

# Indiana Suicide Prevention Resources Toolkit

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**Indiana**  
Department  
of  
**Health**



# Introduction

Death rates for suicide have continued to rise both nationally and in Indiana, despite efforts to curtail these trends. Based on recent data (2018), suicide is a top 10 leading cause of death in Indiana for people aged 10-64 years, and is the 11th overall leading cause of death for all ages.<sup>1</sup> While each suicide death or attempt is different, there are ways to address the multiple factors involved. Suicide prevention efforts must utilize different strategies, require a wide range of partners, coordinate community response language, and draw on a diverse set of resources and tools.

This toolkit is aimed to help address the need for practical, and when possible, Indiana-specific tools for various sectors/professionals. Within this document, the first portion details new suicide trends based on 2018 data and the second portion includes best practice tools for the following professional groups: healthcare, first responders, government, stakeholder groups, justice, employers, faith-based, media, coroners, family, education, and populations of special consideration.

This toolkit was developed in partnership between the Suicide Learning Collaborative, a multi-disciplinary working group addressing suicide in Indiana, and the Indiana Department of Health's Fatality Review and Prevention Division. Throughout the development process, members of the Collaborative were asked to supply relevant tools to their topical area as well as provide feedback on proposed tools.

The hope for this document is that professionals from these various subgroups can utilize these tools in their work. While none of these sections are fully comprehensive for suicide prevention, there are many toolkits that specialize in just one of these topics. This toolkit serves as a simplified, action-oriented version of the other toolkits. The tools highlighted in this toolkit are primarily based off of existing national toolkits and best practice guides. We do recommend professionals read through other profession-specific toolkits referenced for further context and detail.

# Family

## Introduction

Suicide deaths have been increasing gradually for Hoosier youth ages 19 and younger. In 2018, 83 youth died by suicide, this represents an increase from 71 deaths in 2017 and 57 deaths in 2016.<sup>15</sup> It is evident that suicide prevention strategies would be well utilized in the hands of youth workers, coaches, and youth. Youth services, for the purpose of this document, serve to support schools, afterschool activities, out-of-school programs, parents, guardians, and youth.



As far as the intersection between Hoosier youth and suicide:

- Youth are most likely to attempt a suicide between 5-7pm on weekdays.<sup>16</sup>
- The highest rate of suicide attempts is between the ages of 14 and 17.<sup>16</sup>
- 19.8% percent of Hoosier youth have seriously considered attempting suicide at some point in the past year.<sup>15</sup>

This section of the toolkit is to provide both youth and parents needed suicide prevention resources. The beginning portion is for parents, the pocket cards are for both, and the ending portion is for youth.

## Family Resources:

- Parent Guide on Suicide and Social Media
- Dos and Don'ts when Talking to Your Child about Suicide
- Shared Risk and Protective Factors Guide
- After A Suicide Attempt and Loss: What Family Members Need to Know
  - \*Also included in the First Responders and Healthcare sections of the toolkit
- Pocket Cards: "Facts" of Suicide Awareness
- Pocket Cards: Having a Conversation Around Suicide
- How to Talk to a Friend Who is Struggling with Suicide
- If You or a Friend Has Lost Someone to Suicide...
- No Need to Be an Expert, Just Be a Friend
- Suicide Resources: Youth, Caregivers, and Mentors

## PARENT GUIDE ON SUICIDE AND SOCIAL MEDIA

Mental health, non-suicidal self-harm, and suicide themes on social media continue to be an issue both youth and adults face on a daily basis. Experts recognize that youth engagement with social media includes positive and negative aspects and our goal is to help maximize the benefits while reducing any potential harms. For adults who interact with youth, the following tips can be helpful to keep in mind:

### Find out what is going on

As parents often do not use the same social media platforms as youth, it can be helpful to educate themselves. It is important to keep the following questions in mind:

1. What are the current trends in social media?
2. How many accounts does the youth/child have? Which sites/apps?
3. Which are for talking to friends and which are just for fun?

### Monitor the child's usage

When a parent or caregiver is monitoring the child's usage, be sure to keep this in line with developmental level and mental health status.

1. Be aware of violent and self-harm images that youth come into contact with (some children are going to be more vulnerable than others)
2. Ask youth/child about their digital lives: how it affects them and what is their experience. Be sure to ask about both positive and negative experiences. Ask them questions like "what's your favorite thing about social media?" and "what's the worst thing about social media?"

### Control and limit the usage on social media

If you determine that it would be in the child's best interest to curtail their social media use, there are several different avenues which parents and caregivers can pursue.

1. Carriers: Major cell phone carriers can limit the time on specific apps.
2. Hardware: Many options available for limiting Wi-fi on certain devices.
3. Internet filter: most browsers/apps allow for restrictive access based on age.



## Further Information

This guide was developed as a part of the Suicide Learning Collaborative Toolkit. To find out more about suicide prevention in Indiana and nationally, please visit:

[In.gov/issp](http://In.gov/issp)  
[In.gov/isdh/21838.htm](http://In.gov/isdh/21838.htm)  
[Indiansuicideprevention.org](http://Indiansuicideprevention.org)  
[afsp.org](http://afsp.org)  
[sprc.org](http://sprc.org)

This plan has been developed using information from "How to Help a Child with Suicidal Thoughts" by Rise and Shine. This can originally be found here: <https://riseandshine.childrensnational.org/how-to-help-a-child-with-suicidal-thoughts/>

# Dos and Don'ts When Talking to Your Child about Suicide



**DO** stay calm. This helps your child see that you are not upset at them and that they are not in trouble. It is good to be aware of this when it comes to potential triggers.

**DO** be direct. Ask them, “Are you thinking of suicide?” Being able to openly discuss these thoughts and feelings is critical.

**DO** reassure. Let your child know that there is help and that this feeling will not last forever. Ask your child what you can do for them during moments of distress, whether it is sitting with them, giving them a hug, or doing a shared activity together. Talk with other siblings in the house to help them understand what is going on.

**DO** remove means for self-harm. Work to keep the home environment safe by removing unsafe items such as weapons, sharp objects, medications, belts, ropes, and cords. If these items cannot be removed, having a safe place where they are locked is an alternative option.

**DO** connect the child to resources. Ensure that they know the National Suicide Prevention Lifeline (1-800-273-8255 [TALK]) or the text line (Text “IN” to 741-741). Create a safety plan together in the event of suicidal ideation.



**DON'T** judge. Create a safe space for your child and show them that talking about suicide and safety are things they can do with you. The thoughts and feelings they are experiencing reflect the pain they are experiencing. As a parent, you can show empathy and validation, which will help your child feel heard and increase their comfort talking about these difficult feelings.

**DON'T** leave them alone. If your child is expressing thoughts of harming themselves, do not leave them on their own. Encourage your child to keep the bedroom door open and monitor them regularly.

## Risk Factors

Characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.

- Low community attachment and organization
- Community/personal transitions and mobility
- Laws and norms favorable to drug use
- Perceived availability of drugs
- Economic disadvantage

- Academic failure or low academic achievement
- Low commitment to school
- Bullying

- Poor family management and discipline
- Family conflict
- Family history of antisocial behavior
- Favorable parental attitudes toward problem behavior

- Rebelliousness
- Early initiation of problem behavior; impulsiveness
- Antisocial behavior
- Favorable attitudes toward problem behavior
- Interaction with friends involved in problem behavior
- Sensation seeking
- Rewards for antisocial involvement

## Protective Factors

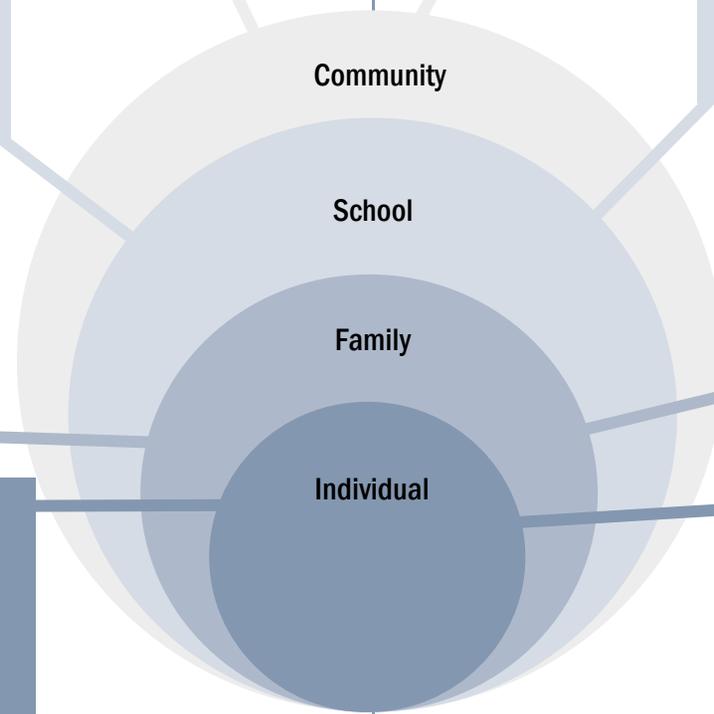
Characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact.

- Opportunities for prosocial involvement in the community
- Recognition of prosocial involvement
- Exposure to evidence-based programs and strategies

- Opportunities for prosocial involvement in school
- Recognition of prosocial involvement

- Attachment and bonding to family
- Opportunities for prosocial involvement in family
- Recognition of prosocial involvement

- Social skills
- Belief in moral order
- Emotional control
- Interaction with prosocial peers



This plan has been developed using information from Montgomery County Alcohol Drug Addiction and Mental Health Services document, "Utilizing the Entire Spectrum of Prevention Strategies," which can be found here: <https://csw.osu.edu/wp-content/uploads/2019/03/Hoff-Andrea-Handouts.pdf>

## AFTER AN ATTEMPT: What Family Members Need to Know

Suicide is a traumatic experience for both the individual who attempted and the family. As the family member, you may feel numb and lost, not knowing where to turn. Experiencing a range of emotions is completely normal. When it comes time for that individual to come home, it can be good to start thinking about safety. Research shows that when an individual has a previous attempted, they do have higher risk of later dying by suicide. As a family member, you can help your loved by reducing risk.



**Reduce the Risk at Home**—To help reduce the risk of self-harm or suicide at home, here are some things to consider:

- Guns are high risk and the leading means of death for individuals experiencing suicidal ideation—they should be taken out of the home and secured.
- Overdoses are common and can be lethal—if it is necessary to keep pain relievers such as aspirin, Advil, and Tylenol in the home, only keep small quantities or consider keeping medications in a locked container. Remove unused or expired medicine from the home.
- Alcohol use or abuse can decrease inhibitions and cause people to act more freely on their feelings. As with pain relievers, keep only small quantities of alcohol in the home, or none at all.



**Create a Safety Plan**—Following a suicide attempt, a safety plan should be created to help prevent another attempt. The plan should be a joint effort between your relative and his or her doctor, therapist, or the emergency department staff, and you. As a family member, you should know your relative's safety plan and understand your role in it, including:

- Knowing your family member's "triggers," such as an anniversary of a loss, alcohol, or stress from relationships.
- Building supports for your family member with mental health professionals, family, friends, and community resources.
- Working with your family member's strengths to promote his or her safety.
- Promoting communication and honesty in your relationship with your family member.

Remember that safety cannot be guaranteed by anyone—the goal is to reduce the risks and build supports for everyone in the family. However, it is important for you to believe that the safety plan can help keep your relative safe. If you do not feel that it can, let the emergency department staff know before you leave.



**Maintain Hope and Self-Care**—Families commonly provide a safety net and a vision of hope for their relative experiencing suicidal ideation, and that can be emotionally exhausting. Never try to handle this situation alone—get support from friends, relatives, and organizations such as the National Alliance on Mental Illness (NAMI), and get professional input whenever possible. Use the resources on the back pages of this brochure, the Internet, family, and friends to help create a support network. You are not alone.

## AFTER A SUICIDE LOSS: What Family Members Need to Know

Life as you know it has changed forever. You may feel numb and lost, not knowing where to turn. Experiencing a range of emotions is common: fear, anger, relief, abandonment, guilt, shame, and perhaps even responsibility for your loved one's death. These can change rapidly, and family members may have different reactions at different times which sometimes can lead to conflict.

Know that others have walked this difficult path before you. Reach out to those who have survived a suicide loss. Move forward step by step at your own pace and do not allow anyone to rush or criticize your grieving process. **YOU ARE NOT ALONE.** There are many ways to connect to others—staying in contact with others can help you through your grief.

Reach out for support:

- Attend a support group for suicide loss survivors (in person or online)
- Talk to a professional grief counselor
- Seek a licensed mental health provider, if needed
- Talk with those you trust (family, friends, faith leader, neighbors) to share your loss and pain
- Continue to ask the “why?” questions as long as you need to

Grieving can take over your life, so taking care of yourself is important:

- Try to get plenty of sleep, rest, and be gentle with yourself
- Eat healthy food and drink water
- Keep yourself busy by doing something you enjoy
- Continue your exercise routine

When a loved one passes away, it can be a very difficult time. Trying to remember all of the details that must be taken care of related to a person's death is hard. In the next few pages, there are a list of items marked as things to do immediately, within a few days, and within a few weeks.



## What to do immediately

1. **Get a death certificate.** If your loved one died in a hospital, a doctor can take care of this for you. However, if your loved one passed at home or in another location, you'll need to know who to call. If your family member wasn't at a hospital, call 911.
2. **Arrange for organ donation, if applicable.** Check your loved one's driver's license and/or advance directive (living will or health care proxy) to see if he or she was an organ donor. If so, let hospital staff know immediately (or call a nearby hospital if your loved one died at home).
3. **Contact immediate family.** Every family is different, and there's no one right way to do this. For some families, sharing the news in-person or over the phone is critical. For others an email or text message may be alright.
4. **Enlist help from family and friends.** There are a number of ways family and friends can help you, such as: answering the phone; collecting mail; caring for pets; finding important items (such as keys, insurance policies, claims forms, addresses for magazine subscriptions, etc.); staying at the home during the wake, funeral, and/or memorial services to guard against break-ins; organizing food for family and friends after the services.
5. **Notify the individual's religious leader, if applicable.** Contact the deceased's Pastor, Rabbi, Priest or other religious leader if there is one. He or she can help with counseling for surviving family and friends. They can also help you make funeral arrangements or services.
6. **Decide what you'd like to do with your loved one's body and arrange transportation.** First, check to see if your loved one expressed any wishes about final disposition or had made prepayments to a funeral home or cemetery. Ideally, there will be documentation with other medical documents. If no wishes or plans have been stated, you have three main options:
  - *Call a funeral home.* A funeral home can help you arrange either a burial or cremation. Check reviews and prices for a few different funeral homes before making a decision.
  - *Call a crematory.* While you can arrange a cremation through a funeral home, there are also crematories that will work with you directly if you aren't interested in the added services of a funeral director.
  - *Call a full-body donation organization.* Your loved one may have already registered to be a body donor, so check for paperwork. If he or she hasn't, there are still many programs that accept donations from next of kin.
7. **Arrange care for any pets or dependents.** If your loved one was responsible for caring for one or more people or pets, quickly find someone who can care for them temporarily.
8. **Secure major property.** If your loved one lived on their own, make sure his or her home and any vehicles are locked up. If it will sit vacant for some time, consider notifying the landlord and/or the police, so they can help to keep an eye on it.
9. **Notify the person's employer.** If the deceased was employed (or actively volunteering), call to let them know that your loved one has passed away. This is also a good time to ask about pay owed, benefits and life insurance.



## What to do within a few days

1. **Decide on funeral plans.** If you decided to work with a funeral home, meet with the funeral director to go through your options. If you opted for an immediate burial (burial without any ceremonies), cremation or donation to science, you may also choose to hold a memorial service or celebration of life at a later date.
2. **Order a casket or urn.** You may choose to purchase a casket or urn directly through the funeral home. However, you can often find caskets online for hundreds (even thousands) of dollars less, and some websites even offer free overnight delivery.
3. **For a veteran, ask about special arrangements.** A range of benefits can help tailor a veteran's service. You may be able to get assistance with the funeral, burial plot or other benefits. You can find many details about options as well as potential survivor benefits at the U.S. Department of Veterans Affairs website.
4. **Consider whether you need or want other financial assistance for the funeral and burial.** Help might be available from a number of sources, including a church, a union or a fraternal organization that the deceased belonged to.
5. **Ask the post office to forward mail.** If the person lived alone, this will prevent mail from piling up and showing that no one is living in the home. The mail may also help you identify bills that need to be paid and accounts that should be closed. You'll need to file a request at the post office, show proof that you are an appointed executor, and authorized to manage his/her mail.
6. **Perform a check of the person's home.** Throw out any food that will expire, water plants, and look for anything else that may need regular care.
7. **Update the utilities.** Tell local utilities (telephone, gas, electricity, cable) about the death, only if someone else wants to be put on the accounts. Otherwise wait until you decide whether or not and when the utilities are to be turned off.
8. **Prepare an obituary.** The funeral home might offer the service, or you might want to write an obituary yourself. If you want to publish it in a newspaper, check on rates, deadlines and submission guidelines.



## What to do within a few weeks

1. **Order a headstone.** Since headstones are rarely ready in time for a burial, you can save this until after the funeral when you have some more time. You can order a headstone through the cemetery, but you'll have more options (and often lower prices) if you look online.
2. **Order several copies of the death certificate.** You will likely need anywhere between 5 and 10 copies (but possibly more), depending on the accounts that your loved one had open. Your funeral director may be able to help you order them, or you can order them yourself from city hall or another local records office. Your certified copies should say display an official seal and say, *"This is an exact copy of the death certificate received for filing in \_\_\_\_\_ County."*
3. **Start the probate process with the will.** If the estate is relatively small, doesn't contain unusual assets and isn't likely to be disputed by family members you may be able to handle it yourself.
4. **Contact the Social Security office.** Your funeral director may have already done this, so find out if this is the case. If you need to contact social security yourself, you can reach them by phone at 1-800-772-1213. Through Social Security you may be able to apply for survivor benefits.
5. **Handle Medicare.** If your loved one received Medicare, Social Security will inform the program of the death. If the deceased had been enrolled in Medicare Prescription Drug Coverage (Part D), Medicare Advantage plan or had a Medigap policy, contact these plans at the phone numbers provided on each plan membership card to cancel the insurance.
6. **Notify any banks or mortgage companies.** If you're unsure of what accounts your loved one held, use their mail and any online accounts you have access to in order to identify what accounts may be open. Then, take copies of the death certificate to each bank and change ownership of the accounts.
7. **Reach out to any financial advisors or brokers.** Try to identify any additional financial and investment accounts that your loved one held. Work with each one to transfer ownership. You'll likely need a death certificate for each account.
8. **Contact a tax accountant.** You'll need to file a return for both the individual and the estate.
9. **Notify life insurance companies.** Fill out the claim form for any life insurance policies that the deceased had. Also, suggest that friends and family who may have listed your loved one on their own life insurance policies update theirs.
10. **Cancel insurance policies.** This could include health insurance, car insurance, homeowner's insurance or anything else. Depending on the policy, reach out to either the insurance company or your loved one's employer to stop coverage.
11. **Determine any employment benefits.** If your loved one was working at the time of their death, contact their employer to find out about union death benefits, pension plans and credit unions.

12. **Identify and pay important bills.** Make a list of bills that are likely to be due (e.g. mortgage, car payments, electricity), tracking them down via the person's mail and online accounts.
13. **Close credit card accounts.** Leverage your loved one's mail, wallet and any online accounts you have access to in order to identify open credit card accounts. For each one, you'll likely need to call customer service and then email or mail a copy of the death certificate.
14. **Notify credit reporting agencies.** Provide copies of the death certificate to Experian, Equifax and TransUnion in order to reduce the chances of identity theft. It's also a good idea to check your loved one's credit history in another month to confirm that no new accounts have been opened.
15. **Creditors.** Letters should be sent to all creditors informing them of the person's death. If any life insurance coverage can pay off the balances, a copy of the death certificate will be needed. Do not tell any of them you will be paying the balances with your own money. The estate needs to pay these, not family members, no matter what the creditors tell you. If nothing is left in the estate to pay off debts, then tell the creditors this.
16. **Contact a tax preparer.** A return will need to be filed for the individual, as well as for an estate return. Keep monthly bank statements on all individual and joint accounts that show the account balance on the day of death.
17. **Cancel the person's driver's license.** Go online or call your state's DMV for instructions, having a copy of the death certificate ready. Additionally, notify the local election board. This will help to prevent identity theft and voter fraud.
18. **Memorialize your loved one's Facebook account.** If your loved one was on Facebook, you can memorialize their account. This will let current friends continue to post and share memories but will keep anyone from logging into it in the future.
19. **Close email accounts.** Once you feel confident that you have necessary information on other accounts, it's a good idea to permanently close your loved one's email accounts as an additional step to prevent fraud and identity theft.
20. **Dispose of Personal Items and Clothing.** It is hard, but as soon as possible, you should try to dispose items which will no longer be used by the survivors. Everyone does this at a different time. Ask for help with this, if you need it. No items should be moved, sold, or given away if they have been identified in the person's will to be given out to survivors.
21. **Find Important Documents.** There are some documents that may be needed or at least helpful in settling the estate of the deceased. Documents might include: *safe deposit rental agreement and keys; trust agreements; nuptial agreements/marriage licenses/prenuptial agreements/divorce papers; life insurance policies or statements; pension, IRA, retirement statements; income tax returns for the past three years/W-2 form; loan and installment payment books and contracts; gift tax returns; birth and death certificates; social security card; military records and discharge papers; budgets; bank statements, checkbooks, check registers, certificates of deposits; deeds, deeds of trust, mortgages and mortgage releases, title policies, leases; motor vehicle titles and registration papers; stock and bond certificates and account statements; unpaid bills; health/accident and sickness policies; bankruptcy papers.*

## POCKET CARDS: “FACTS” OF SUICIDE AWARENESS

If an individual is concerned that someone they know may be at risk for suicide, the first step in helping may be as simple as learning the FACTS or warning signs. The following signs may mean that a youth is at risk for suicide, particularly if that person has attempted suicide in the past.

(front of card)

	<p><b>FEELINGS</b> – Expressing hopelessness about the future.</p> <p><b>ACTIONS</b> – Displaying severe/overwhelming pain or distress.</p> <p><b>CHANGES</b> – Showing worrisome behavioral cues or marked changes in behavior, including withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.</p> <p><b>THREATS</b> – Talking about, writing about, or making plan for suicide.</p> <p><b>SITUATIONS</b> – Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.</p>
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(back of card)

<h3>You are not alone.</h3>	
<b>National Resources</b>	
National Suicide Prevention Hotline: Call 1-800-273-8255 Text “IN” to 741741	Crisis Line for Individuals Deaf and Hard of Hearing Call (800) 273-8255, video relay service or voice/caption phone Call (800)799-4889, TTY
Veterans Crisis Line Call (800)273-TALK (8255) Text anything to 838255	Ayuda En Español Llama al número (888)628-9454
Trevor Project (LGBTQ+ youth line) Call (866)488-7386 Text “TREVOR” to (202)304-1200	National Teen Dating Abuse Helpline Call (866)331-9474
Trans Lifeline Call (877)565-8860	RAINN National Sexual Assault Hotline Call (800)656-HOPE (4673)

## POCKET CARDS: HAVING A CONVERSATION AROUND SUICIDE

When talking with someone about suicide, Mental Health First Aid Recommends following “ALGEE” or the assess, listen, give, encourage, and encourage model. A pocket card template is available below.

(front of card)

	<p><b>ASSESS</b> for risk of suicide or harm.</p> <p><b>LISTEN</b> non-judgmentally.</p> <p><b>GIVE</b> re-assurance and information.</p> <p><b>ENCOURAGE</b> appropriate professional help.</p> <p><b>ENCOURAGE</b> self-help and other support strategies.</p>
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(back of card)

<h3>You are not alone.</h3>	
<p><b>National Resources</b></p> <p>National Suicide Prevention Hotline: Call 1-800-273-8255 Text “IN” to 741741</p> <p>Veterans Crisis Line Call (800)273-TALK (8255) Text anything to 838255</p> <p>Trevor Project (LGBTQ+ youth line) Call (866)488-7386 Text “TREVOR” to (202)304-1200</p> <p>Trans Lifeline Call (877)565-8860</p>	<p>Crisis Line for Individuals Deaf and Hard of Hearing Call (800) 273-8255, video relay service or voice/caption phone Call (800)799-4889, TTY</p> <p>Ayuda En Español Llama al número (888)628-9454</p> <p>National Teen Dating Abuse Helpline Call (866)331-9474</p> <p>RAINN National Sexual Assault Hotline Call (800)656-HOPE (4673)</p>

# How to Talk with a Friend Who is Struggling with Suicide

## What to say

“I know you’re going through some stuff; I’m here for you.”

“Is there anything you want to talk about?”

“Seem like something’s up. Do you want to talk about what’s going on?”

“There are people who can help you work through what you’re feeling. Let’s get you some help.”

## How to act

Keep it casual. Relax and think of it as a chill chat.

Let your friend take the lead. You can listen most of the time. No need for advice.

You can let them know it is okay to feel what they’re feeling.

Be available and ask open-ended questions (more than “yes” or “no” answers)

- No need for pressure or judgement.
- Let them open up at their own speed

Encourage your friend to talk to an expert.

## After the 1<sup>st</sup> conversation

Don’t give up, be available even if they reject you. Keep inviting them to stuff

Keep gossiping out of this. Your friend needs trust and care.

They may ask you not to talk to anyone, but if your friend’s life is in danger you need to reach out to a trusted adult.

## Places your friend can get help

For non-emergencies there are many free and professional ways to get 24/7 help:

- National Suicide Hotline: Call 1-800-273-8255, Text “IN” to 741741
- Trevor Project (LGBTQ+ youth): Call (866)488-7386, Text “TREVOR” to (202)304-1200
- Trans Lifeline: Call (877)565-8860

For urgent help:

- Call 911
- Take your friend to the emergency room.

## If you or a friend has lost someone to suicide....

- It can be really hard to feel and understand. Many people feel those emotions. You are not alone. You are not responsible. No matter what.
- It can take a long time for the shock to wear off and for the new reality to stick
- Talk to friends about it. You all are going through something similar and can help one another. You can also reach out to an adult to talk about it. It is okay to be slow to talk.
- Talking can be simple, “Wow, I am blown away by this.” It could be a heart-to-heart.
- If you start thinking about suicide, then talk to a trusted adult about it.
- Run memorial ideas by a trusted adult. Sometimes it can actually encourage others to go forward with a suicide.

**It will get better. You will learn a lot from your healing, and it could help you save a life.**

# **NO NEED TO BE AN EXPERT. JUST BE A FRIEND.**

It's hard to know what to say to someone who is struggling with depression, anxiety or other mental health issues. Here are a few phrases that you can use when talking with a friend.

**Make yourself available.  
Be the friend they can rely on.**

**Avoid offering  
advice or trying  
to fix their  
problems.**

**Listen up.  
Let them  
take the  
lead.**

**Tell  
them  
you  
won't  
ever  
judge  
them.**

**Let them know that this  
won't change how you  
feel about them.**

**Let them know it's OK  
to feel the way they do.**

**Ask open-ended questions.  
Help them to talk, not just  
say "yes" or "no".**

**Keep it causal.  
Relax: think of  
it as a chill  
chat, not a  
therapy  
session.**

**Let  
them  
open up  
at their  
own  
speed.**

**Don't demand answers or  
force them to say anything  
they're not ready to.**

**Ask them if they  
have seen a doctor.**

**Encourage them to  
talk to an expert.**

## RESOURCES FOR YOUTH, CAREGIVERS, AND MENTORS

Resource	Description	Method of Delivery	Target Audience
<b>You Matter</b> Suicide Prevention Lifeline <a href="https://youmatter.suicidepreventionlifeline.org/about-you-matter-2/">https://youmatter.suicidepreventionlifeline.org/about-you-matter-2/</a>	<ul style="list-style-type: none"> <li>A blog for youth (13-24) to share their challenges with mental health and wellness</li> </ul>	Online platform and sharing space	<ul style="list-style-type: none"> <li>Young teens to young adults</li> </ul>
<b>Lifeline Chat</b> Suicide Prevention Lifeline <a href="https://suicidepreventionlifeline.org/chat/?_ga=2.149270782.93319875.1590590243-6828336.1589909396">https://suicidepreventionlifeline.org/chat/?_ga=2.149270782.93319875.1590590243-6828336.1589909396</a>	<ul style="list-style-type: none"> <li>A chat platform that connects individuals with a counselor</li> </ul>	Online platform and sharing space	<ul style="list-style-type: none"> <li>Any age</li> </ul>
<b>Active Minds</b> <a href="https://www.activeminds.org/about-us/mission-and-impact/">https://www.activeminds.org/about-us/mission-and-impact/</a>	<ul style="list-style-type: none"> <li>Peer-to-peer support model ideal for young adults</li> </ul>	Peer-to-peer program	<ul style="list-style-type: none"> <li>Transition age teens</li> </ul>
<b>Seize the Awkward</b> <a href="https://seizetheawkward.org/">https://seizetheawkward.org/</a>	<ul style="list-style-type: none"> <li>A resource around peer-to-peer conversations and mental health</li> </ul>	Peer-to-peer media campaign	<ul style="list-style-type: none"> <li>Young teens and up</li> </ul>
<b>Now Matters Now</b> <a href="https://www.nowmattersnow.org/skills">https://www.nowmattersnow.org/skills</a>	<ul style="list-style-type: none"> <li>Resource for coping strategies based on DBT (mindfulness, etc.)</li> </ul>	Online platform	<ul style="list-style-type: none"> <li>Young teens and up</li> </ul>
<b>Trevor Project</b> <a href="https://www.thetrevorproject.org/">https://www.thetrevorproject.org/</a>	<ul style="list-style-type: none"> <li>Provides programmatic support to LGBTQ youth through their lifeline, chat, text, and space</li> </ul>	Online platform	<ul style="list-style-type: none"> <li>LGBTQ+ teens</li> </ul>
<b>Love is Respect</b> <a href="https://www.loveisrespect.org/">https://www.loveisrespect.org/</a>	<ul style="list-style-type: none"> <li>Resource for those in abusive relationships</li> <li>Education on how to get help and healthy relationships</li> </ul>	Online platform	<ul style="list-style-type: none"> <li>Youth, mentors, and advocates</li> </ul>
<b>Ditch the Label</b> <a href="https://www.ditchthelabel.org/mental-health-support-hub/">https://www.ditchthelabel.org/mental-health-support-hub/</a>	<ul style="list-style-type: none"> <li>Mental health resources for those under 25</li> </ul>	Online platform	<ul style="list-style-type: none"> <li>Youth, mentors</li> </ul>

<p><b>Emergency Taskforce on Black Youth Suicide and Mental Health</b>  Congressional Black Caucus  <a href="https://watsoncoleman.house.gov/uploadedfiles/executive_summary_and_recs_only.pdf">https://watsoncoleman.house.gov/uploadedfiles/executive_summary_and_recs_only.pdf</a></p>	<ul style="list-style-type: none"> <li>• A report to Congress on the crisis of black youth suicide in America</li> </ul>	<p>Report</p>	<ul style="list-style-type: none"> <li>• Professionals, advocates, and providers</li> </ul>
<p><b>Mental Health and Latino Kids: A Research Review</b>  Salud America!  <a href="https://salud-america.org/wp-content/uploads/2017/09/FINAL-mental-health-research-review-9-12-17.pdf">https://salud-america.org/wp-content/uploads/2017/09/FINAL-mental-health-research-review-9-12-17.pdf</a></p>	<ul style="list-style-type: none"> <li>• Outlines the current state of suicide among the Latino population</li> </ul>	<p>Article</p>	<ul style="list-style-type: none"> <li>• Professionals, instructors and advocates/allies</li> </ul>
<p><b>National Asian American Pacific Islander Mental Health Association</b>  <a href="https://naapimha.org">https://naapimha.org</a></p>	<ul style="list-style-type: none"> <li>• Organization that exists to promote the mental health of Asian American and Pacific Islander communities</li> </ul>	<p>Online platform</p>	<ul style="list-style-type: none"> <li>• Professionals, mentors, and organizations</li> </ul>
<p><b>WeRNative</b>  My Mind: Suicide  <a href="https://www.wernative.org/my-life/my-mind/suicide">https://www.wernative.org/my-life/my-mind/suicide</a></p>	<ul style="list-style-type: none"> <li>• Serves as a resource page specifically for native youth</li> <li>• Provides tools around topics such as depression, self-harm, and suicide</li> </ul>	<p>Online platform</p>	<ul style="list-style-type: none"> <li>• Native youth</li> </ul>