

## Resources for Youth Suicide Prevention and Safety Planning

*This is not a comprehensive list, but covers things brought up in training  
10.19.22 and 3.9.23.*

### Crisis Lines:

New Hampshire Rapid Response <https://www.nh988.com/> (chat available)  
Call/Text 1-833-710-6477      Access to mobile crisis services in NH

National Suicide and Crisis Hotline: 988      <https://988lifeline.org>

For LGBTQ+ youth: Trevor Project Hotline 1-866-488-7386  
<https://www.thetrevorproject.org/get-help/> (chat available) or Text 'START' to 678-678

### Screening and Assessment Resources:

#### ASQ

<https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials>

#### Columbia Suicide Severity Rating Scale (multiple versions based on role)

<https://cssrs.columbia.edu/the-columbia-scale-c-cssrs/cssrs-for-communities-and-healthcare/#filter=.general-use.english>

### General Resources:

Stanley Brown Safety Plan templates:

[https://988lifeline.org/wp-content/uploads/2017/09/Brown\\_StanleySafetyPlanTemplate1.pdf](https://988lifeline.org/wp-content/uploads/2017/09/Brown_StanleySafetyPlanTemplate1.pdf)  
<https://suicidesafetyplan.com/forms/>

Characteristics of Suicide Risk in Young Children:

<https://www.nimh.nih.gov/news/research-highlights/2021/understanding-the-characteristics-of-suicide-in-young-children>

Newsletter with relevant articles from [Child Mind](#)

AAP Strategies:

<https://www.aap.org/en/patient-care/blueprint-for-youth-suicide-prevention/strategies-for-clinical-settings-for-youth-suicide-prevention/>

School Based:

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

Curriculum often used in NH schools: [Gizmo the Therapy dog](#) (young kids); [Connect Suicide](#) (NAMI NH); [Signs of Suicide](#) (MS and HS age); [Connor's Climb](#)

For Parents:

From AAP:

<https://www.healthychildren.org/English/health-issues/conditions/emotional-problems/Pages/Ten-Things-Parents-Can-Do-to-Prevent-Suicide.aspx>

<https://www.verywellmind.com/suicidal-thoughts-and-depression-in-children-1066661>

How to talk to your child about a suicide attempt (developmentally appropriate categories):

<https://www.mirecc.va.gov/visn19/talk2kids/e/>

<https://www.nationwidechildrens.org/family-resources-education/700childrens/2021/09/understanding-why-kids-die-by-suicide>

Developmental Understanding:

<https://www.hrrv.org/grief-support/childrens-understanding-death-developmental-guidelines/>

<https://good-grief.org/wp-content/uploads/2020/09/Developmental-Understanding-of-Death-and-Loss.pdf>

### **Websites we recommend:**

Suicide Prevention Resource Center: <https://www.sprc.org/populations/adolescents>

You Matter <https://youmatter.988lifeline.org/> Mental Health blog run by teens

Post about [Safety Planning for Teens](#) ; Website for [creating your own safety plan](#)

<https://youth.gov/youth-topics/youth-suicide-prevention>

<https://988lifeline.org/help-yourself/youth/>

National website re: children's mental health resources: <https://www.onoursleeves.org/>

[Family Acceptance Project](#) (for supporting families of LGBTQ+ youth)

**Folders with Resources from 988 ([Assessment](#), [Safety Planning](#), [Self Care for Professionals](#))**