

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. For more information about Suicide Prevention in Marin County, visit the [Marin County Suicide Prevention Collaborative and Community Action Teams](#). 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
Alaskan Natives: Heart of the Land Prevent Suicide Video	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
All Nations Hotline	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)
American Indian/Alaska Native Children's Health	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
American Indians Seven Generations Prevent Suicide Video	Students	Video highlighting the strength of generations to help indigenous young men overcome pain, silence, and stigma to seek help
BlackLine	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>
Communities of Indigenous American descent	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
Indian Health Services: Suicide Prevention and Care Program	Staff	Specific resources from the Federal Health Program for American Indians and Alaska Natives
National Suicide Prevention Lifeline	Staff	Resources and guidance to support members of the American Indian/Alaska Native community
Risk and Protective Factors: American Indian and Alaska Native Populations	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
American Foundation for Suicide Prevention	Students	Provides information, guidance, and resources for those who have survived a suicide attempt
Felton Institute Local Outreach To Suicide Survivors (LOSS)	Students, Families	Locally based program to help support attempt survivors as well as their friends and families
National Suicide Prevention Lifeline	Students	Information and resources to help support attempt survivors as well as their friends and families
Navigating Family Life After a Suicide Attempt	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
Parents to Parents: After Your Child's Suicide Attempt	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
SAMHSA: After an Attempt	Families	A guide for taking care of family members after treatment in the emergency department
Suicide Awareness Voices of Education	Students	Resources for those starting on their path to recovery after a suicide attempt

Black/African American Youth

Resource	Intended Audience	Description
BEAM Wellness Tools	Students	Journal prompts and affirmations, mental health education tools, peer support tools, and training resources specific to the Black/African American community
Black Children's Health Snapshot	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
BlackLine	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>
Brother Be Well	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
Communities of African Descent	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
NAMI Sharing Hope	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
National Suicide Prevention Lifeline	Students	Resources and guidance to support members of the Black community
Risk and Protective Factors: Black Populations	Staff	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Black populations
The Steve Fund	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
Why School Has More Black Kids Thinking About Suicide	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 Strategies for Discussing Race, Racial Discrimination, and Racial Trauma with Youth)

Latinx Youth

Resource	Intended Audience	Description
Communities of Latine and Hispanic Descent	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
How to Support Undocumented Students' Mental Health: Dealing with Trauma and Anxiety	Staff	A resource for educators supporting undocumented students and students from mixed-status families who are experiencing trauma and anxiety
Latinx Children's Health Snapshot	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
Latinx Therapy	Students, Families	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	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)
NAMI Compartiendo Esperanza	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
National Suicide Prevention Lifeline	Students	Spanish-language resources and guidance to support members of the Latinx community
Risk and Protective Factors: Hispanic Populations	Staff	Resource from the Suicide Prevention Resource Center that covers common risk and protective factors for Hispanic populations
SanaMente	Students	Mental health information, resources, and personal stories in Spanish
Suicide Attempts and Culturally Responsive Approaches for Latinos	Staff	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	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
Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth	Students	Mental health guide for LGBTQ+ youth developed by Each Mind Matters
Celebrating and Supporting 2SLGBTQIA+ Youth Wellness	Staff	Infographic highlighting positive wellness statistics and support resources for the 2SLGBTQIA+ youth community (available in Spanish)
Culturally Compentent Care for LGBTQ Youth	Students	Information and prevention resources specific to the LGBTQ+ community
Give Us the Floor	Students	Website by teens for teens that provides a space for group chats, tips, hotlines, and resources for LGBTQIA+ teens
How To Find a 2SLGBTQIA+ Affirming Therapist	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 Spanish)
LGBTQ+ Children's Health	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
LGBT National Youth Talkline	Students	<p>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</p> <p><i>*Please note the Talkline will not contact 911 if a caller is in imminent danger.</i></p>

LGBTQ+ Youth Continued

Resource	Intended Audience	Description
National Association of School Psychologists	Staff	A list of organizations supporting LGBTQ+ youth from the National Association of School Psychologists
Showing Up for Yourself and Your 2SLGBTQIA+ Community	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 Spanish)
Trans Lifeline: 877-565-8860	Students	<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 Project & Trevor LifeLine: 866-488-7386	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
American Association of Suicidology	Students, Families	Tools and resources to support survivors of suicide loss
American Foundation for Suicide Prevention	Students, Families	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	Students, Families	Offers support, resources, and connection with others who have experienced loss, including for those who are newly bereaved
Friends for Survival	Students, Families, Staff	Offers help after a suicide death, including how to support children and teens who are grieving
Loss Community Services	Students, Families, Staff	Offers support, connection, companionship, activities, and events for those who have lost a loved one to suicide
National Suicide Prevention Lifeline	Students, Families	Information and resources to support loss survivors as well as their friends and families
Sibling Survivors of Suicide Loss	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
Buckelew Programs	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
CA Youth Crisis Line: 800-843-5200	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
Coping, Social Support, and Suicide Attempts among Homeless Adolescents	Staff	Research summary from the Suicide Prevention Resource Center indicating the importance of social support for decreasing suicide risk among homeless youth
Suicide and Depression Among Homeless High School Students	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
Suicide Prevention Resource Center	Staff	Information and prevention resources for adults who support youth in foster care
Suicide Prevention Among Foster and Transitional Foster Youth	Staff	Summary of suicide risk and protective factors for foster youth

Youth with Disabilities

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

Youth with Mental Illness

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

Youth with Substance Use Disorders

Resource	Intended Audience	Description
Family Spring	Students, Families	Specialized mental health and substance use disorder (SUD) treatment for adolescents, young adults, adults, and their families.
Recover Medical Group PC - Telehealth	Students, Families	General and Intensive Outpatient Treatment for youth who are struggling with substance use and abuse
Marin Health and Human Services Behavioral Health Resources for Youth	Students, Families	Marin-based and telehealth resources for information, referral to treatment, crisis resources, substance use and treatment services, support Groups, and other prevention and community resources.
Reach Out	Students	Website for young people with information and resources on navigating alcohol, drugs, and addiction
Marin COE Substance Use Prevention and Education Programs	Staff	Compilation of vetted programs, supports, trainings and resources
Substance Use and Suicide Risk	Students, Families	Brief article with an overview of the connection between suicide and substance use and suggested action steps

