

# **SUICIDE PREVENTION GUIDE FOR HIGH PRIORITY YOUTH GROUPS**



**Legislative requirements of AB2246 and AB1767 specify the need to support high priority youth groups disproportionately affected by suicide. This guide supports LEAs in meeting these requirements through providing information and resources to address the needs of high priority youth:**

- **American Indian and Alaska Native Youth**
- **Attempt Survivors**
- **LGBTQ+ Youth**
- **Youth Bereaved by Suicide**
- **Youth with Disabilities**
- **Youth with Substance Use Disorders**
- **Youth with Mental Illness**
- **\*Black/African American Youth (emerging trend population)**
- **\*Latinx Youth (emerging trend population)**

# American Indian and Alaska Native Youth

Resource	Description
<a href="#">Alaskan Natives: Heart of the Land Prevent Suicide Video</a>	Video showcasing indigenous young men and how connections to their ancestors and traditions can help them overcome pain, silence, and stigma to seek help
<a href="#">American Indian/Alaska Native Children's Health</a>	Snapshot of American Indian/Alaska Native children's health in CA that provides an overview of key child health indicators, including protective factors, mental health statistics, and more
<a href="#">American Indians Seven Generations Prevent Suicide Video</a>	Video highlighting the strength of generations to help indigenous young men overcome pain, silence, and stigma to seek help
<a href="#">Indian Health Services: Suicide Prevention and Care Program</a>	Specific resources from the Federal Health Program for American Indians and Alaska Natives
<a href="#">National Suicide Prevention Lifeline</a>	Resources and guidance to support members of the American Indian/Alaska Native community
<a href="#">Suicide Prevention Resource Center</a>	Information and prevention resources specific to American Indians/Alaska Natives
<a href="#">We R Native</a>	Native youth-centered website with articles and resources regarding suicide

# Attempt Survivors

Resource	Description
<a href="#">American Association of Suicidology</a>	Information and resources for suicide attempt survivors, including a handbook for recovery, links to support groups, and resources for friends and family of survivors
<a href="#">American Foundation for Suicide Prevention</a>	Provides information, guidance, and resources for those who have survived a suicide attempt
<a href="#">National Suicide Prevention Lifeline</a>	Information and resources to help support attempt survivors as well as their friends and families
<a href="#">SAMHSA: After an Attempt</a>	A guide for taking care of family members after treatment in the emergency department
<a href="#">Suicide Awareness Voices of Education</a>	Resources for those starting on their path to recovery after a suicide attempt

# LGBTQ+ Youth

Resource	Description
<a href="#">Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth</a>	Mental health guide for LGBTQ+ youth developed by Each Mind Matters
<a href="#">Culturally Competent Care for LGBTQ+ Youth</a>	A video from a Trevor Project expert explaining why LGBTQ+ youth are more likely to attempt suicide than their straight peers
<a href="#">Give Us the Floor</a>	Website by teens for teens that provides a space for group chats, tips, hotlines, and resources for LGBTQIA+ teens
<a href="#">LGBTQ+ Children's Health</a>	Snapshot of LGBTQ+ children's health in CA that provides an overview of key child health indicators, including protective factors, mental health statistics, and more
<a href="#">National Association of School Psychologists</a>	A list of organizations supporting LGBTQ+ youth from the National Association of School Psychologists
<a href="#">Providing Services and Supports for Youth who are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex or Two-Spirit</a>	SAMHSA resource to learn more about the LGBTQI2-S community that provides guidance on how to develop culturally and linguistically competent programs and services
<a href="#">Q Chat Space</a>	Online space that provides live, facilitated, chat-based discussion groups for LGBTQ+ and questioning teens ages 13-19 to have fun, connect around shared interests, and get good information

# LGBTQ+ Youth Continued

Resource	Description
<a href="#">Suicide Prevention Resource Center</a>	Information and prevention resources specific to the LGBTQ+ community
<a href="#">Trans Lifeline: 877-565-8860</a>	A lifeline primarily for transgender people in crisis and staffed by transgender people - available 7 days a week, 18 hours a day from 8:00 AM - 2:00 AM  <i>*Please note Trans Lifeline will not contact 911 if a caller is in imminent danger.</i>
<a href="#">Trevor LifeLine: 866-488-7386</a>	Offers crisis intervention and suicide prevention through phone, text, and online chat services - available 24/7 every day
<a href="#">Trevor Project</a>	The leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ+) young people ages 13-24

# Youth Bereaved by Suicide

Resource	Description
<a href="#">American Association of Suicidology</a>	Tools and resources to support survivors of suicide loss
<a href="#">American Foundation for Suicide Prevention</a>	Resources include connections to healing conversations, available support groups, and a booklet for children and teens navigating suicide loss
<a href="#">Alliance of Hope for Suicide Loss Survivors</a>	Offers support, resources, and connection with others who have experienced loss, including for those who are newly bereaved
<a href="#">Friends for Survival</a>	Offers help after a suicide death, including how to support children and teens who are grieving
<a href="#">National Suicide Prevention Lifeline</a>	Information and resources to support loss survivors as well as their friends and families
<a href="#">Sibling Survivors of Suicide Loss</a>	A safe place to connect, share memories, discuss feelings and experiences, and share photos for anyone who has lost a sibling to suicide
<a href="#">Survivors of Suicide Loss – San Diego</a>	A local support organization dedicated to reaching out and supporting people who have lost a loved one to suicide

## Youth with Disabilities

Resource	Description
<a href="#">National Suicide Prevention Lifeline: Deaf, Hard of Hearing, Hearing Loss</a>	Resources for those who are deaf, hard of hearing or have hearing loss
<a href="#">National Suicide Prevention Lifeline: Neurodivergence</a>	Resources for neurodivergent individuals and their friends and families
<a href="#">Suicide Prevention Resource Center</a>	Information and prevention resources for people with physical health problems or disabilities

## Youth with Substance Use Disorders

Resource	Description
<a href="#">Here to Help</a>	A substance use workbook for teens developed by the Centre for Addictions Research in BC
<a href="#">Reach Out</a>	Website for young people with information and resources on navigating alcohol, drugs, and addiction

# Youth with Mental Illness

Resource	Description
<a href="#">Active Minds</a>	Opens the conversation about mental health for ages 14-25 to create lasting change in the way mental health is talked about, cared for, and valued in the United States
<a href="#">It's Up to Us</a>	Resources for young adults to find help, help others, and increase mental health literacy
<a href="#">Mental Health 101 - Mental Health is Health</a>	Youth can learn about what influences mental health and ways to protect and improve their own mental health
<a href="#">National Alliance on Mental Illness</a>	Suicide warning signs, risk factors, and support resources for those with mental illness (NAMI Helpline: 800-950-NAMI)
<a href="#">National Institute of Mental Health</a>	Suicide prevention and mental illness resources
<a href="#">Take Action 4 Mental Health</a>	Mental health information, resources, and personal stories

# Black/African American Youth

\*Emerging trend population

Resource	Description
<a href="#">BEAM Wellness Tools</a>	Journal prompts and affirmations, mental health education tools, peer support tools, and training resources specific to the Black/African American community
<a href="#">Black and African American Communities and Mental Health</a>	Resource from Mental Health America that provides an overview of mental health issues in the Black and African American communities and includes resources for support
<a href="#">Black Children's Health Snapshot</a>	Snapshot of Black children's health in CA that provides an overview of key child health indicators, including protective factors, mental health statistics, and more
<a href="#">Brother Be Well</a>	A multimedia platform for boys and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness
<a href="#">NAMI Sharing Hope</a>	A NAMI initiative created by the Black/African Ancestry community to introduce discussions on mental health and wellness through a three-part community conversation series grounded in sacred storytelling and guided dialogue
<a href="#">National Suicide Prevention Lifeline</a>	Resources and guidance to support members of the Black community

# Black/African American Youth Continued

\*Emerging trend population

Resource	Description
<a href="#">Risk and Protective Factors: Black Populations</a>	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Black populations
<a href="#">The Steve Fund</a>	Organization dedicated to supporting the mental health and emotional well-being of young people of color through programs, services, and resources such as a youth healing space, a family corner, and a crisis text line

# Latinx Youth

\*Emerging trend population

Resource	Description
<a href="#">How to Support Undocumented Students' Mental Health: Dealing with Trauma and Anxiety</a>	A resource for educators supporting undocumented students and students from mixed-status families who are experiencing trauma and anxiety
<a href="#">Latinx Children's Health Snapshot</a>	Snapshot of Latinx children's health in CA that provides an overview of key child health indicators, including protective factors, mental health statistics, and more
<a href="#">Latinx/Hispanic Communities and Mental Health (*version en español)</a>	Resource from Mental Health America that provides an overview of mental health issues in the Latinx/Hispanic communities and includes resources for support (*Spanish language resources also available)
<a href="#">Latinx Therapy</a>	A collection of mental health podcasts, YouTube channels, and app recommendations for the Latinx community (*includes Spanish language resources)
<a href="#">Mental Health: A Guide for Latinos and their Families</a>	Video from the American Psychiatric Association discussing the different types of mental illness, treatments that work, and how to find mental health care (subtitles available in Spanish)
<a href="#">Mental Health for Immigrants: Taking Care of Yourself and Your Loved One</a>	Information and tips for anyone impacted by immigration stress on managing emotional and spiritual well-being

# Latinx Youth Continued

\*Emerging trend population

Resource	Description
<a href="#">NAMI Compartiendo Esperanza</a>	A NAMI initiative created by Hispanic/Latin American communities to introduce discussions on mental health and wellness through a three-part community conversation series grounded in sacred storytelling and guided dialogue
<a href="#">National Suicide Prevention Lifeline</a>	Spanish-language resources and guidance to support members of the Latinx community
<a href="#">Risk and Protective Factors: Hispanic Populations</a>	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Hispanic populations
<a href="#">SanaMente</a>	Mental health information, resources, and personal stories in Spanish
<a href="#">Suicide Attempts and Culturally Responsive Approaches for Latinos</a>	Factsheet includes current statistics, guidance on using culture as a protective factor, culturally responsive prevention and intervention models, and additional resources
<a href="#">Suicide Prevention Amongst Hispanics and Latinos</a>	Factsheet includes risk and protective factors for the Latino community as well as guidance for creating suicide-safer communities