



2022-23 Suicide Prevention Guide for High Priority Youth Group

The San Diego County Office of Education's Student Wellness & School Culture Department created this guide to support school districts in meeting the legislative requirements of AB2246. General suicide prevention resources are critical in supporting all youth. AB2246 calls out high priority youth groups that are disproportionately affected by suicide. This guide contains a list of vetted resources that are specific to each high priority group.

High Priority Group	Resource Link	Description
<p style="text-align: center;">American Indian/Alaskan Native</p>	<u>Indian Health Services: Suicide Prevention and Care Program</u>	The Federal Health Program for American Indians and Alaska Natives with specific resources for American Indians and Alaska Natives.
	<u>American Indians Seven Generations Prevent Suicide Video</u>	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.
	<u>Native Americans and Alaskan Natives : Lifeline (988lifeline.org)</u>	Native Americans: How to take care of yourself.
	<u>We R Native</u>	Wanting to End Your Life: Articles and resources.
	<u>Alaskan Natives: Heart of the Land Prevent Suicide Video</u>	Suicide greatly affects 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.

Attempt Survivors	Suicide Prevention Lifeline: Attempt Survivors	Coping with the deep hurt after surviving a suicide attempt and finding hope is possible. The Lifeline is available for support, 24/7.
	SAMHSA: After an Attempt	A guide for taking care of your family members after treatment in the emergency department.
	Suicide Prevention Resource Center	Resources for Suicide Attempt Survivors and Their Families and Friends.
LGBTQ+	Trevor Project	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.
	Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth	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.
	TrevorLifeLine: 866-488-7386	TrevorLifeline is a crisis intervention and suicide prevention phone service available 24/7/365.
	Trevor Text: Text "START" to 678678	TrevorText is a confidential text messaging with a Trevor counselor, available 4/7/365.
	Trevor Chat	TrevorChat is a confidential online instant messaging with a Trevor counselor, available 24/7.
	Trans Lifeline: 877-565-8860	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.
	Blackline: 800-604-5841	BlackLine is a 24-hours a day, 7 days a week hotline geared towards the Black, Black LGBTQI, and 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.
National Association of School Psychologists	The National Association of School Psychologist list of organizations supporting LGBTQ Youth.	

Youth with Disabilities	Suicide Prevention Resource Center	Populations: This webpage provides information and prevention resources for people with disabilities.
	National Suicide Prevention Lifeline	Resources for Deaf, Hard of Hearing and Hearing Loss.
Youth with Mental Illness	National Institute of Mental Health	Suicide Prevention & Mental Health webpage provides related information and resources.
	National Alliance on Mental Illness	NAMI Helpline at 800-950-NAMI.
	Active Minds	Through education, research, advocacy, and a focus on young adults ages 14–25, Active Minds is opening 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.
	Each Mind Matters	Provides mental health information and resources as well as personal stories.
	SanaMente	Provides mental health information and resources as well as personal stories in Spanish.
	Mental health 101 - Mental Health Is Health	Youth can learn about mental health, what influences it and ways to protect and improve it.
	It's Up To Us	Resources for young adults to find help, help others and increase mental health literacy.
Youth with Substance Use Disorder	Reach Out	Website for young people that includes information and resources for youth on alcohol, drugs, and addiction.
	Here to Help	You and Substance Use: Stuff to think about and ways to make changes.
	Suicide Prevention Lifeline: Loss Survivors	Resources for loss survivors and taking care of self.

**Youth Bereaved by
Suicide**

[American Association of Suicidology](#)

Helping survivors of suicide through various tools and resources.

[Sibling Survivors of Suicide Loss](#)

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 is a place to share memories, discuss your feelings and experiences, and to share photos. It is a place to connect with others who also miss their sister or brother.

[American Foundation for Suicide Prevention](#)

Provides resources on healing conversations, support groups and provides a Children, Teens, and Suicide Loss booklet.

[Alliance of Hope for Suicide Loss Survivors](#)

Offers support, resources and connection with others who have experienced loss.

[Friends for Survival](#)

Offering help after a suicide death including how to support children and teens who are grieving.