



NEW BRUNSWICK PUBLIC SCHOOLS DEPARTMENT OF STUDENT SUPPORT SERVICES

1000 Somerset Street
NEW BRUNSWICK, NEW JERSEY 08901
OFFICE: (732) 745-5300 EXT. 3501 / FAX: (732) 214-1285

AUBREY A. JOHNSON, Ed.D.
Superintendent of Schools

IRIS M. FORDE Ed.D.
Assistant Superintendent of Student Support Services

Dear New Brunswick Public Schools Community,

New Brunswick Public Schools commitment to suicide awareness and prevention continues to be at the forefront of our work. It is a continuous effort by all that requires vigilance and compassion throughout the year. Together, we can make a difference in the lives of every single one of our students and staff.

The Centers for Disease Control and Prevention ranked suicide as the [14th leading cause of death in New Jersey](#) and the third leading cause of death for ages 10 to 24. While New Jersey has a lower rate of suicide compared to the national average, we must continue to work collaboratively on proactively raising awareness for suicide behaviors.

NBPS recognizes the importance of identifying warning signs for suicide to prevent, intervene, and provide post-care for students who have considered or attempted suicide. As per [NBPS Policy 5350](#) "The Board directs all school district staff members to be alert to a student who exhibits warning signs of self-destruction or who threatens or attempts suicide. Any such warning signs or the report of such warning signs from another student or staff member shall be taken with the utmost seriousness and reported immediately to the Principal or designee." It is the responsibility of **all** staff members to **immediately report** any student or staff that is indicating that they have suicidal ideation to a School Administrator, Social Worker, and/or School Nurse.

To support schools in their efforts to increase awareness and prevent suicide, staff may find the following New Jersey Department of Education resources helpful:

For Students and Families:

- [Suicide & Crisis Lifeline Dial 9-8-8 \(24 hours a day - 7 days a week\)](#)
- [NJ Children's System of Care \(CSOC\) 1-877-652-7624 \(24 hours a day - 7 days a week\)](#)
- [2nd Floor Youth Helpline 1-888-222-2229](#)
- [Rutgers/UBHC Acute Psychiatric Services 1-732-235-5700](#)
- [Mobile Response Unit for Middlesex County 1-732-235-4404](#)
- [New Jersey Suicide Prevention HOPELINE 1-855-654-6735](#)
- [Text a crisis counselor](#)
- [Society for the Prevention of Teen Suicide \(SPTS\)](#)
- [Society for the Prevention of Teen Suicide - Navigating Back to School](#)
- [Not My Kid: What Every Parent Should Know](#)



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- [Survivors of Suicide](#)
- [KidsHealth](#)
- [National Institute of Mental Health \(NIMH\)](#)
- [National Association of School Psychologists \(NASP\)](#)
- [Resources for Families & Educators: Family Matters Inside the Classroom and At Home](#)
- [Youth.GOV](#)

For School Staff:

- [Creating Trauma-Informed Systems](#)
- [High School Toolkit: Building a Mental Health-Friendly Classroom](#)
- [Building Trauma-Sensitive Schools](#)
- [National Center on Safe and Supportive Learning Environments](#)
- [American Association of Suicidology \(AAS\)](#)
- [American Foundation for Suicide Prevention \(AFSP\)](#)
- [American Psychological Association \(APA\)](#)
- [Suicide Prevention Resource Center \(SPRC\)](#)
- [Society for the Prevention of Teen Suicide \(SPTS\)](#)
- [National Institute of Mental Health \(NIMH\)](#)
- [U.S. Surgeon General and Action Alliance for Suicide Prevention: Strategies for Prevention](#)
- [National Association of School Psychologists \(NASP\)](#)
- [Resources for Families & Educators: Family Matters Inside the Classroom and At Home](#)
- [Society for the Prevention of Teen Suicide - Navigating Back to School](#)

[Traumatic Loss Coalitions for Youth Program \(TLC\) at RUTGERS University Behavioral Health Care](#): The dual mission of the TLC is suicide prevention and trauma response assistance to schools following suicide, homicide, and deaths that result from accidents and/or illnesses. Functioning as an interactive, statewide network, TLC offers collaboration opportunities and support to professionals working with school-age youth via education, training, consultation, and coalition building to:

- Reduce suicide attempts, suicide completions, and promote recovery of persons affected by suicide
- Provide guidance and support in the response to a traumatic event.



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Resources:

- [American Association of Suicidology](#)
- [Centers for Disease Control and Prevention: Suicide: Risk and Protective Factors](#)
- [Suicide Prevention Resource Center: Risk and Protective Factors](#)
- [The Trevor Project \(for LGBTQ youth\): Preventing Suicide](#)
- [National Association of School Psychologists: Preventing Suicide: Guidelines for Administrators and Crisis Teams](#)
- [Society for the Prevention of Teen Suicide: Issues and Options Surrounding a Student's Return to School Following a Suicide-Related Absence](#)
- [Traumatic Loss Coalition - RUTGERS University Behavioral Health Care: Suicide Awareness, Prevention & Postvention](#)

Emergency Resources:

- [Suicide & Crisis Lifeline](#) Dial 9-8-8
24 hours a day - 7 days a week
- [2ND Floor Youth Helpline](#)
Call or Text 888-222-2228
24 hours a day - 7 days a week
Accredited by the American Association of Suicidology, 2ND Floor confidentially serves youth and young adults (ages 10-24). Youth who call are assisted with their daily life challenges by professional staff and trained volunteers.
- [New Jersey Suicide Prevention Hopeline](#)
Call 1-855-654-6735
New Jersey's 24/7 Peer Support & Suicide Prevention Hotline
- [National Suicide Prevention Lifeline \(Text 988\)](#)
Call 1-800-273-8255
24 hours a day - 7 days a week
- [LGBT National Helpline](#)
Call 1-888-843-4564
- For Non-New Jersey Residents, if you live outside of NJ but within the USA, you can reach the Crisis Text Line by texting HOME to 741741



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The Department of Student Support Services expresses sincere gratitude to the dedicated staff who remain at the forefront of delivering mental health support to our students and broader school community.

Dr. Iris Forde

Assistant Superintendent of Student Support Services

[NBPS Policy 5350 - Student Suicide Prevention](#)

[NBPS District Regulation 5350 - Student Suicide Prevention](#)