



Suicide Prevention Resources and Information for Parents and Community Members



The following websites and video links are a compilation of brief awareness and educational resources that have been vetted by Prevent Suicide PA and the Garrett Lee Smith Youth Suicide Prevention Grant. While most of these resources were developed for parents and families, schools may also utilize these brief resources to disseminate relevant information more broadly to professional educators and support staff, as well as community members.

[American Foundation for Suicide Prevention: When Someone is at Risk](#)

Provides general information to guide a conversation with someone that may be struggling with thoughts of suicide, as well as resources and next steps to connect the person with help.

[Candid Conversations: Suicide Awareness and Prevention](#)

30-minute video series (broken down into 15 brief segments) designed to educate parents about youth suicide myths and warning signs, as well as how to have a conversation with youth about whom they are concerned, developed by the Jana Marie Foundation.

[How to Talk to a Child about a Suicide Attempt in Your Family](#)

Website with videos and information about how to talk to preschool-age children, school-age children, and adolescents when there has been a suicide attempt in the family, developed by the Rocky Mountain MIRECC for Suicide Prevention.

[Not my Kid... What Every Parent Should Know](#)

18-minute video designed to help parents and other adults communicate with youth about suicide and identify when a young person might need help, developed by the Society for the Prevention of Teen Suicide (SPTS).

Additional parent resources from the Society for the Prevention of Teen Suicide (SPTS) [here](#).

[Prevent Suicide PA](#)

Includes information about various youth suicide prevention topics for parents and caregivers, as well as links to a range of national and state youth suicide prevention resources.

[Suicide Prevention Resource Center: Resources for Parents/Guardians/Families](#)

List of websites and online information sheets that provide guidance for parents and families to talk to a youth that may be contemplating suicide, as well as on coping with a suicide attempt or death.

[Teen Suicide: What Parents Need to Know](#)

Brief, 4-minute video with youth suicide warnings signs and helpful language for parents to speak with their adolescents about suicide, developed by Mayo Clinic.

[Youth Suicide Warning Signs](#)

Website with information for parents and caregivers about warning signs, how to respond, and how to find help.