

## 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 well-being. 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



## Suicide Prevention & Awareness: Strategies & Tools

































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 & Awareness: Strategies & Tools

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





















# Suicide Prevention & Awareness: Strategies & Tools

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



## Suicide Prevention &amp; Awareness: Strategies &amp; Tools

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

## Suicide Prevention & Awareness: Strategies & Tools

### References:

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[can-all-prevent-suicide/](https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/)

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

<https://www.nctsn.org/resources/understanding-child-suicide-for-military-parents>

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