

# Know the Signs. Find the Words. Reach Out.

Suicide Prevention Week September 10-16, 2017 World Suicide Prevention Day September 10, 2017



suicideispreventable.org

Each Mind Matters: California's Mental Health Movement supports that suicide prevention matters!

## Tip Sheet for School-based Suicide Prevention Activities

**Coordinate a presentation or activity to educate students, parents, and staff about suicide prevention.** This can be in the form of a formal gatekeeper training, a movie night followed by an informal discussion, or a presentation.

- ◆ Visit the “*Reach Out*” tab on the **Know the Signs** website to find available presenters and trainings in your county: [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)
- ◆ Visit the “*For Schools*” tab on the **Directing Change Program and Film Contest’s** website ([www.directingchange.org/schools/](http://www.directingchange.org/schools/)) to access a variety of educational materials about suicide prevention to share at your school.
- ◆ Engage parents! Consider having youth co-host an event to engage and inform parents about suicide prevention, such as a presentation, training, or even distributing materials with crisis resources to parents and on the school’s website.

**Host a film screening or morning broadcast with youth-produced films about mental health and suicide prevention.** Films, activities and discussion guides can be downloaded at [www.directingchange.org](http://www.directingchange.org)

**Work with teachers to implement *The Trevor Project’s “Lifeguard Workshop”*** which helps people recognize when someone is thinking about suicide and how to respond appropriately, as well as identifying challenges faced by LGBTQ youth. Visit: [www.thetrevorproject.org/pages/lifeguard](http://www.thetrevorproject.org/pages/lifeguard)

**Set up a resource table with materials and resources about suicide prevention** and then share these materials widely on campus. Suicide Prevention resources in a variety of languages can be downloaded at [www.EMMResourceCenter.org](http://www.EMMResourceCenter.org)

Consider coordinating an activity to address the Netflix show **13 Reasons Why** in a positive way. For example, at Oxford High School in Michigan, students participated in an activity called “**13 Reason Why Not**” by sharing stories of overcoming struggles with the support of others.