



# Suicide Prevention Resources for Parents/Guardians/Families



This sheet lists a selection of websites and online information sheets that have suicide prevention resources for parents, guardians, and other family members. The resources provide guidance on talking with your child if you think he or she may be at risk for suicide and on coping with a suicide attempt or death. A few of the resources also discuss how you can take action at the school and community levels to prevent suicide.

## Websites

### Jason Foundation Parent Resource Program

<http://jasonfoundation.com/get-involved/parent/parent-resource-program/>

This website contains basic information about suicide and how you as a parent or guardian can help prevent youth suicide. It also has a video of a parent and community seminar that includes basic information on suicide and provides awareness and suicide prevention strategies for parents and other adults.

### Maine Youth Suicide Prevention Program

<http://www.maine.gov/suicide/parents/index.htm>

(Look at both the center of the webpage and the links in the left sidebar.)

This website includes a parent-specific section with a number of information sheets that cover basic information on suicide prevention, common reactions to youth suicide, talking with your child, and coping after a suicide attempt or death.

### Society for the Prevention of Teen Suicide

Parent Section: <http://www.sptsusa.org/parents/>

This website's parent section provides information to help you talk with your teens about suicide or the death of a friend by suicide. It includes a link to the video *Not My Kid: What Every Parent Should Know*, which features eight parents from culturally diverse backgrounds asking two experts common questions about youth suicide.

### National Suicide Prevention Lifeline 1-800-273-TALK (8255)

The Lifeline is a 24-hour toll-free phone line for people in suicidal crisis or emotional distress. An online chat option is available at <http://www.suicidepreventionlifeline.org/GetHelp/LifelineChat.aspx>

## Information Sheets

### **Cómo pueden los padres OBSERVAR ESCUCHAR AYUDAR (How Parents Can LOOK LISTEN AND HELP: Youth Suicide Is Preventable)**

#### **Oregon Youth Suicide Prevention Program**

<https://public.health.oregon.gov/PreventionWellness/SafeLiving/SuicidePrevention/Pages/espllh.aspx>

This Spanish-language webpage discusses your role as a parent in recognizing changes in your child's behavior that may indicate he or she is at risk of depression or suicide. It also outlines how you can intervene to prevent a crisis and obtain help. This information can be downloaded as a brochure, and an English-language version can be ordered by e-mail.

#### **National Association of School Psychologists**

##### **Preventing Youth Suicide—Tips for Parents and Educators**

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>

This webpage describes the risk and resiliency factors related to suicide, warning signs of suicide, ways to respond, and the role of the school in suicide prevention.

##### **Suicide Prevention: Facts for Parents**

<http://www.sprc.org/sites/default/files/migrate/library/Suicide%20Prevention%20-%20Facts%20for%20Parents.pdf>

This information sheet focuses on suicide among high school students and how parents and high schools can help prevent it.

**For information on suicide prevention activities in your state, see SPRC's list of state contacts at**

<http://www.sprc.org/states/all/contacts>.

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**Suicide Prevention Resource Center**

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