

Suicide Prevention & Awareness: Overview

Suicide Prevention and Awareness Overview

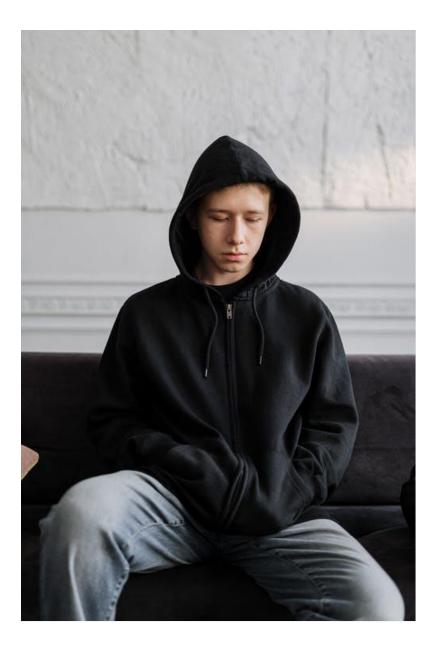
This resource has been created to help parents, teachers, or other youth serving professionals who may be concerned about their military child's or adolescent's mental or emotional well-being. Talking about suicide prevention and awareness are challenging conversations for anyone to lead. Err on the side of caution and take proactive steps to be prepared for difficult conversations. While parents or other caring adults may sense signs of mental or emotional health struggles, not everyone feels equipped to approach these difficult conversations. This toolkit includes comprehensive resources on suicide prevention and awareness, suicide loss and grief, and specific tools and strategies for professionals, schools, and other youth serving providers (OYSP).

It is important to embrace the evidence-based approach to public health regarding suicide prevention and awareness. Normalize regular check-in conversations with children and teens (National Suicide Prevention Lifeline [NCTSN], 2020). Parents and/or guardians should always trust their gut and check-in if they are concerned or notice changes in behavior. Remain calm, listen actively, and try not to become overly anxious about approaching this topic. Knowing when to step back or press into difficult conversations about mental health and suicide is key (NCTSN, 2020).

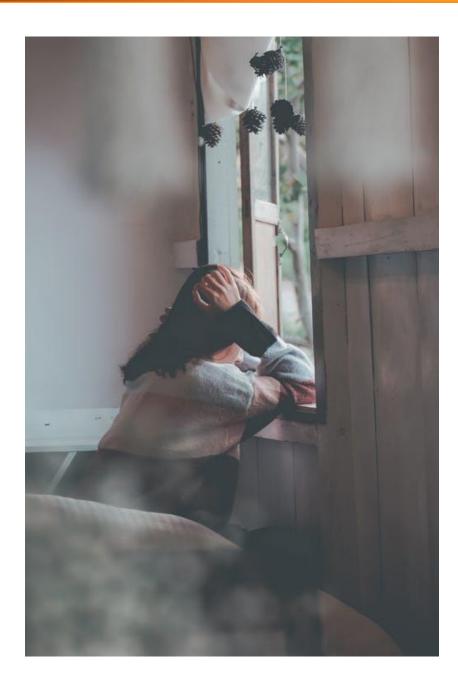
Parents and teachers can model healthy habits for mental and emotional wellbeing. If a military child has a history of anxiety, depression, self-harm, substance abuse or suicidal ideations, monitor them closely and consider involving other youth serving professionals like school counselors, Military Family Life Counselors, or other medical professionals (CDC, 2020, CDC, 2022).

If the child or teen is in immediate danger, use any of these options:

- Call 1-800-273-8255
- Text START to 741741
- ✤ Call 911
- ✤ Go to the nearest emergency room immediately
- For en Español, call 1-888-628-9454
- For Cantonese, Mandarin, Fujianese, Japanese, or Korean, call the Asian LifeNet Hotline at 1-888-628-9495
- Deaf or hard of hearing, dial 711







The following scenarios indicate a person may be at immediate risk for suicide. If someone says any of the following statements, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text START to 74174, or a mental health professional (National Suicide Prevention Line, n.d.).

- 1. Talking about wanting to die or to kill oneself
- 2. Looking for a way to kill oneself, such as searching online or obtaining a gun
- **3**. Talking about feeling hopeless or having no reason to live

Other behaviors may also indicate a serious risk or may be related to a painful event, loss, or change (Kaslow, n.d., Smith et al., 2021, SAMHSA, n.d.).

- Talking about feeling trapped
- Experiencing unbearable physical pain or headaches
- Feeling like they are a burden to others
- Change in social interactions
- Increased use of alcohol or drugs
- Being anxious or worried often
- Sudden reckless or impulsive behavior
- Self-harming
- Sleeping too much or too little
- Feeling isolated or withdrawing
- Getting in fights or not getting along with others
- Showing rage or talking about seeking revenge
- Extreme mood swings



Suicide Prevention	Suicide Loss & Grief	For P	rofessionals, Schools & OYSP
Call, Text, Chat 988 Handout by National Action Alliance	How to Talk to Children About Suicide Handout by TAPS		A Model for School Districts Guidebook by AFSP
988- The New Suicide Prevention Number Handout by National Action Alliance	Postvention Model Handout by TAPS		988- The New Suicide Prevention Number Handout by National Action Alliance
Understanding Child Suicide Fact Sheet by NCTSN	<u>10 Things About Suicide Loss</u> Handout by TAPS		Suicide Not the Answer Infographic by NAMI
Taking Care of You Handout by NCTSN	Suicide Prevention & Postvention Handout by TAPS		Child Trauma Toolkit for Educators Guidebook by NCTSN
Talking About Suicide with Friends and Peers Handout by NCTSN	Tragedy Assistance Program Information by TAPS		Strategies, Programs, & Resources Report by Clearinghouse for Military Family Readiness
Words to Use When Talking About Suicide Handout by NCTSN	Suicide Loss Support Video by NAMI		Action Alliance for Suicide Prevention Website by Action Alliance
Family-to-Family Program Video by NAMI	Tools for Parenting After Suicide Toolkit by Military OneSource		Toolkit to Promote 988 Website by National Action Alliance
Suicide Prevention Toolkit for At- Risk Youth: Students Toolkit by The Jason Foundation	Surviving a Death by Suicide Article by Military OneSource		Suicide Prevention Toolkit for At- Risk Youth: For Educators & OYSP Toolkit by The Jason Foundation
Suicide Prevention Toolkit for At- Risk Youth: Students: For Parents Toolkit by The Jason Foundation	Suicide Attempt Survivors Article by Military OneSource		Professional Developmental Series Toolkit by The Jason Foundation
A Friend Asks App App by The Jason Foundation	<u>Grief</u> Video by Sesame Street	Ĩ	Free Youth Suicide Prevention Curriculum Materials by The Jason Foundation



Suicide Prevention	Suicide Loss & Grief	For Professionals, Schools & OYSP
Warning Signs of Suicide Toolkit by The Jason Foundation	ArtMaker: Draw It Out Interactive Activity by Sesame Street	Youth Risk Behavior Surveillance System (pre-COVID) Reports by CDC
Risk Factors for SuicideToolkit by The Jason Foundation	What Happened? Workshop by Sesame Street	Adolescent Behaviors and Experiences Reports by CDC
Suicide Prevention for LGBTQResource by The Trevor Project	Answering Difficult Questions Article by Sesame Street	Suicide Prevention for LGBTQResource by The Trevor Project
Extensive List of Resources Resources by SAMHSA	Different Circumstances Different Explanations Article by Sesame Street	Image: Training on Suicide Prevention for LGBTQ Resource by The Trevor Project
Suicide Awareness Article by Military OneSource	Explaining and Reassuring Article by Sesame Street	Defense Suicide Prevention ToolkitToolkit by Defense SuicidePrevention Office
Service Members at Risk for Suicide Article by Military OneSource	Coping With Big Feelings Video by Sesame Street	Suicide Prevention by MilitaryBranchToolkit by Defense SuicidePrevention Office
Suicide Prevention in the MilitaryArticle by Military OneSource	Printable by Sesame Street	
Teens and Suicide Article by Military OneSource	Moving Through Grief Article by Sesame Street	
Take 5 to Save LivesResource by Take 5 to Save Lives	Showing You Care Video by Sesame Street	
Suicide Prevention/Awareness Presentation Resource by DVNF	Expressing & Handling Emotions Video by Sesame Street	



Suicide Prevention	Suicide Loss & Grief	For Professionals, Schools & OYSP
No Cost Program for Veterans Resource by Mission 22	Reminding Kids They're Loved Printable by Sesame Street	
Mental Health for Military Families Resource by NAMI	Giving Hearts Time to Heal Video by Sesame Street	
Emily to Family Program Resource by Nami	Memory Box Video by Sesame Street	
Suicide Prevention Lifeline Resource by National Suicide Prevention Lifeline	Helping Kids Remember Printable by Sesame Street	
Suicide Prevention Lifeline (Spanish) Resource by National Suicide Prevention Lifeline	Grief Support for Suicide Survivors Suicide Awareness Voices of Education	
Suicide Prevention for Deaf, Hard of Hearing, Hearing Loss Resource by National Suicide Prevention Lifeline	Suicide Attempt Survivors Suicide Awareness Voices of Education	
Suicide Prevention LGBTQ Resource by National Suicide Prevention Lifeline	Military Suicide Survivor Seminars & Grief Resource by TAPS	
Native American Mental Health Suicide Awareness Voices of Education	Military Suicide Survivor Events Resource by TAPS	
Black Mental Health Suicide Awareness Voices of Education	Grief Counseling Resource by TAPS	



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Centers for Disease Control and Prevention CDC. (2022, March 31). Adolescent Behaviors and Experiences Survey (ABES).

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Child Mind Institute. (2022). Transforming Children's Lives. <u>https://childmind.org/</u>

Education Development Center, Inc. (2022). 988 messaging framework. National Action Alliance for Suicide Prevention.

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National Suicide Prevention Lifeline. (n.d.) We can all prevent suicide. Suicide Prevention Lifeline. https://suicidepreventionlifeline.org/how-we-

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Smith, M., Robinson, S., & Segal, R. (2021, October). Suicide Prevention. https://www.helpguide.org/articles/suicide-prevention/suicide-

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The National Child Traumatic Stress Network NCTSN. (2020). Understanding Child Suicide: For Military Parents.

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Substance Abuse and Mental Health Services Administration (SAMHSA). (n.d.) Suicide Prevention Resources. https://www.samhsa.gov/tribal-

ttac/resources/suicide-prevention