	Suicide Safety for Teachers and School Staff (SST) is a 90-minute suicide awareness and prevention training designed to meet the basic needs of school administration, faculty, and staff. The course focuses on recognizing warning signs, the referral process in place at school, and making a warm handoff.	N/A	Virtual or in-person	<u>BC SAFE</u>
Suicide Prevention Center of New York (SPCNY)	Helping Students at Risk for Suicide (HSAR) is a 1-day workshop that incorporates the process of assessing, intervening, safety planning, and following up when there is concern that a student may be at-risk for suicide. This training is suitable for school-based health, mental health, pupil services, school safety professionals and administrators; as well as special education, and pupil services administrators. HSAR training goals include: 1) to improve the competence and confidence of school-based professionals to intervene when suicide risk is identified; and 2) to assist school leaders with developing standardized policies and procedures to support best practices in suicide intervention.	N/A	Virtual or in-person	<u>BC SAFE</u>



● **First Responders (Public Safety, Law Enforcement, Fire & EMS Professionals)**

Agency	Training Title & Description	Cost	Format	Training Contact
National Council for Mental Wellbeing	<u>Mental Health First Aid (MHFA) for Public Safety</u> is a 1-day certification course that provides law enforcement officers/administrators and public safety professionals with more response options to help them de-escalate incidents and better understand mental illnesses so they can respond to mental health-related situations appropriately without compromising safety. To learn more, download the Mental Health First Aid for Public Safety one-pager . Cost may vary.	Yes	In-Person	BC SAFE
National Council for Mental Wellbeing	<u>Mental Health First Aid (MHFA) for Corrections</u> is a 1-day certification course that equips corrections professionals with the knowledge and skills to identify, understand and respond to mental health and substance use challenges in their peers. By providing the necessary support and resources, correctional facilities can help staff members cope with the challenges they face, reduce burnout and promote a positive work environment that ultimately benefits both staff and the individuals they serve. To learn more, download the Mental Health First Aid for Corrections one-pager . Cost may vary.	Yes	In-Person	MHFA
National Council for Mental Wellbeing	<u>Mental Health First Aid (MHFA) for Fire/EMS</u> is a 1-day certification course that focuses on the unique experiences and needs of firefighters and emergency medical services (EMS) personnel and is a valuable resource that can make a difference in their lives and in the communities in which they live. Firefighters and EMS workers learn about the importance of early intervention and how, as first responders, they can intervene in the field and provide direct assistance to someone who is experiencing a mental health challenge or crisis. To learn more, download the Mental Health First Aid for Fire and EMS one-pager . Cost may vary.	Yes	In-Person	BC SAFE
QPR Institute	<u>QPR (Question, Persuade, Refer) for Law Enforcement</u> is a fee-based, self-paced course designed to address law enforcement’s shared mission to help others, including those at risk for suicide. This course provides basic “gatekeeper” and intervention skills for law enforcement professionals.	Yes	Virtual	QPR Institute
QPR Institute	<u>QPR (Question, Persuade, Refer) for Corrections</u> is a fee-based, self-paced course designed to teach corrections professionals how to mitigate the risk of suicide attempts both in and out of correctional facilities.	Yes	Virtual	QPR Institute

QPR Institute	QPR (Question, Persuade, Refer) for Firefighters & EMS is a fee-based, self-paced course addresses the knowledge and skills first responders need to deal effectively with suicidal people, family members of the deceased by suicide, and to look after the health and safety of their colleagues and co-workers.	Yes	Virtual	QPR Institute
CIT (Crisis Intervention Team) International	The Crisis Intervention Team (CIT) program is a 40-hour course offered to active law enforcement professionals only. CIT is an innovative first-responder model of police-based crisis intervention training to help persons with mental disorders and/or addictions access medical treatment rather than place them in the criminal justice system due to illness-related behaviors. It also promotes officer safety and the safety of the individual in crisis.	Yes	In-Person	BC SAFE
Post-Critical Incident Seminar (PCIS)	Post-Critical Incident Seminar (PCIS) is a 3-day seminar offered by New York Law Enforcement Assistance Program (NYLEAP) to assist first responders that have endured adverse effects in their every day lives as a result of being involved in on-duty critical incidents, exposed to cumulative career stress, and/or who have experienced traumatic life events unrelated to their law enforcement career. This is a peer-based program, where peer-to-peer assistance is accompanied by clinical staff to assist the participant in finding healthy ways to cope with stress and manage post-traumatic stress disorder (PTSD).	N/A	In-Person	NYLEAP

● **Veterans**

Agency	Training Title & Description	Cost	Format	Training Contact
Department of Veterans Affairs	Operation S.A.V.E. is a 1-hour program that is focused on preventing suicide attempts and saving lives that might otherwise be lost to suicide. It is designed to train everyone who knows a veteran to be a “gatekeeper,” where the role of the gatekeeper is to connect those at risk for suicide with people who can help them.	N/A	Virtual or in-person	BC SAFE
National Council for Mental Wellbeing	Mental Health First Aid (MHFA) for Veterans is a 1-day certification course that teaches people how to notice and respond to signs of mental health and addiction challenges with a specific focus on the cultural factors related to military life. To learn more, download the Mental Health First Aid for Veterans one-pager .	Yes	In-Person	BC SAFE



● **Clinicians & Health Care Workers**

Agency	Training Title & Description	Cost	Format	Training Contact
Zero Suicide	Zero Suicide Care Training Options: The Zero Suicide framework recommends that all employees, clinical and non-clinical, receive suicide prevention training appropriate to their role. Implementation teams are encouraged to use the Zero Suicide Workforce Survey to assess the needs of their staff as a first step.	Yes	Varies	Zero Suicide
QPR Institute	QPR (Question, Persuade, Refer) for Doctors & Physician Assistants is a fee-based, self-paced course that targets patient safety, teaches a suicide screening tool, a best practice rapid assessment protocol, and updates emerging practice standards. The course addresses suicide among physicians and includes a 45-minute lecture on how to prevent veteran suicide.	Yes	Virtual	QPR Institute

Postvention – Supporting those who have lost someone to suicide

Agency	Training Title & Description	Cost	Format	Training Contact
American Foundation for Suicide Prevention (AFSP)	After a Suicide: A Toolkit for Schools If your school has lost someone to suicide, this toolkit offers best practices and practical tools to help schools in the aftermath of a suicide. In collaboration with the Suicide Prevention Resource Center, AFSP offers After a Suicide: A Toolkit for Schools to help schools respond in the aftermath of a suicide death. This newly revised resource (2018) provides information for school administrators and other school staff who wish to implement a coordinated response to the suicide. The toolkit provides information on how best to communicate and support the school community and manage the crisis response. Also found in the toolkit is information on helping students cope, communicating with parents, working with the community, and engaging external resources for support.	No	Toolkit	BC SAFE
American Foundation for Suicide Prevention (AFSP)	Surviving a Suicide Loss - Resource and Healing Guide: AFSP's <i>Resource and Healing Guide</i> provides information about coping with loss, the survivor loss community, and resources to help with your journey.	No	PDF	AFSP

Suicide Prevention Resources

BC SAFE Emergency & Community Resources for Broome County, NY	<u>Click to Access Resources</u>
<u>988 Suicide and Crisis Lifeline</u> We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.	Call: 988 or 1-800-273-TALK (8255) Chat: https://suicidepreventionlifeline.org/chat/
<u>Crisis Text Line</u> Free 24/7 support at your fingertips	Text HOME to 741741

Helpful Links

- [American Foundation for Suicide Prevention \(AFSP\) - risk factors & warning signs](#)
- [AFSP- Teens & Suicide: what parents should know](#)
- [AFSP-Loss and Healing Resources](#)
- [The Dougy Center for Grieving Children and Families](#)
- [Suicide Prevention Center of NY \(SPCNY\)](#)
- [KeepitSecure.net https://www.va.gov/reach/lethal-means](https://www.va.gov/reach/lethal-means)
- [Worriedaboutaveteran.org https://worriedaboutaveteran.org](https://worriedaboutaveteran.org)
- <https://www.mirecc.va.gov/visn19/postvention/>
- <https://www.taps.org/suicidepostvention>
- [National Institute of Mental Health \(NIMH\) - Suicide Prevention](#)
- [Suicide Prevention Resource Center](#)



[Click to Request more information or Training](#)

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