

Suicide Prevention Tips and Resources For Schools

Schools are a key setting for suicide prevention. Teachers, mental health providers, and all other school personnel who interact with students can play an important role in keeping them safe.

Why Should Schools Address Suicide Prevention?

- Maintaining a safe school environment is part of your school's overall mission.
- Students' mental health can affect how well they perform in school.
- Suicide can affect the entire school community.

How Schools Can Take Action?

The best way to prevent suicide is to use a combination of efforts that work together to address different aspects of the problem. The key components are:

- Promoting emotional well-being and connectedness among all students. Social supports and connections are key protective factors against suicide.
- Identifying students who may be at risk for suicide and assist them in getting help. Almost everyone who is at risk or in crisis will show some signs even if they are subtle. Keep in mind that individuals may need training on how to identify suicide risk and provide assistance. Suicide prevention gatekeeper trainings provide people with the skills to recognize and assist individuals in an emotional crisis.
- Being prepared to respond when a suicide death occurs through postventions. When a person dies by suicide, many others are deeply affected. Everyone grieves differently. Some people may experience short-term reactions, while others may have long-term responses.

Postvention is an organized response in the aftermath of a suicide to accomplish any one or more of the following:

- To facilitate the healing of individuals from the grief and distress of suicide loss
- To mitigate other negative effects of exposure to suicide
- To prevent suicide among people who are at high risk after exposure to suicide

After a suicide: A Toolkit for Schools <https://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>

Suicide Prevention Resources for Schools

- Elementary Schools <https://www.sprc.org/populations/children>
- Middle Schools <https://www.sprc.org/settings/middle-school>
- High Schools <https://www.sprc.org/settings/high-school>