



**SUICIDE
PREVENTION
AWARENESS
TOOLKIT**

SEPTEMBER 2022



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LETTER TO PARTNERS



Free Your Feels turns two this month!

We launched the campaign in September 2020 to coincide with Suicide Prevention Awareness Month. The 2020 Department of Education Student Health Survey indicated nearly 40,000 middle and high school students in Georgia had attempted suicide with almost 80,000 having seriously considered it. In the U.S., suicide is the second leading cause of death for ages 10-14 and third leading cause of death for ages 15-24. Suicidal thoughts and suicide affect people of all ages, backgrounds, and genders.

Talking about suicidal ideation or suicide is still relatively taboo. We don't bring it up in conversation, and even when checking in with each other, few of us know how to really ask... "are you thinking of killing yourself? ". This month we will equip you with tools needed to start a conversation about suicide and confidently check in with each other. The more we talk about it, the more normal it will become. Depression is treatable and suicide is preventable.



TAKE ACTION

Save 988 and the
suicide crisis
lifeline 1-800-
273-8255 in your
phone.

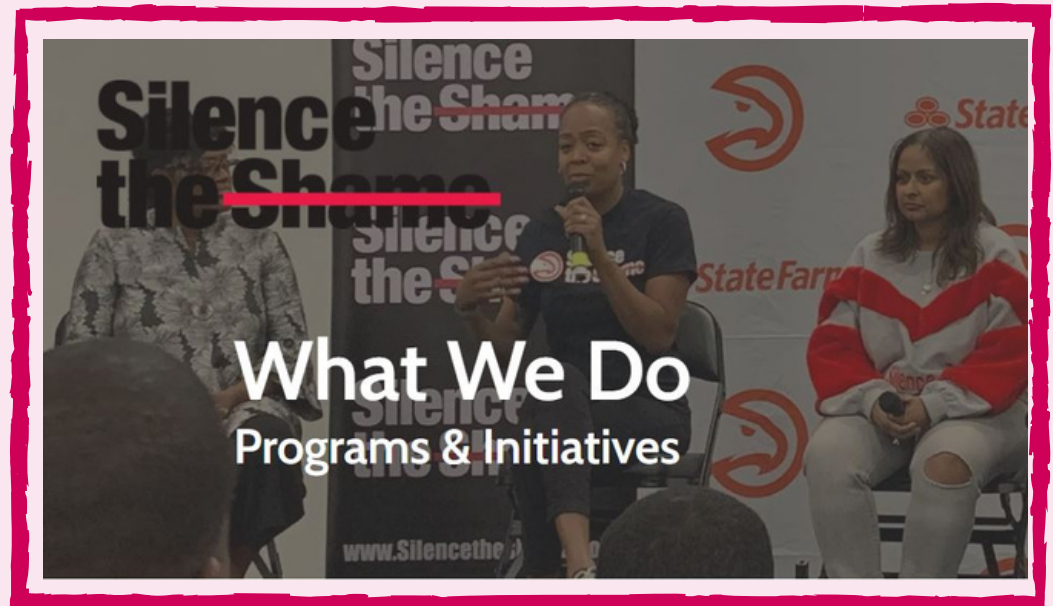
FOR EVERYONE



Free Your Feels encourages everyone to fearlessly share their feelings, and that includes feelings that are more challenging. Effective suicide prevention includes making sure the youth in your community feel connected to others and valued as individuals. To ensure you are prepared to identify and appropriately respond to students who are at higher risk, or who have explicitly told someone they are considering suicide, make sure someone in your school or community is trained to handle these situations.

TAKE ACTION

Identify a training for your organization and create a plan to participate in one.



FOR URGENT SUPPORT CALL OR DOWNLOAD GCAL: 1-800-715-4225



FOR YOUTH/TEENS

FREE
your
FEELS™

We all feel sad sometimes. When we get bad news or get in an argument with a friend or family member, it just doesn't feel good. Feelings do, however, help us process what's going on around us and help us learn more about ourselves and our world. Usually, it doesn't take too long for sadness to be replaced by other feelings. If you notice that you, or a friend, feel a little stuck – it may be a good time to get help. Read through these warning signs, so you can learn to recognize when you or your friend need support.

TALKING ABOUT SUICIDE

Warning Signs of Suicide

Learning the warning signs of suicide is a huge part of preventing a crisis.

ARTICLE LENGTH: SHORT | JUL. 16, 2021 | [f](#) [t](#) [s](#)

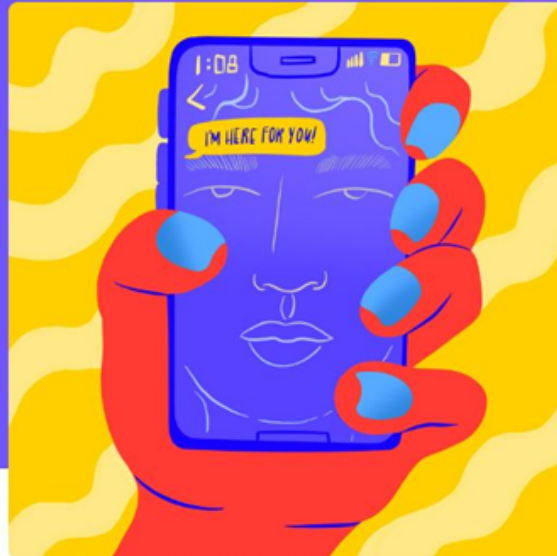
Suicide Risk Factors

Suicide

Suicide Prevention

Mental Health

Health



TAKE ACTION

Watch this short video on what to do when someone's in crisis.



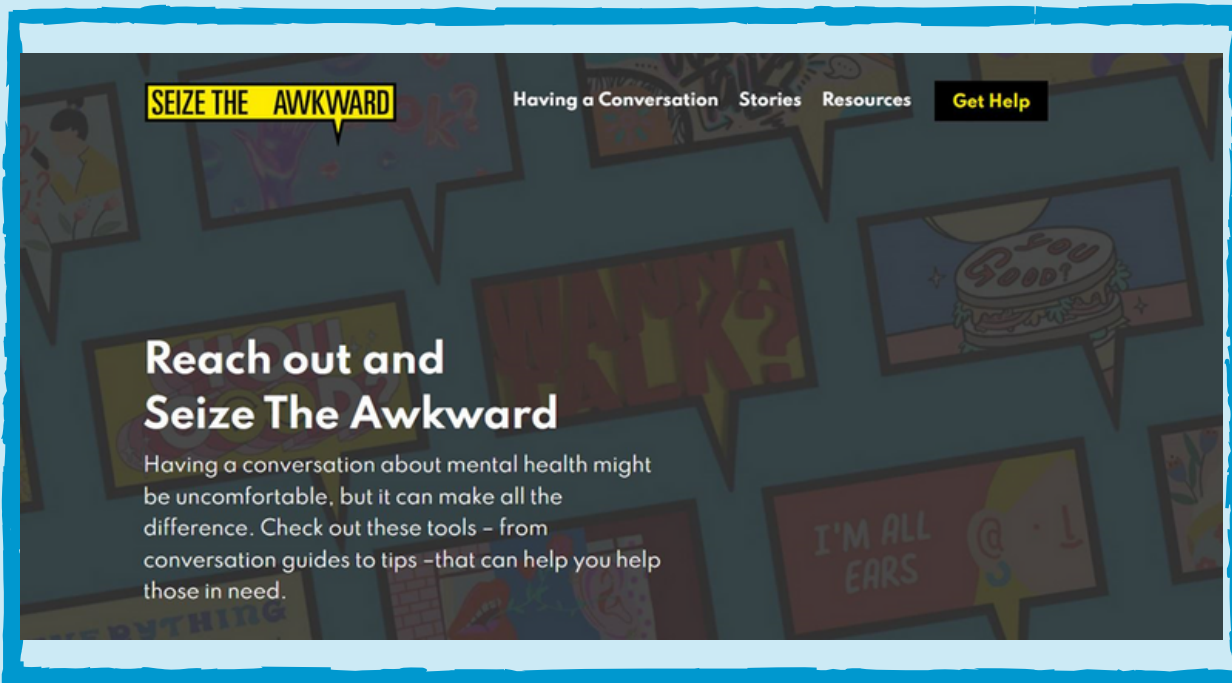
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FOR YOUTH/TEENS

FREE
your
FEELS™

We don't talk enough about suicide or self-harm. It's an awkward topic to bring up and many of us don't really know how to discuss it. This video shares some information on risk factors and how to bring up suicide when checking in with others. Watch these teens reflect on what they learned during a suicide prevention training.



TAKE ACTION

Seize the awkward and check in with a friend.



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FOR PARENTS/CAREGIVERS

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your
FEELS™

No one wants to be in a situation where a child talks about suicidal thoughts. However, if we know how to identify warning signs and have the confidence to respond appropriately, we are better able to support our loved one who is experiencing suicidal ideation. The National Alliance of Mental Health has an [informative page](#) on risk factors and how to respond to a crisis. We also recommend watching this powerful [Suicide Prevention PSA for parents](#).



Talking to Teens: Suicide Prevention

TAKE ACTION

If you have any concerns about a young person's mental health, follow [these steps](#).



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FOR PARENTS/CAREGIVERS

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The American Foundation for Suicide Prevention compiled a [list of articles](#) specifically for parents. Articles include “How can I tell if my child is behaving like a normal teenager – i.e. moody, etc. – or if there might be something wrong?” and “What if they don’t want to talk?”. There are also online [mental health screening tools](#) that provide info, resources and tools to help you understand your mental health. You can encourage the child(ren) in your life to do the screening and talk about the results together.



[Mental Health Information](#) [Resources](#) [About Us](#)

LOG IN

TAKE A MENTAL HEALTH TEST

Take a Mental Health Test

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

TAKE ACTION

Familiarize yourself with [this list](#) of mental health resources curated by Silence the Shame.



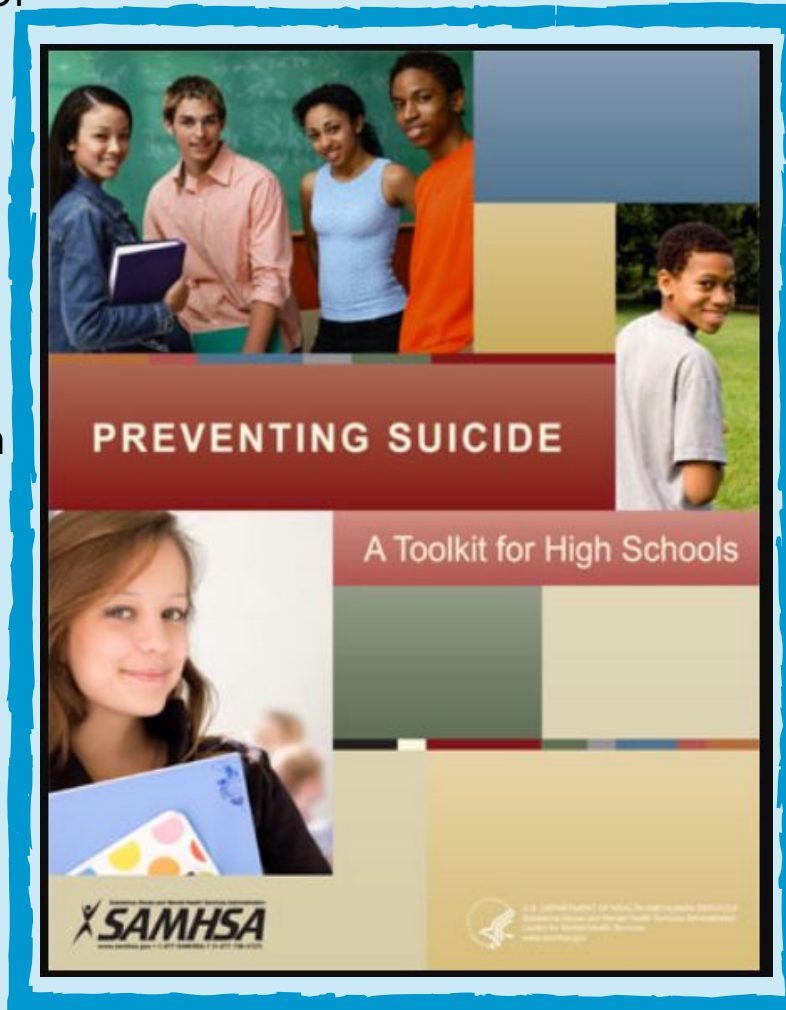
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FOR EDUCATORS/SCHOOL STAFF

FREE
your
FEELS

Children and adolescents are in school for a significant time over a 12-year period. This creates unique opportunities for comprehensive suicide prevention as school-based programming can involve staff, parents, family members and youth themselves. Programs can be incorporated into classes, assemblies or developed into afterschool activities. This Preventing Suicide toolkit for high schools shares data on youth suicide, checklists for suicide prevention activities, protocols for helping students and more.



TAKE ACTION

Browse the toolkit's table of contents and read through at least one section that can be of use to you.



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FOR EDUCATORS/SCHOOL STAFF



Feelings of isolation and being a burden on loved ones increase the risk of suicide, so promote connectedness and emotional wellbeing in your classroom. The Suicide Prevention Resource Center shares ideas on building connectedness in classrooms, but you can certainly come up with your own. These could vary from asking students to share favorite family recipes with the class, to working together to define classroom rules, to collaborative art projects. This kit has project ideas for elementary age students.

School Connectedness



School connectedness is the belief held by students that adults and peers in the school care about their learning as well as about them as individuals.¹

TAKE ACTION

Plan an activity to increase connectedness in your students.



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QUESTIONS? CONTACT

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