

FASN: Ending the Silence: Suicide Prevention Strategies by Dr. Beth King

RESOURCES

NATIONAL SUICIDE HOTLINE

SAMHSA's [National Suicide Prevention Lifeline \(link is external\)](#)

1-800-273-TALK (8255), a 24-hour toll-free, confidential hotline

YOU-TUBE

Erika's Lighthouse: <https://www.youtube.com/watch?v=XzjBHaT6htU>

Adolescents discussing suicide

I had a Black Dog, His Name was Depression: <https://www.youtube.com/watch?v=XiCrniLQGYc>

Depression, animated with big black dog

Living with a Black Dog: <https://www.youtube.com/watch?v=2VRRx7Mtep8>

Depression, animated program on depression

PROGRAMS

KOGNITO: Promote Emotional Wellness for PK-12 Students

<https://www.kognito.com/products/pk12/>

SOS Signs of Suicide, Middle School and High School Prevention Programs

<http://www.sprc.org/resources-programs/sos-signs-suicide>

QPR, Questions, Persuade, and Refer

<http://www.sprc.org/resources-programs/qpr-gatekeeper-training-suicide-prevention>

Preventing Suicide: A Toolkit for High schools

<http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

Zero Suicide Toolkit

<http://zerosuicide.sprc.org/toolkit>

Preventing Suicide: A Community Engagement Toolkit

http://www.who.int/mental_health/suicideprevention/community_engagement_toolkit_pilot/en/

HeartMath® Tools

<https://www.heartmath.org/resources/heartmath-tools/>

APPPS:

Virtual Hope Box: National Center for Telehealth & Technology

<http://t2health.dcoe.mil/apps/virtual-hope-box>

SAFE-T: Suicide Assessment 5-Step Evaluation and Triage

<http://store.samhsa.gov/product/Suicide-Assessment-Five-Step-Evaluation-and-Triage-SAFE-T-Pocket-Card-for-Clinicians/SMA09-4432>

WEBSITES

Centers for Disease Control and Prevention: Understanding Suicide:

https://www.cdc.gov/violenceprevention/pdf/suicide_factsheet-a.pdf

CDC Suicide Prevention, Data & Statistics: <https://www.cdc.gov/violenceprevention/suicide/>

CDC 10 Leading Causes of Death by Age Group-United States, 2014:

https://www.cdc.gov/injury/images/lccharts/leading_causes_of_death_age_group_2014_1050w760h.gif

Healthy People 2020 Mental Health Objectives:

<https://www.healthypeople.gov/2020/topics-objectives/topic/mental-health-and-mental-disorders/objectives>

NAMI National Alliance on Mental Illness: <http://www.nami.org/Get-Involved/Awareness-Events/Suicide-Prevention-Awareness-Month>

Preventing Suicide: A Comprehensive Public Health Approach:

<https://www.cdc.gov/cdcgrandrounds/archives/2015/september2015.htm>

Substance Abuse and Mental Health Services Administration: Suicide Prevention:

<https://www.samhsa.gov/suicide-prevention>

Suicide Prevention Resource Center

<http://www.sprc.org/>

Suicide Stories:

<http://puresight.com/Real-Life-Stories/real-life-stories.html>

US Preventative Task Force Recommendation for Depression Screening for Youth:

<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/depression-in-children-and-adolescents-screening1>

World Health Organization: Report on Suicide

<http://www.who.int/mediacentre/news/releases/2014/suicide-prevention-report/en/>

DOCUMENTS

Youth Risk Surveillance Survey 2015:

https://www.cdc.gov/healthyouth/data/yrbs/pdf/2015/ss6506_updated.pdf

ARTICLES

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