

Parent/Guardian Information about Suicide Prevention

Kentucky legislation, [KRS 156.095\(6\)](#) requires that all middle and high school students receive suicide prevention information before September 15 each year. This year, there will be intentional focus on building resilience and coping skills, feelings, and help seeking as it relates to COVID-19 and time away from school. Therefore, this parent/guardian information is provided to support the discussion you may have with your child(ren) regarding suicide prevention and navigating the return to school.

According to the Kentucky Division of Behavioral Health, “Students who perceive school is not a safe place have an increased likelihood of also reporting suicidal behavior” (Rothon et al., 2009).

- Among Kentucky middle and high schools, 14.6% of students said they felt unsafe/very unsafe at school. Students aged 15-19 had the highest rate of feeling unsafe at 17.3% (Kentucky Incentives for Prevention (KIP), 2019).
- Those who feel unsafe are four times more likely to attempt suicide (KIP, 2019). Suicide is the leading cause of death among youth ages 10-14 and the second leading cause among those ages 15-34. (Cabinet for Health and Family Services, 2020).

Below is a curated list of resources for parents regarding suicide prevention as well as school based and outside agency support:

[Not My Kid: What Every Parent Should Know](#)

[Suicide Fact Sheet](#)

[Talking to your kids about suicide](#)

[School Based Therapy Listing Elementary School](#)

[School Based Therapy Listing Secondary School](#)

[Outside Agency Listing](#)

[Additional Resources for Parents](#)