

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
Alaskan Natives: Heart of the Land Prevent Suicide Video	Video showcasing indigenous young men and how connections to their ancestors and traditions can help them overcome pain, silence, and stigma to seek help
American Indian/Alaska Native Children's Health	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
American Indians Seven Generations Prevent Suicide Video	Video highlighting the strength of generations to help indigenous young men overcome pain, silence, and stigma to seek help
Indian Health Services: Suicide Prevention and Care Program	Specific resources from the Federal Health Program for American Indians and Alaska Natives
National Suicide Prevention Lifeline	Resources and guidance to support members of the American Indian/Alaska Native community
Suicide Prevention Resource Center	Information and prevention resources specific to American Indians/Alaska Natives
We R Native	Native youth-centered website with articles and resources regarding suicide

Attempt Survivors

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

LGBTQ+ Youth

Resource	Description
Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth	Mental health guide for LGBTQ+ youth developed by Each Mind Matters
Culturally Competent Care for LGBTQ+ Youth	A video from a Trevor Project expert explaining why LGBTQ+ youth are more likely to attempt suicide than their straight peers
Give Us the Floor	Website by teens for teens that provides a space for group chats, tips, hotlines, and resources for LGBTQIA+ teens
LGBTQ+ Children's Health	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
National Association of School Psychologists	A list of organizations supporting LGBTQ+ youth from the National Association of School Psychologists
Providing Services and Supports for Youth who are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex or Two-Spirit	SAMHSA resource to learn more about the LGBTQI2-S community that provides guidance on how to develop culturally and linguistically competent programs and services
Q Chat Space	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
Suicide Prevention Resource Center	Information and prevention resources specific to the LGBTQ+ community
Trans Lifeline: 877-565-8860	<p>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</p> <p><i>*Please note Trans Lifeline will not contact 911 if a caller is in imminent danger.</i></p>
Trevor LifeLine: 866-488-7386	Offers crisis intervention and suicide prevention through phone, text, and online chat services - available 24/7 every day
Trevor Project	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
American Association of Suicidology	Tools and resources to support survivors of suicide loss
American Foundation for Suicide Prevention	Resources include connections to healing conversations, available support groups, and a booklet for children and teens navigating suicide loss
Alliance of Hope for Suicide Loss Survivors	Offers support, resources, and connection with others who have experienced loss, including for those who are newly bereaved
Friends for Survival	Offers help after a suicide death, including how to support children and teens who are grieving
National Suicide Prevention Lifeline	Information and resources to support loss survivors as well as their friends and families
Sibling Survivors of Suicide Loss	A safe place to connect, share memories, discuss feelings and experiences, and share photos for anyone who has lost a sibling to suicide
Survivors of Suicide Loss – San Diego	A local support organization dedicated to reaching out and supporting people who have lost a loved one to suicide

Youth with Disabilities

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

Youth with Substance Use Disorders

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

Youth with Mental Illness

Resource	Description
Active Minds	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
It's Up to Us	Resources for young adults to find help, help others, and increase mental health literacy
Mental Health 101 - Mental Health is Health	Youth can learn about what influences mental health and ways to protect and improve their own mental health
National Alliance on Mental Illness	Suicide warning signs, risk factors, and support resources for those with mental illness (NAMI Helpline: 800-950-NAMI)
National Institute of Mental Health	Suicide prevention and mental illness resources
Take Action 4 Mental Health	Mental health information, resources, and personal stories

Black/African American Youth

*Emerging trend population

Resource	Description
BEAM Wellness Tools	Journal prompts and affirmations, mental health education tools, peer support tools, and training resources specific to the Black/African American community
Black and African American Communities and Mental Health	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
Black Children's Health Snapshot	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
Brother Be Well	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
NAMI Sharing Hope	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
National Suicide Prevention Lifeline	Resources and guidance to support members of the Black community

Black/African American Youth Continued

*Emerging trend population

Resource	Description
Risk and Protective Factors: Black Populations	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Black populations
The Steve Fund	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
How to Support Undocumented Students' Mental Health: Dealing with Trauma and Anxiety	A resource for educators supporting undocumented students and students from mixed-status families who are experiencing trauma and anxiety
Latinx Children's Health Snapshot	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
Latinx/Hispanic Communities and Mental Health (*version en español)	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)
Latinx Therapy	A collection of mental health podcasts, YouTube channels, and app recommendations for the Latinx community (*includes Spanish language resources)
Mental Health: A Guide for Latinos and their Families	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)
Mental Health for Immigrants: Taking Care of Yourself and Your Loved One	Information and tips for anyone impacted by immigration stress on managing emotional and spiritual well-being

Latinx Youth Continued

*Emerging trend population

Resource	Description
NAMI Compartiendo Esperanza	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
National Suicide Prevention Lifeline	Spanish-language resources and guidance to support members of the Latinx community
Risk and Protective Factors: Hispanic Populations	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Hispanic populations
SanaMente	Mental health information, resources, and personal stories in Spanish
Suicide Attempts and Culturally Responsive Approaches for Latinos	Factsheet includes current statistics, guidance on using culture as a protective factor, culturally responsive prevention and intervention models, and additional resources
Suicide Prevention Amongst Hispanics and Latinos	Factsheet includes risk and protective factors for the Latino community as well as guidance for creating suicide-safer communities