



Colorado Child & Adolescent Psychiatric Society

Suicide Prevention Resources FOR TEACHERS AND SCHOOL STAFF:

"I am an elementary school teacher who is required to take training in youth suicide prevention. Isn't this a bit of an overreaction considering how rare suicide is with kids this age?"

Read *Suicide Awareness in Elementary School: Sense or Nonsense?* [here](#).

[The Role of High School Teachers in Preventing Suicide](#) by the Suicide Prevention Resource Center.

[Youth Suicide Prevention School-Based Guide](#)

[Suicide Prevention Resource Center](#) (SPRC): [Identifying People at Risk for Suicide](#) and [National Best Practices Registry for Suicide Prevention](#) which provides free self-paced online training courses to improve educators' knowledge and skills in suicide prevention.

[Preventing Suicide - A Toolkit for High Schools](#)

[Sources of Strength](#) - is a best-practice school suicide prevention program that emphasizes resilience and positive youth development.

[Preventing Youth Suicide: Tips for Parents & Educators](#) by the National Association of School Psychologists.

[Preventing Suicide: A Resource for Teachers and Other School Staff](#) prepared as part of SUPRE, the World Health Organization initiative for the prevention of suicide.

[Preventing Suicide: A Toolkit for High Schools](#) prepared by SAMHSA to assist high schools in designing and implementing strategies to prevent suicide and promote behavioral health.

Kognito gatekeeper training program for high school teacher and staff - [outcomes](#)

[American Academy of Child and Adolescent Psychiatry](#) - [Resource centers](#) & [Facts for Families](#)

[The Role of High School Mental Health Providers in Preventing Suicide](#)

[Recommendations for School-Based Suicide Prevention Screening](#)

One-Page Fact Sheet: [Fast Facts: Model School District Policy on Suicide Prevention](#).

Full Policy Document: [Model School District Policy on Suicide Prevention](#).

[Youth Suicide Prevention, Intervention, and Postvention Guidelines: A Resource for School Personnel](#) by Maine Youth Suicide Prevention Program describes the components of a comprehensive school-based suicide prevention program.

[After a Suicide: A Toolkit for Schools](#) created by the American Foundation for Suicide Prevention to provide information, tools, and guidance to schools that have been touched by the tragedy of a suicide.

[Guidelines for Schools Responding to Death by Suicide](#) by the National Center for School Crisis and Bereavement.

[The Way Forward: Pathways to hope, recovery, and wellness with insights from lived experience](#)

[Helping Children Cope](#)

Understanding Suicide, Supporting Children - [Video](#).

[Advice for Educators](#) - Helping Youth After Trauma.



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COLORADO RESOURCES:

[Colorado Crisis Services](#) - [1-844-493-TALK \(8255\)](tel:1-844-493-TALK) or text TALK to 38255. If you are in crisis or need help dealing with one, Colorado Crisis Services provides confidential and immediate support, 24/7/365 on the phone, text, chat, or in person at walk-in centers. When you don't know where to start, start here.

[Second Wind Fund](#) decreases the incidence of teen suicide nationally by removing financial and social barriers to treatment for at-risk youth and working to create a network of local affiliates to provide such services in their own communities.

[Suicide in Colorado](#) – article on the state of youth suicide and prevention in Colorado in 2016.

[Video](#) by Mayo Clinic in which teens describe signs and suggestions for what to say to a teen who may be at risk for suicide and ways to keep them safe.

[Colorado Office of Suicide Prevention](#) - Education/Training, General suicide prevention funding, information, training, integration and collaboration.

[The Suicide Prevention Coalition of Colorado \(SPCC\)](#) - a resource network for those who were working to prevent suicide around the state, including a full list of suicide prevention programs and services in organized by county.

[Carson J Spencer Foundation](#) - [Fire Within Program](#) empowers students to develop innovative entrepreneurial strategies to address teen suicide. 303-837-8466.

Rocky Mountain MIRECC for Suicide Prevention - [How to Talk to a Child about a Suicide Attempt in Your Family](#): Guides Targeting Age Groups 4-8 and 9-13.

[Safe2Tell](#) Colorado provides young people a way to report any threatening behaviors or activities endangering themselves or someone they know, in a way that keeps them safe and anonymous. 1-877-542-7233.

[The Colorado School Safety Resource Center](#) provides free consultation, resources, training and technical assistance to foster safe and secure learning environments, positive school climates and early intervention to prevent crisis situations.

[Speaking of Suicide](#) - Stacey Freedenthal, PhD, LCSW, University of Denver.

[Judi's House](#) - Provides support groups for children and their families grieving the death of a loved one from any cause, including suicide.

[Yellow Ribbon Suicide Prevention](#) provides [Ask4Help](#) cards, which are a 'voice' for youth when they can't find the words to say "I need help". 303-429-3530.

[Colorado PTA](#) Resources - [Helping Children Deal With Death](#), [Warning Signs](#), [Suicide & The Hispanic Community](#)

[Colie's Closet](#) is a non-profit peer education organization. Our mission is to educate students in Boulder Valley School District about depression and suicide. Our goal is to decrease youth suicide.

If you are in crisis or need help dealing with one, contact Colorado Crisis Services at [1-844-493-TALK \(8255\)](tel:1-844-493-TALK) or text TALK to 38255



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[FOR FAMILIES AND CONCERNED OTHERS:](#)

[Colorado Crisis Services](#) - [1-844-493-TALK \(8255\)](tel:1-844-493-TALK) or text TALK to 38255. If you are in crisis or need help dealing with one, Colorado Crisis Services provides confidential and immediate support, 24/7/365 on the phone, text, chat, or in person at walk-in centers. When you don't know where to start, start here.

[My3 App](#) - MY3 is available in the [Apple App Store](#) and [Google Play](#), free of charge. MY3 is designed to help individuals stay safe when they are experiencing thoughts of suicide.

[How to Talk to a School Age Child about a Suicide Attempt in Your Family](#) by the Rocky Mountain MIRECC for Suicide Prevention.

[Facts for Parents](#) – Excerpts taken from SAMHSA's [Preventing Suicide: A Toolkit for High Schools](#).

Suicide Prevention Resources for [Parents/Guardians/Families](#) compiled by SPRC.

[Talking to Your Child about Suicide](#)

[After an Attempt: A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department](#) by SAMHSA.

[Safety Plan](#) – How to create a safety plan by the National Suicide Prevention Lifeline

[Safe-Guard Your Home](#). If you're concerned that a member of your household may be suicidal, there are [steps you can take to help keep them safe](#).

Specific guidance for foster families is available [here](#).

[Helping Young Children with Traumatic Grief: Tips for Caregivers](#)

[Helping School-Age Children with Traumatic Grief: Tips for Caregivers](#)

Suggested Reading for Kids: [Bart Speaks Out: Breaking the Silence on Suicide](#) by Linda Goldman, M.S.; [When Dinosaurs Die - A Guide to Understanding Death](#) by Laurie Krasny Brown & Marc Brown; [The Grieving Child: A Parent's Guide](#) by Helen Fitzgerald; [Talking About Death: A Dialogue between Parent & Child](#) by Earl A. Grollman; [After a Suicide Death: An Activity Book for Grieving Kids](#)

[Half of us](#) - Videos of celebrities and regular people (teens, adults) who struggle with mental illness or have been affected by mental illness. Provides information about mental health issues.

[The Trevor Project](#) offers accredited life-saving, life-affirming programs and services to LGBTQ youth that create safe, accepting and inclusive environments over the phone, online and through text. The Trevor Lifeline ([866-488-7386](tel:866-488-7386)).

[Colorado PTA Resources](#) - [If Suicide Is Imminent](#)

[Project Safety Net](#) - [Suicide Prevention Guidelines – Elementary](#) & [Suicide Prevention Guidelines – Secondary](#)



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TREATMENT:

[Colorado Suicide & Mental Health Treatment Resources](#) – A list of **all hospitals, mental health centers and available treatment options** organized by Colorado county. Click on any county to see a full list of suicide prevention programs and services in that county. Compiled by the Suicide Prevention Coalition of Colorado.

[Rocky Mountain Crisis Partners \(RMCP\) service directory](#) – RMCP is a statewide, 24/7, year-round, community-based system of crisis intervention services from which people experiencing mental health and/or substance abuse crises can be assessed, safely and effectively stabilized, and efficiently linked to appropriate follow-up care and services. Visit the directory to find services.

[Denver Health's School-Based Health Centers](#)

Children's Hospital Psychiatric Emergency Service - phone triage and consultation for families and schools at 720-777-6200.

[Highlands Behavioral Health System](#) is an 86-bed freestanding behavioral health hospital offering psychiatric care for [adults](#) and [adolescents](#) ages 11 and older. The facility is open for admission 7 days per week, 24 hours per day. Mental health level of care assessments are provided free of charge.

[EMPOWER Centers](#) offer a full array of multidisciplinary behavioral health services for families. Program descriptions, including kid workshops, available [here](#). Schedule of classes available [here](#).