

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=1Ewgu369Jw>

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!