



## Suicide Prevention Resources



Text Home to 741-741



### Society for the Prevention of Teen Suicide

SPTS provides information and resources on teen suicide prevention for educators, parents, and teens.

[www.sptsusa.org](http://www.sptsusa.org)  
[info@sptsusa.org](mailto:info@sptsusa.org)

**FACTS: Warning Signs for Suicide Handout** - [View PDF](#)

### National Resources

#### **Suicide Prevention Resource Center**

SPRC is the nation's only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention*.

[www.sprc.org](http://www.sprc.org)

#### **American Foundation for Suicide Prevention (AFSP)**

The American Foundation for Suicide Prevention (AFSP) funds research, creates educational programs, advocates for public policy, and support survivors of suicide loss.

[www.afsp.org](http://www.afsp.org)

#### **American Association of Suicidology (AAS)**

AAS promotes research, public awareness programs, public education and training for professionals and volunteers.

[www.suicidology.org](http://www.suicidology.org)

## **Center for Disease Control's Youth Risk Behavior Surveillance System**

The Youth Risk Behavior Surveillance System (YRBSS) monitors health-risk behaviors that contribute to the leading causes of death and disability among youth and adults, including self-harm and suicide.

Please use this website to review both national and state specific survey results and statistics.

<http://nccd.cdc.gov/youthonline/App/Default.aspx>

## **The Substance Abuse and Mental Health Services Administration (SAMHSA)**

Preventing Suicide: A Toolkit for High Schools. Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. Includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

<http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

## **LGBTQ Resources**

### **The 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.

[www.thetrevorproject.org](http://www.thetrevorproject.org)

### **Trevor Text**

Trevor Text- Available on Fridays (4:00 p.m. - 8:00 p.m. ET / 1:00 p.m. - 5:00 p.m. PT). Text the word "Trevor" to 1-202-304-1200. Standard text messaging rates apply.

### **Trevor Chat**

Available 7 days a week (3:00 p.m. - 9:00 p.m. ET / 12:00 p.m. - 6:00 p.m. PT).

<http://www.thetrevorproject.org/pages/get-help-now#tc>

### **Trevor Space**

Trevor Space is a social networking site for lesbian, gay, bisexual, transgender and questioning youth ages 13 through 24 and their friends and allies.

<https://www.trevorspace.org>

## **Additional Resources for Schools**

### ***Lifelines: A Three Part, Evidence-based Comprehensive Suicide Awareness and Responsiveness Program***

Prevention: A Suicide Prevention Program (includes student curriculum grades 5-12)

Intervention: Helping Students at Risk for Suicide

Postvention: Responding to Suicide and Other Traumatic Death

[Lifelines Description](#)

[www.sptsusa.org](http://www.sptsusa.org)

## **Olweus Bullying Prevention Program**

The *Olweus Bullying Prevention Program* is designed for students in elementary, middle, and junior high schools (students ages five to fifteen years old).

<http://www.hazelden.org/web/go/olweus>

## **Additional Suggested Reading**

***Why People Die by Suicide*** by Thomas Joiner, Ph.D.

***When Nothing Matters Anymore: A Survival Guide for Depressed Teens*** by Bev Cobain

***The Social and Emotional Development of Gifted Children: What Do We Know?*** by Maureen Neihart

***Suicide in Schools: A Practitioner's Guide to Multi-Level Prevention, Assessment, Intervention, and Postvention*** by T. Erbacher, J. Singer, & S. Poland

***Child and Adolescent Suicidal Behavior: School-Based Prevention, Assessment and Intervention.*** By D. Mille

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