

Suicide and Grief Resources for Schools

K-12 toolkit for Mental Health Promotion and Suicide Prevention

This toolkit from the Heard Alliance, has drawn on evidence based national and state youth suicide prevention guidelines, including those issued by:

- the Substance Abuse and Mental Health Services Administration (SAMHSA),
- the American Foundation for Suicide Prevention (AFSP),
- the Suicide Prevention Resource Center (SPRC),
- the University of South Florida (USF), and
- the states of California and Maine, among others.

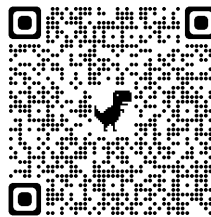


www.heardalliance.org/help-toolkit/#web

Children, Teens and Suicide Loss

From the American Foundation for Suicide Prevention and the Dougy Center, this download provides information on:

- helping young loss survivors and taking care of yourself,
- understanding suicide navigating the immediate aftermath,
- helping young people cope and heal,
- understanding suicide grief in children and teens, and
- deciding if your child needs added support.



There also are additional resources for loss survivors and schools.

<https://aws-fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=1>

Preventing Suicide: A Toolkit for High Schools

From SAMHSA, this toolkit:

- assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health
- includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students.



<https://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

Youth Suicide Prevention

From the California Department of Education, this site lists resources to help school districts address the need for youth suicide prevention, intervention, and postvention, including (but not limited to):

- a model youth suicide prevention policy for local educational agencies,
- a school communities suicide prevention webinar series
- Resources for addressing mental health and wellness during school closure
- An online suicide prevention training

<https://www.cde.ca.gov/ls/mh/suicideprevres.asp>



After a Suicide: A Toolkit for Schools

From the AFSP in collaboration with SPRC, this toolkit offers best practices and practical tools to help schools in the aftermath of a suicide, including:

- Revised information on topics such as social media, memorialization, and contagion
- Updated resource lists
- A new tool to help decide how to appropriately remember and honor a student without contributing to additional emotional trauma or suicide risk
- Examples of how diverse communities have addressed specific issues in responding to a suicide

<https://afsp.org/after-a-suicide-a-toolkit-for-schools>

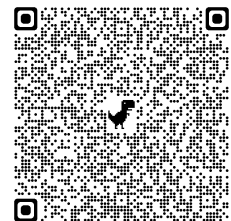


Model School District Suicide Prevention Policy

The National Association of School Psychology (NASP) partnered with the American Foundation for Suicide Prevention, the American School Counselor Association, and the Trevor Project to update a comprehensive guidebook for school administrators and policymakers.

- The guidebook contains best practices in suicide prevention, intervention and postvention policies for K-12 schools.
- It can be used for the development of suicide prevention plans at the district level and implementation at the school level, and includes best practices relating to parental notification and engagement, re-entry procedure after an attempt, in-school suicide attempts, out-of-school suicide attempts, suicide postvention, and sample language for a student handbook.
- This site also provides a Model School District Suicide Prevention Policy Webinar, as well as other related resources and crisis resources.

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide/model-school-district-suicide-prevention-policy>



Suicide: Blueprint for Youth Suicide Prevention

The American Academy of Pediatrics (AAP) and AFSP, in collaboration with experts from the National Institute of Mental Health (NIMH), created this Blueprint for Youth Suicide Prevention as an educational resource to support pediatric health clinicians and other health professionals in identifying strategies and key partnerships to support youth at risk for suicide. It includes:

- Background a call to action
- A public health framework
- Risk factors, protective factors, and warning signs
- Strategies for community and school settings
- Strategies for clinical settings
- Additional resources for suicide prevention

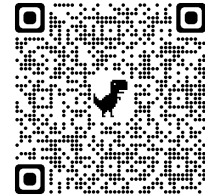
<https://www.aap.org/en/patient-care/blueprint-for-youth-suicide-prevention/>



Supporting Grieving Students: A Handbook for Teachers and Administrators

Created by the Family Guidance and Bereavement Program, Lucile Packard Children's Hospital Stanford AND Stanford Children's Health with information courtesy of the Dougy Center, this handbook provides information on:

- Understanding grieving children and developmental issues of grieving children
- How teachers can help and optimal support for grieving students at school
- Grief triggers, teasing and rejection, delayed grief reactions and cumulative loss
- Cultural and religious considerations,
- Special considerations (i.e., suicide, murder or violent death, accidental death, and deaths that traumatize the community)
- A teacher's grief
- Books and websites for teachers, as well as books for youth

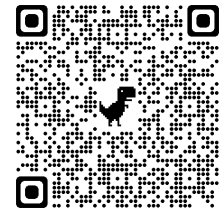


<https://www.stanfordchildrens.org/content-public/pdf/a-handbook-for-teachers-and-administrators.pdf>

The Grieving Student: A teacher's Guide

by David J. Schonfeld and Marcia Quackenbush.

- This book was authored by a physician and a marriage and family therapist.
- It is a beautifully written, in-depth guide for teachers about how to be an emotional support to grieving students.



<https://products.brookespublishing.com/The-Grieving-Student-P1244.aspx>

Coalition to support Grieving Students

The Coalition to Support Grieving Students is a collaboration with a common conviction: grieving students need the support and care of the school community. This site includes information and resources on:

- Conversations and support
- Professional preparation and self-care
- Developmental, cultural, and practical considerations
- Reactions and triggers
- Crisis and special circumstances, including suicide
- Teacher trainings, guides and policies
- Family materials and external resources

<https://grievingstudents.org/>



Addressing Grief: Tips for Teachers and Administrators

From the NASP, this site offers:

- Tips to support grieving students of all ages and by age groups
- Tips When the Whole School is Affected by a Teacher or Student Death
- References, recommended resources, and a printable version

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/addressing-grief/addressing-grief-tips-for-teachers-and-administrators>



For more resources, including a school ProjectEcho® webinar and slidedeck, visit: capp.ucsf.edu