

# 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 by providing information and resources to address the needs of high priority youth populations:**

- **American Indian and Alaska Native Youth**
- **Attempt Survivors**
- **Black/African American Youth**
- **Latinx Youth**
- **LGBTQ+ Youth**
- **Youth Bereaved by Suicide**
- **Youth Experiencing Homelessness/Foster Youth**
- **Youth with Disabilities**
- **Youth with Mental Illness**
- **Youth with Substance Use Disorders**

# American Indian and Alaska Native Youth

Resource	Intended Audience	Description
<a href="#">Alaskan Natives: Heart of the Land Prevent Suicide Video</a>	Students	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="#">All Nations Hotline</a>	Students	A crisis text line for Native Americans, staffed by Native Americans; available Monday-Friday, 4 p.m. - 12 a.m. and Saturday-Sunday, 8 a.m. - 12 a.m. (text SUPPORT to 33464)
<a href="#">American Indian/Alaska Native Children's Health</a>	Staff	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>	Students	Video highlighting the strength of generations to help indigenous young men overcome pain, silence, and stigma to seek help
<a href="#">BlackLine</a>	Students	An anonymous, confidential hotline for immediate crisis counseling geared toward the Black, Black LGBTQI, Brown, Native, and Muslim communities (although no one will be turned away); available Monday-Friday, 6 a.m. - 5 p.m. and Saturday-Sunday, 4 - 8 p.m. <i>*Please note BlackLine will not contact 911 if a caller is in imminent danger.</i>
<a href="#">Communities of Indigenous American descent</a>	Staff	Website from Mental Health America that highlights quick facts, strengths, challenges, and historical context and cultural beliefs of mental health in indigenous communities as well as offers additional resources
<a href="#">Indian Health Services: Suicide Prevention and Care Program</a>	Staff	Specific resources from the Federal Health Program for American Indians and Alaska Natives
<a href="#">National Suicide Prevention Lifeline</a>	Staff	Resources and guidance to support members of the American Indian/Alaska Native community
<a href="#">Risk and Protective Factors: American Indian and Alaska Native Populations</a>	Staff	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for American Indian and Alaska Native populations

# Attempt Survivors

Resource	Intended Audience	Description
<a href="#">American Foundation for Suicide Prevention</a>	Students	Provides information, guidance, and resources for those who have survived a suicide attempt
<a href="#">Didi Hirsch Support Group</a>	Students	Facilitated support group offers a safe, nonjudgmental place for survivors to talk about what led them to attempt suicide and the impact on their lives; survivors learn coping skills to more effectively manage suicidal thoughts, and create safety plans to keep themselves safe during a crisis to help reduce triggers
<a href="#">National Suicide Prevention Lifeline</a>	Students	Information and resources to help support attempt survivors as well as their friends and families
<a href="#">Navigating Family Life After a Suicide Attempt</a>	Families	Article offers guidance on ensuring a safe return home, understanding emotions after an attempt, safety planning, communication tips, and guidance for a return to “regular” life
<a href="#">Parents to Parents: After Your Child's Suicide Attempt</a>	Families	A one-hour video informed by interviews with parents and experts that answers common questions and describes best practices in suicide care so that parents can best navigate a complex health care system
<a href="#">SAMHSA: After an Attempt</a>	Families	A guide for taking care of family members after treatment in the emergency department
<a href="#">Suicide Awareness Voices of Education</a>	Students	Resources for those starting on their path to recovery after a suicide attempt

# Black/African American Youth

Resource	Intended Audience	Description
<a href="#">BEAM Wellness Tools</a>	Students	Journal prompts and affirmations, mental health education tools, peer support tools, and training resources specific to the Black/African American community
<a href="#">Black Children's Health Snapshot</a>	Staff	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="#">BlackLine</a>	Students	An anonymous, confidential hotline for immediate crisis counseling geared toward the Black, Black LGBTQI, Brown, Native, and Muslim communities (although no one will be turned away); available Monday-Friday, 6 a.m. - 5 p.m. and Saturday-Sunday, 4 - 8 p.m.  <i>*Please note BlackLine will not contact 911 if a caller is in imminent danger.</i>
<a href="#">Brother Be Well</a>	Students	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="#">Communities of African Descent</a>	Staff	Website from Mental Health America that highlights quick facts, strengths, challenges, and historical context and cultural beliefs of mental health for communities of African descent as well as offers additional resources
<a href="#">NAMI Sharing Hope</a>	Students, Families	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>	Students	Resources and guidance to support members of the Black community
<a href="#">Risk and Protective Factors: Black Populations</a>	Staff	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Black populations
<a href="#">The Steve Fund</a>	Students	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
<a href="#">Why School Has More Black Kids Thinking About Suicide</a>	Staff	Article explains how schools can be a source of racial trauma, the price of unmet mental health needs, and the importance of healing (for more information, read <a href="#">Strategies for Discussing Race, Racial Discrimination, and Racial Trauma with Youth</a> )

# Latinx Youth

Resource	Intended Audience	Description
<a href="#">Communities of Latine and Hispanic Descent</a>	Staff	Website from Mental Health America that highlights quick facts, strengths, challenges, and historical context and cultural beliefs of mental health for communities of Latine and Hispanic descent as well as offers additional resources
<a href="#">How to Support Undocumented Students' Mental Health: Dealing with Trauma and Anxiety</a>	Staff	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>	Staff	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 Therapy</a>	Students, Families	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>	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)
<a href="#">NAMI Compartiendo Esperanza</a>	Families	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>	Students	Spanish-language resources and guidance to support members of the Latinx community
<a href="#">Risk and Protective Factors: Hispanic Populations</a>	Staff	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Hispanic populations
<a href="#">SanaMente</a>	Students	Mental health information, resources, and personal stories in Spanish
<a href="#">Suicide Attempts and Culturally Responsive Approaches for Latinos</a>	Staff	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>	Staff	Factsheet includes risk and protective factors for the Latino community as well as guidance for creating suicide-safer communities

# LGBTQ+ Youth

Resource	Intended Audience	Description
<a href="#">Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth</a>	Students	Mental health guide for LGBTQ+ youth developed by Each Mind Matters
<a href="#">Celebrating and Supporting 2SLGBTQIA+ Youth Wellness</a>	Staff	Infographic highlighting positive wellness statistics and support resources for the 2SLGBTQIA+ youth community (available in <a href="#">Spanish</a> )
<a href="#">Culturally Competent Care for LGBTQ Youth</a>	Students	Information and prevention resources specific to the LGBTQ+ community
<a href="#">2SLGBTQIA+ Youth Wellness</a>	Staff	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>	Students	Website by teens for teens that provides a space for group chats, tips, hotlines, and resources for LGBTQIA+ teens
<a href="#">How To Find a 2SLGBTQIA+ Affirming Therapist</a>	Students	A digital card to help guide individuals on important questions to ask when seeking out an affirming therapist, where to find support, and other important, affirming, mental health resources (available in <a href="#">Spanish</a> )
<a href="#">LGBTQ+ Children's Health</a>	Staff	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="#">LGBT National Youth Talkline</a>	Students	Callers of any age can speak about sexual orientation or gender identity/ expression issues, including suicide; available Monday - Friday, 11 am - 8 pm and Saturday, 9 am - 2 pm  <i>*Please note the Talkline will not contact 911 if a caller is in imminent danger.</i>

# LGBTQ+ Youth Continued

Resource	Intended Audience	Description
<a href="#">National Association of School Psychologists</a>	Staff	A list of organizations supporting LGBTQ+ youth from the National Association of School Psychologists
<a href="#">Showing Up for Yourself and Your 2SLGBTQIA+ Community</a>	Students	Infographic for youth on checking in, showing up, practicing self-care, and supporting their friends and loved ones in the 2SLGBTQIA+ community (available in <a href="#">Spanish</a> )
<a href="#">Trans Lifeline: 877-565-8860</a>	Students	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 Project &amp; Trevor LifeLine: 866-488-7386</a>	Students	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	Intended Audience	Description
<a href="#">American Association of Suicidology</a>	Students, Families	Tools and resources to support survivors of suicide loss
<a href="#">American Foundation for Suicide Prevention</a>	Students, Families	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>	Students, Families	Offers support, resources, and connection with others who have experienced loss, including for those who are newly bereaved
<a href="#">Friends for Survival</a>	Students, Families, Staff	Offers help after a suicide death, including how to support children and teens who are grieving
<a href="#">Loss Community Services</a>	Students, Families, Staff	Offers support, connection, companionship, activities, and events for those who have lost a loved one to suicide
<a href="#">National Suicide Prevention Lifeline</a>	Students, Families	Information and resources to support loss survivors as well as their friends and families
<a href="#">Sibling Survivors of Suicide Loss</a>	Students, Families	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>	Students, Families	A local support organization dedicated to reaching out and supporting people who have lost a loved one to suicide

# Youth Experiencing Homelessness/Foster Youth

Resource	Intended Audience	Description
<a href="#">CA Youth Crisis Line: 800-843-5200</a>	Students	Crisis line operates 24 hours a day, seven days a week as the statewide emergency response system for youth (ages 12-24) and families in crisis
<a href="#">Coping, Social Support, and Suicide Attempts among Homeless Adolescents</a>	Staff	Research summary from the Suicide Prevention Resource Center indicating the importance of social support for decreasing suicide risk among homeless youth
<a href="#">Suicide and Depression Among Homeless High School Students</a>	Staff	Key findings and takeaways from a report showing that homeless students are at significantly higher risk for suicide than high school students overall and ongoing support is needed to ensure their success
<a href="#">Suicide Prevention Resource Center</a>	Staff	Information and prevention resources for adults who support youth in foster care
<a href="#">Suicide Prevention Among Foster and Transitional Foster Youth</a>	Staff	Summary of suicide risk and protective factors for foster youth

# Youth with Disabilities

Resource	Intended Audience	Description
<a href="#">National Suicide Prevention Lifeline: Deaf, Hard of Hearing, Hearing Loss</a>	Students	Resources for those who are deaf, hard of hearing or have hearing loss
<a href="#">National Suicide Prevention Lifeline: Neurodivergence</a>	Students	Resources for neurodivergent individuals and their friends and families

# Youth with Mental Illness

Resource	Intended Audience	Description
<a href="#">Active Minds</a>	Students	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>	Students	Resources for young adults to find help, help others, and increase mental health literacy
<a href="#">Mental Health 101 - Mental Health is Health</a>	Students	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>	Staff	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>	Staff	Suicide prevention and mental illness resources
<a href="#">Take Action 4 Mental Health</a>	Students	Mental health information, resources, and personal stories

# Youth with Substance Use Disorders

Resource	Intended Audience	Description
<a href="#">How do I deal with suicidal thoughts and addiction?</a>	Students	Brief article by Mental Health America that offers strategies and resources for support
<a href="#">La Maestra Wellness Clinic</a> (*local to San Diego)	Students	Outpatient clinic offers evidence-based practices and mental health supports for youth ages 12 through 24 who are struggling with substance use and abuse
<a href="#">McAlister Institute</a> (*local to San Diego)	Students	Teen recovery centers offer substance use treatment, recovery, and education for adolescents who are using, misusing, or abusing alcohol and/or other drugs
<a href="#">Reach Out</a>	Students	Website for young people with information and resources on navigating alcohol, drugs, and addiction
<a href="#">SDCOE Substance Use and Prevention and Education: Programs and Supports</a>	Staff	Compilation of vetted programs, supports, trainings and resources
<a href="#">Teenage Suicide, Mental Health, and Substance Abuse</a>	Staff	Brief article with an overview of the connection between suicide and substance use and suggested action steps