

SUICIDE PREVENTION

Resources for Schools

BETHE1SD AND AWARENESS CAMPAIGNS:

- **The Bethe1SD Campaign** was launched in April 2018 and is a spin-off from the National Suicide Prevention Lifeline's #BeThe1To message for National Suicide Prevention Month and beyond, spreading the word about actions we can all take to prevent suicide. Working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope. Together, we can prevent suicide by learning to help ourselves, help others, seek consultation from trained providers (hotlines and clinicians) and to seek hospital care when necessary.
- **The Bethe1SD Press Kit**, located at www.bethe1sd.com contains the campaign logo, graphics, imagery, videos and Public Service Announcements (PSAs). These can be downloaded at no-cost and utilized in suicide prevention messaging.
- **Campaign materials** for all awareness campaigns including **Bethe1SD** (Youth), **Reach for Life** (Native American), **Every Member Counts** (Veterans), and **Safe Space** (LGBTQ) can be requested at no-cost to South Dakota schools and/or community organizations through the South Dakota Suicide Prevention website: <http://sdsuicideprevention.org/get-help/order-materials/>
- **Toolkits**
 - ▮ TheBethe1SD and American Indian Reach for Life toolkits contain **promotional materials** from the Bethe1SD and Reach for Life campaigns. Promotional materials can be utilized by schools and/or community organizations to host events and or tables, to promote suicide prevention and awareness.
 - ▮ **The Bethe1SD Toolkit includes:** 50 QTY Drawstring Bag, 50 QTY Water Bottles, 50 QTY Silicone Bracelets, 50 QTY Lanyards, 50 QTY Stickers, 50 QTY Pens, 50 QTY Brochures, 50 QTY Referral Cards, 10 QTY Posters and 1 QTY Mini-Banner Stand (must be returned after event).
 - ▮ **The American Indian Reach for Life Toolkit includes:** 25 QTY Drawstring Bags, 25 QTY Bracelets, 25 QTY Referral Cards and 10 QTY Posters.



SCHOOL-BASED SUICIDE PREVENTION CURRICULUM:

- **Lifelines:** A Suicide Prevention Program: <https://www.hazelden.org/web/public/lifelines.page>. This is a whole-school program made up of three unique components: Lifelines: Prevention, Lifelines: Intervention, and Lifelines: Postvention. This trilogy of programs is the only existing model of its kind available for teens, and it has been recently updated to be an even stronger asset to your community.
- **Signs of Suicide:** <https://www.mindwise.org/what-we-offer/suicide-prevention-programs/>. The SOS Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school (ages 11–13) or high-school (ages 13–17) students. The goals are to 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression, 2) encourage personal help-seeking and/or help-seeking on behalf of a friend, 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment, 4) engage parents and school staff as partners in prevention through "gatekeeper" education, and 5) encourage schools to develop community-based partnerships to support student mental health.

OTHER RESOURCES AVAILABLE FOR SCHOOLS:

- The following Toolkits are available for download via the South Dakota Suicide Prevention website: <http://sdsuicideprevention.org/toolkits/high-school/>
 - **Preventing Suicide: A Toolkit for High Schools:** This toolkit assists school personnel in designing and implementing strategies that prevent suicide and promote behavioral health.
 - **Toolkit for Mental Health Promotion and Suicide Prevention:** The content of this toolkit is drawn from State and National guidelines and from current research and recommendations regarding youth mental wellness and suicide prevention. Information about what schools can do to promote youth mental wellness before mental health concerns arise, how to recognize and respond to a mental health crisis, and how to support a school community after a suicide loss is included. Enhancements included are Social Emotional Learning, Mindfulness, Transitions, Social Media, Self-Care, Means Restrictions, and FAQs among others.
 - **After a Suicide: A Toolkit for Schools:** This toolkit is designed to assist schools in the aftermath of a suicide (or other death) in the school community.
 - **Model School District Policy on Suicide Prevention:** Model Language, Commentary, and Resources gives educators and school administrators clear guidance on how to implement suicide prevention, intervention and postvention policies in their school districts. The document was created by the American School Counselor Association, the National Association of School Psychologists, The Trevor Project, and the American Foundation for Suicide Prevention.

SUICIDE PREVENTION TRAINING

- South Dakota schools and/or community organizations can **request suicide prevention and mental health awareness training at no cost** via the South Dakota Suicide Prevention website: <http://sdsuicideprevention.org/get-help/request-training/>. Available trainings include Mental Health First Aid (MHFA), Youth Mental Health First Aid (YMHFA), Question Persuade and Refer (QPR), Applied Suicide Intervention Skills Training (ASIST), and NAMI Ending the Silence (ETS).
- **Training for youth:**
 - **NAMI Ending the Silence (ETS):** NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition. NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Presentations are available for students, school staff and families.
- **Training for educators:**
 - **NAMI Ending the Silence (ETS):** NAMI Ending the Silence is an engaging presentation that helps audience members learn about the warning signs of mental health conditions and what steps to take if you or a loved one are showing symptoms of a mental health condition. NAMI Ending the Silence presentations include two leaders: one who shares an informative presentation and a young adult with a mental health condition who shares their journey of recovery. Audience members can ask questions and gain understanding of an often-misunderstood topic. Presentations are available for students, school staff and families.
 - **Youth Mental Health First Aid (YMHFA):** Youth Mental Health First Aid reviews the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. This 8-hour course emphasizes the importance of early intervention and covers how to help and adolescent in crisis or experiencing a mental health challenge.

- Applied Suicide Intervention Skills Training (ASIST):** The ASIST workshop is for anyone who wants to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people have participated in this two-day, highly interactive, practical, practice-oriented workshop. Watch a video about ASIST.
- Question, Persuade, Refer (QPR):** QPR is a one to two hour training that teaches 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR to help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR offers specialty modules for: School Health Professionals; Farmers; School Setting; Native American; Late Life Suicide; Residential; Law Enforcement & Emergency Service Professionals; and Youth.

TEXT4HOPE

- The Helpline Center’s Text4Hope program provides **crisis texting support** for all high school students in the state of South Dakota. Since texting is the preferred means of communication for adolescents, offering a crisis texting program allows students to share their concerns privately with our trusted staff.
- Students will typically text in to talk about a variety of issues such as suicidal thoughts, anxiety, depression, stress, concerns about a friend, relationship issues and family issues. With a simple text, individuals can connect with our professionally trained staff to receive support and resources.
- The Helpline Center provides **promotional materials** (posters, referral cards) at no charge upon request for each high school to use with their students. Helpline Center staff also provide short presentations to the students to educate them about the texting program and suicide prevention. There is a speaking fee and travel expenses for the presentations. If you would like a presentation or materials contact Kyla Krogman at kyla.krogman@helplinecenter.org or call 605-274-8795.
- Students can **text icare to 898211** to reach Helpline Center staff. Help is available 24/7.



Need Help Now? 1-800-273-8255
sdsuicideprevention.org

