



SUICIDE PREVENTION RESOURCES

⚠️ If you or your child are in immediate danger, call 911. If you or someone you love is struggling with suicidal thoughts, call or text 988 in the U.S. to connect with the Suicide & Crisis Lifeline. Free, confidential help is available 24/7.

Suicide Prevention Resources Guide

Core Crisis Support for Kids, Teens, and Parents/Caregivers

[988 Youth \(988 Lifeline Youth Page\)](#)

This is a dedicated landing within the 988 Suicide & Crisis Lifeline designed for young people. It offers multiple ways to connect: call, text, chat, and services for Deaf or hard of hearing individuals. It directly supports youth in moments of distress and is a reliable, confidential, 24/7 lifeline

[The Trevor Project](#)

Offers 24/7 free and confidential crisis support for LGBTQ+ youth through call, text, and chat, along with resources to promote mental health and suicide prevention.

Suicide Prevention Resources for Parents/Caregivers

[SAMHSA's 2025 Suicide Prevention Awareness Month Toolkit](#)

Offers ready-made messages, graphics, weekly themes, and tools appropriate for families, schools, and communities that can be used year-round.

[Suicide Prevention: 12 Things Parents Can Do by healthychildren.org](#)

The American Academy of Pediatrics offers this concise checklist, giving clear, evidence-based actions parents can take to help keep teens safe.

[Zero Suicide Institute's Free Film - Parents to Parents: After Your Child's Suicide Attempt](#)

offers guidance, hope, and practical strategies to help caregivers support their child's safety and healing after a suicide attempt

Peer-Led Prevention Efforts Within Schools

[Active Minds](#)

A peer-to-peer mental health and suicide-prevention nonprofit operating in schools and colleges. It empowers teens and young adults to support one another and promote mental wellness.

[Hope Squad](#)

Evidence-based, peer-to-peer suicide-prevention program used in schools across the U.S. and Canada. Trains youth to recognize when peers may be struggling and encourage help-seeking.

Supporting Children and Teens After A Death by Suicide

[Alliance of Hope – Children & Teens Resources](#)

Provides articles, e-books (e.g., “Children, Teens & Suicide Loss”), videos, and guidance on communicating about suicide with young people. Run by a survivor-support nonprofit community.

[The Dougy Center \(National Grief Center for Children & Families\)](#)

A nonprofit offering age-specific groups, trainings, and publications such as “Helping Children Cope with Death” and “Helping Teens Cope with Death.” Known for grounding grief support in peer connection.

[NACG Toolkit – Supporting Children Who Are Grieving a Death by Suicide](#)

A professional toolkit offering practical, sensitive guidance for how to talk with and support children and teens after suicide loss—addresses stigma, emotional complexity, and what to say (or not).

Children’s Books About Suicide

Children’s books can help kids process suicide by giving them language, stories, and images that make confusing experiences more understandable—and reading together creates safe moments for questions, comfort, and connection.

See next page for booklist...



[After a Suicide Death: An Activity Book for Kids Who are Grieving](#) by The Dougy Center

[Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them](#) by Doreen T. Cammarata

[Why?: A Story for Kids Who Have Lost a Parent to Suicide](#) by Melissa Heath

[Let's Talk About It: A Guide for Talking to Children After a Suicide of a Loved One](#) by Laura Camerona, CCLS

[My Grief Is Like the Ocean: A Story for Children Who Lost a Parent to Suicide](#) by Jessica Biles, LCSW, RPT and Jillian Kelly-Wavering, LCSW, RPT-S

