Youth Suicide Prevention: What Every Parent Needs to Know

Parent Seminar, January 20, 2016

Parent Presenters: Wenona Strafford, Annie Kurz, LMHC

Faculty Presenters: Lindsay Metcalfe, School Counselor, and Susan Essex, Assistant Director of Counseling

Further Resources:

Forefront - http://www.intheforefront.org/. A collaboration of departments at UW, Forefront is a leading voice in suicide prevention in the area and with national recognition. From articles, to blogs, to notices of area trainings, this website is a great place to find current information.

National Suicide Prevention Lifeline – 1-800-273-8255. This is the phone number that parents were encouraged to put in their phones and to have their kids do likewise. Anyone can call this number for personal support, a risk assessment, and guidance on steps to take, 24/7. http://www.suicidepreventionlifeline.org/

Society for the Prevention of Teen Suicide – http://www.sptsusa.org/. Website contains both parent and teen sections, which could enable families to go through content together.

The parent section of the website also has the video “Not My Kid” from the presentation (we only showed a short portion of the video during our presentation): http://www.sptsusa.org/not-my-kid/

Empathy video by Brene Brown - https://www.youtube.com/watch?v=1Evwgu369Jw

The Trevor Project - http://www.thetrevorproject.org/. A website and national programming specifically to support LGBTQ youth, who are at a higher risk of suicide.

Teenline - https://teenlineonline.org/. A great resource online and support number to call, this program also has a section for parents.

Suicide Prevention Resource Center - http://www.sprc.org/. As the name implies, this is a great place to go for more resources.

In the spirit of a community watching out for each other, here is a short article about how to help when our child is worried about a friend: http://parenting.blogs.nytimes.com/2016/01/20/supporting-a-teen-with-a-friend-in-need/?smid=fb-nytimes&smtyp=cur&_r=1

Thank you for taking time to read through this important information!