

NATIONAL SUICIDE PREVENTION MONTH TOOLKIT

Resources for our NFP clients and their employees

September is **National Suicide Prevention Month**. This month is dedicated to raising awareness, overcoming stigma, shifting perception, and spreading hope.

Suicide is tough to talk about - It's uncomfortable, scary, and complicated. While **protecting** your mental well-being around this triggering topic, we encourage you to educate yourself on the warning signs of suicide and how you can help others or get help. This toolkit was created to **empower** you with the information and resources to reach out and take action. The most powerful thing we can do to prevent suicide is to start the conversation.

In this toolkit, you'll find links to external expertise via articles, videos, support services, apps, and more. You'll also see a **prevention guide** of suicide warning signs, steps to take in response, and sample outreach language.

Suicidal thoughts can affect anyone, regardless of age, gender, ethnicity, beliefs, or status. Suicide prevention must be an intentional, communal effort in letting each and every person know: **you are not alone**.



Online Resources



Websites

[American Foundation for Suicide Prevention](#)

[National Alliance on Mental Illness – Suicide Prevention Month](#)

[Mental Health America – Suicide Information and Support](#)

[National Institute of Mental Health – Suicide Prevention](#)

[SAMHSA Suicide Prevention Month / Suicide and Suicidal Behavior](#)

[Suicide Prevention Resource Center](#)

[QPR – Suicide Prevention Training](#)

[CDC – Suicide Prevention](#)

[Mental Health First Aid – Mental Health Resources](#)



Educational Videos / Podcasts / Webinars / Books

[TEDx Talks: What I Learned from My Husband's Suicide | Lori Prichard](#)

[PBS: Seeing the Signs of Suicide](#)

[TED: The Bridge between Suicide and Life | Kevin Briggs](#)

[National Alliance on Mental Illness: Podcasts and Webinars](#)

[You are Not Alone: The NAMI Guide to Navigating Mental Health | Ken Duckworth, MD](#)



Materials

[National Alliance on Mental Illness - Suicide Infographic](#)

[National Institute of Mental Health – Digital Shareables](#)

[CDC – Suicide Prevention Resource for Action](#)

Support Services

Mental Health Screenings

Mental Health America: [Mental Health Screening](#)

Mental Health America: [Depression Screening](#)

Find a Therapist / Treatment

[Mental Health Match](#)

[Grow Therapy](#)

[Headway – Find a Therapist](#)

[SAMHSA – Find Treatment](#)

[Crisis Centers by State](#)

Support / Helplines

[988 Suicide & Crisis Lifeline](#)

[SAMHSA – Find Help](#)

[Crisis Text Line](#)

[Veterans Crisis Line](#)

[NAMI Support Groups](#)



Apps*



[Suicide Safety Plan](#)



[Suicide Safe](#)



[Talkspace](#)

Resources for Teens / Youth



Websites

- [National Alliance on Mental Illness – What You Need to Know about Youth Suicide](#)
- [Childline](#)
- [Befrienders Worldwide](#)
- [The Jed Foundation](#)
- [Teen Counseling](#)
- [The Trevor Project](#)
- [Focus Adolescent Services](#)



Educational Articles / Videos

- [American Psychological Association – Talking to Teens: Suicide Prevention](#)
- [Youth.gov – Preventing Youth Suicide](#)
- [Mayo Clinic: Teen Suicide Prevention](#)
- [Columbia Psychiatry: Suicide Prevention for Teens and Young Adults | Dr. Ali Mattu](#)

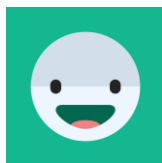


Materials

- [American Academy of Pediatrics – Suicide Prevention: A Resource for Teens](#)



Apps*



[Daylio](#)



[notOK](#)



[Youper](#)

11/13/2024



*In-app purchases may apply for some apps

Suicide Prevention Guide



Warning Signs of Suicidal Ideation

- Talking about wanting to die or wanting to kill themselves
- Talking about feeling empty or hopeless or having no reason to live
- Talking about feeling trapped or feeling that there are no solutions
- Feeling unbearable emotional or physical pain
- Talking about being a burden to others
- Withdrawing from family and friends
- Giving away important possessions
- Saying goodbye to family and friends
- Putting affairs in order, such as making a will or finding care for a pet
- Taking great risks that could lead to death, such as driving extremely fast
- Talking or thinking about death often
- Displaying extreme mood swings
- Making a plan or looking for ways to attempt suicide, such as researching methods online
- Talking about feeling great guilt or shame
- Increased usage of alcohol or drugs
- Acting anxious or agitated
- Showing rage or talking about seeking revenge
- Changes in eating, sleeping, and lifestyle habits

988 Suicide and Crisis Lifeline: 24-Hour, Confidential Support

In Crisis? Call or Text 988



Suicide Prevention Guide



Action Steps to Take in Response

- Call 911 immediately if danger or self-harm seems possible.
- Call 988 to reach the Suicide & Crisis Lifeline for professional support.
- Take necessary measures to protect yourself from harm.
- Do not leave the person at risk alone – Make sure they are in a private, secure place with someone until you can get further help.
- Remove any objects that could be used in a suicide attempt.
- Ask them if they are thinking or have thought of killing or harming themselves - Studies have shown that this will not put the idea in their head or increase the likelihood of an attempt.
- Do not be afraid to get others involved to help.



Communication Tips

- Listen calmly to the problem without judgment and give full attention.
- Avoid trying to solve the problem - Ask simple questions and give sympathetic observations.
- Offer hope by reminding the person at risk that help is available and recovery is possible.
- Keep checking in regularly.

Sample Outreach Language:

- I'm worried about you because...
- I've noticed a change in...
- I want you to live.
- It seems like you're in pain.
- Are you having thoughts of suicide?
- Will you go with me to get help?
- Will you let me help you get help?
- Can I help you make a safety plan?

