FOREFRONT SUICIDE PREVENTION LEARN® SAVES LIVES FOR TEENS

USING THESE STEPS AND YOUR VOICE CAN TRULY HELP CHANGE LIVES. WE CAN ALL DO THIS!

LOOK FOR SIGNS



- Researching ways to die; talking/joking about death—these signs are often ignored.
- Feeling hopeless, angry, depressed, ashamed, or like a burden to others.
- Changes in personality, outlook on life; sleep issues, withdrawing from friends/activities.
- Alcohol/other drug use, reckless behavior, self-harm/cutting, giving away possessions.

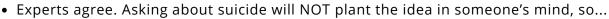
E

EMPATHIZE & LISTEN

- Listen with compassion. Show them you care by giving your full attention.
- Acknowledge their pain and accept their feelings so they don't feel judged.
- Repeat back what they tell you, then say, "I'm really sorry you're going through this."
- Just listen. Those who are really struggling say this helped them the most.



ASK DIRECTLY



- Ask in a way that invites an honest answer. Mention any signs you've noticed.
- Be calm, courageous and direct. Say the word "suicide." Be prepared to hear a "yes." i.e., "Sometimes when people feel hopeless and alone, they are thinking about suicide.

 Are you thinking about suicide? Or...are you thinking about killing yourself?"



R

REDUCE THE DANGERS

- Turn to trusted adults if you're concerned about someone—never keep this a secret.
- Regret is real. Better to have an angry friend who is safer because you told an adult.
- Parents/caregivers, teachers, counselors, coaches, elders, spiritual leaders can help.
- Let trusted adults know about access to lethal means; i.e., alcohol, firearms, drugs, medicines.
- Report concerning posts on social media. <u>Support on Social Media—Lifeline</u>.



NEXT STEPS



- Always ask a trusted adult to help. Be prepared to give them critical information.
- If an adult is not available, help connect this person to 24-hr crisis resources.
- Some people don't feel safe calling 911 so keep these resources nearby. Share with friends.
- It's OK to ask questions or just try out these resources so you know how they work.

Suicide Prevention Lifeline **800.273.8255**Teen Link (6-10 pm) **866.833.6546**Crisis Text Line text **'HEAL' to 741741**

Addiction Helpline **866.789.1511**Trans Lifeline **877.565.8860**Trevor Project - LGBTQ **866.488.7386 or** text **'START' to 678678**

intheforefront.org/LEARN



Resources for Teens & Young Adults



24-hour CRISIS HELP

Suicide or Mental Health Crisis - Call, text or chat to 988
What happens when you connect to 988?
Boys Town - Translation Services for Teens & Caregivers
Crisis Connections - 866-427-4747
Crisis Text Line - Text 'HEAL' to 741741
Crisis Lines by County

CONNECT WITH A PEER

• Teen Link - 1-866-833-6546 - Call, chat or text with a trained teen 6-9:30 pm / Where to Turn Resource Guide

BIPOC / EQUITY / LGBTQIA+

- Black Lives Matter at School NEA / BIPOC youth text STEVE to 741741 / LGBTO+ Guide Be True Be You
- Gender identity Reach Out / GSAs, policies, curriculum & educator support in schools GLSEN
- Trevor Project / Meet LGBTQ Friends / Trans Lifeline / It Gets Better / Lambert House / Odyssey Youth
- We R Native Text "NATIVE" to 97779 / Native & Strong / You are Not Alone Native Network / Tele-Native

BULLYING / EATING DISORDERS

- Bullying/Cyberbullying and what your school can do <u>Teens Against Bullying</u> / <u>Stopbullying.gov</u>
- Eating Disorders Info, forums & ways to get involved Proud2Bme & Proud2Bme Activist Guide NEDA

MENTAL HEALTH / MINDFULNESS / GRIEF AFTER SUICIDE

- <u>Culturally Competent Therapists</u> / <u>COVID & Mental Health</u> / <u>Mental Health Resource Center</u> JED
- Mindfulness for Teens / My Mental & Emotional Health / Teen Mental Health Guide
- Teenage Grief Sucks Teen-run website about grief / When a Friend Dies / Grief After Suicide Dougy Center
- <u>Transitioning out of High School</u> JED / <u>Know Before You Go</u>
- Your Life Your Voice Real advice for real situations on all sorts of topics. Text, call, chat, tips & mood app

RELATIONSHIPS / SEXUAL ASSAULT / SHELTER / SOCIAL MEDIA

- <u>Domestic Violence Hotline</u> 1-800-799-7233 / <u>RAINN Sexual Assault Hotline</u> 800-656 HOPE (4673)
- Everyday issues & trending topics Reachout / Removing online videos/pictures Needhelpnow.ca
- Love is Respect Chat, text, quiz Text "loveis" to 22522 / Pressure to be Perfect & Seize the Awkward JED
- Support on Social Media Worried about someone on social media? Tips for reporting and supporting NSPL
- Safe Place Don't feel safe? Get shelter and resources. Text "SAFE" + current location to 4HELP (44357)
- Strong Hearts Native Helpline Dating and sexual violence helpline for Native Americans and Alaskan Natives

SUBSTANCE USE / STRESS / GAMBLING

- Drug Use & the Brain Kahoot games, videos & facts NIDA / Drug Facts NIH
- Marijuana & Your Mental Health You Can
- Opioid Facts for Teens NIH / Substance Abuse & Addiction IED
- Recovery Helpline WA State 1-866-789-1511. Opioid & other drug use, mental health & problem gambling
- Stop Overdose / Good Samaritan Law & Materials / Your Life Your Voice Tips for tough situations
- <u>Smoke Free Teens</u> Tips, apps & live chat / <u>2Morrow Health Nicotine app</u> / <u>Aspire</u> Online education.