

SUICIDE PREVENTION E-RESOURCE BOOK

(Compiled for students, educators, and parents)

Data compiled as of April 2011

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Some Facts on Youth Suicide

- Over 4,000 people aged 15–24 die by suicide each year in the United States.
- Among young people aged 15–24, males die by suicide almost six times more frequently than females. In 2011 (the latest year for which rates are available) the suicide rate among young men was 15.8 per 100,000, and the rate among young women was 3.2.
- Youth suicide rates vary widely among different racial and ethnic groups. In 2011, white youth had a suicide rate of 10.3 per 100,000, compared to rates of 6.0 for African Americans, 7.0 for Hispanics youth, 8.5 for Asian Americans and 20.0 for American Indians and Alaskan Natives.
- Twenty percent of American high school students report having seriously considered suicide during the previous 12 months. Eight percent of high school students make a suicide attempt.
- Seventy percent of youth who make a suicide attempt are frequent users of alcohol and/or other drugs. In states where the minimum drinking age was raised from 18 to 21, the suicide rate for 18-to-20 year olds decreased.
- Over 90 percent of youth who die by suicide had at least one psychiatric illness at the time of death; in about half such cases, the psychiatric illness was present, although often unrecognized, for two years or more. The most common diagnoses among youth are depression, substance abuse and conduct disorders.

Educators and campus professionals:

Websites:

<http://www.acha.org/>- Links college health professionals throughout the nation (and more recently around the globe), forming a powerful, collaborative networking base. This unique synthesis of vision and knowledge, of practice and policy, can guide and support you and your health service, your health programs, and your professional development.

<http://www.campushealthandsafety.org/> - Is an online resource for higher education administrators, students, parents, and other professionals who are seeking information about creating healthier and safer living and learning environments for college and university students, both on campus and in the surrounding community. This Web site emphasizes a comprehensive public health-based approach to addressing alcohol and other drug use and violence and in promoting mental health wellness among students.

<http://www.jasonfoundation.com/> - Is an educational organization dedicated to the awareness and prevention of youth suicide. JFI believes that awareness and education are the first steps to prevention. They establish a Triangle of Prevention by providing students, parents and teachers the tools and resources to help identify and help at-risk youth.

Studies:

Gould, M. S., Greenberg, T., Velting, D. M., & Shaffer, D. (2003). Youth suicide risk and preventive interventions: A review of the past 10 years. *Journal of the American Academy of Child and Adolescent Psychiatry*, 42(4), 386-405. A review of the research on youth suicide, its dramatic decrease over the last 10 years, risk factors for suicide, and promising prevention strategies, including school-based skills training, screening, education of primary care physicians, media education, and lethal-means restriction.

Hawton, K., & Heeringen, K. (2000). *International handbook of suicide and attempted suicide*. New York: John Wiley. Chapters of interest to school staff include Chapter 15: Suicide Behavior in Children, Chapter 16: Adolescent Suicide Behavior, and Chapter 37: Suicide Prevention in Schools.

Jacobs, D. (Ed.). (1999). *Harvard Medical School guide to suicide assessment and intervention*. San Francisco: Jossey-Bass. A guide to help clinicians in their assessment and care of suicidal patients.

Kalafat, J. (2003). School approaches to youth suicide prevention. *American Behavioral Scientist*, 46(9), 1211-1223. Literature review, discussion, and recommendations on the types and effectiveness of school-based youth suicide prevention programs.

Leenaars, A. (2001). Suicide prevention in schools: Resources for the millennium. In D. Lester (Ed.), *Suicide prevention: Resources for the millennium* (pp. 213-238). Philadelphia: Brunner-Routledge. Overview of school-based prevention and an outline of a comprehensive school-based suicide prevention program.

Maris, R., Berman, A., & Silverman, M. M. (Eds.). (2000). *Comprehensive textbook of suicidology*. New York: Guilford Press. Chapters of interest to school staff include Suicide, Gender, and Sexuality; Indirect Self-Destructive Behavior; and In the Wake of Suicide: Survivorship and Postvention.

Posner, M. (2000). *Preventing school injuries: A comprehensive guide for school administrators, teachers, and staff*. New Brunswick, NJ: Rutgers University Press. This book contains information on implementing suicide prevention, postvention, and crisis preparation activities in the context of a comprehensive school injury prevention program.

Velting, D., & Gould, M. (1997). Suicide contagion. In S. Cavetto, R. Maris, and M. Silverman (Eds.), *Review of suicidology* (pp. 96-137). New York: Guilford Press. This book chapter reviews the literature on suicide contagion and the influence of media portrayals of suicide.

Students:

Websites:

<http://www.halfofus.com/> - Designed to initiate a public dialogue to raise awareness about the prevalence of mental health issues and connect students to the appropriate resources to get help.

<http://www.bacchusnetwork.org> - Is a university and community based network focusing on comprehensive health and safety initiatives. It is the mission of this 501(C)(3) non-profit organization to actively promote student and young adult based, campus and community-wide leadership on healthy and safe lifestyle decisions concerning alcohol abuse, tobacco use, illegal drug use, unhealthy sexual practices and other high-risk behaviors.

<http://www.ocdchicago.org> - Works to increase public and professional awareness of OCD (a cause of suicide), educate and support people with OCD and their families, and to encourage research into new treatments and a cure.

<http://strengthofus.org> - Is an online community that provides opportunities for young adults to connect with their peers and offer support, encouragement and advice and share their real world experiences, personal stories, creativity, resources and ultimately, a little bit of their wonderful and unique self.

<http://HealthyMinds.org>- The American Psychiatric Association's online resource for anyone seeking mental health information. Here you will find information on many common mental health concerns, including warning signs of mental disorders, treatment options and preventative measures. To find college and teen related material go to: <http://www.healthyminds.org/More-Info-For/College-Age-Students.aspx>. On the right side of this page there will be other young adult related topics.

<http://www.jedfoundation.org> - Works nationally to reduce the rate of suicide and the prevalence of emotional distress among college and university students. To achieve this end, the organization collaborates with the public and leaders in higher education, mental health, and research to produce and advance initiatives that: Decrease the stigma surrounding emotional disorders and increase help seeking in the college student population, Increase understanding of the warning signs of suicide and the symptoms of emotional disorders among college students, Build awareness of the prevalence of suicide and emotional disorders among college students, Strengthen campus mental health services, policies, and programs.

<http://www.mentalhealthscreening.org/college/> - Dedicated to promoting the improvement of mental health by providing the public with education, screening, and treatment resources.

<http://www.yspp.org/> - Toward suicide prevention they focus on public awareness, training, and communities in action. (Youth, LGBTQ, Educators)

<http://www.campushealthandsafety.org/> - Is an online resource for higher education administrators, students, parents, and other professionals who are seeking information about creating healthier and safer living and learning environments for college and university students, both on campus and in the surrounding community. This Web site emphasizes a comprehensive public health-based approach to addressing alcohol and other drug use and violence and in promoting mental health wellness among students.

<http://us.reachout.com/> - Is an information and support service using evidence based principles and technology to help teens and young adults facing tough times and struggling with mental health issues. All content is written by teens and young adults, for teens and young adults, to

meet them where they are, and help them recognize their own strengths and use those strengths to overcome their difficulties and/or seek help if necessary.

<http://www.yellowribbon.org/Msg-to-Teens.htm> - Is dedicated to preventing youth suicide and attempts by empowering individuals and communities through leadership, awareness and education; and by identifying and collaborating with support networks to reduce stigma and help save lives. They also have a gatekeeper (someone trained in helping prevent suicide) training program.

<http://www.jasonfoundation.com/> - Is an educational organization dedicated to the awareness and prevention of youth suicide. JFI believes that awareness and education are the first steps to prevention. They establish a Triangle of Prevention by providing students, parents and teachers the tools and resources to help identify and help at-risk youth.

<http://www.goaskalice.columbia.edu/> - Go Ask Alice, a health question and answer Internet service at Columbia University.

<http://ulifeline.org> - Is an anonymous, confidential, online resource center, where college students can be comfortable searching for the information they need and want regarding mental health and suicide prevention.

<http://www.mindingyourmind.org> - Leads initiatives that reduce the stigma associated with mental health issues among adolescents in middle school, high school and college. Outreach programs enlighten students, families and educators about the warning signs of mental health issues that are so often masked by adolescent behavior. By promoting open dialogue at school and at home, these programs encourage young adults and families to seek the appropriate help.

Parents:

Websites:

<http://www.campushealthandsafety.org/> - Is an online resource for higher education administrators, students, parents, and other professionals who are seeking information about creating healthier and safer living and learning environments for college and university students, both on campus and in the surrounding community. This Web site emphasizes a comprehensive public health-based approach to addressing alcohol and other drug use and violence and in promoting mental health wellness among students.

<http://www.jasonfoundation.com/> - Is an educational organization dedicated to the awareness and prevention of youth suicide. JFI believes that awareness and education are the first steps to prevention. They establish a Triangle of Prevention by providing students, parents and teachers the tools and resources to help identify and help at-risk youth.

http://www.jedfoundation.org/assets/Programs/Program_downloads/parentsguide.pdf - Helps parents find ways to protect their child's mental health. (More for parents of college students but some points apply to parents of students of all ages)

<http://www.mindingyourmind.org> - Leads initiatives that reduce the stigma associated with mental health issues among adolescents in middle school, high school and college. Outreach programs enlighten students, families and educators about the warning signs of mental health issues that are so often masked by adolescent behavior. By promoting open dialogue at school and at home, these programs encourage young adults and families to seek the appropriate help.

Books:

Books for Teens about Depression, Suicide & Self-Injury:

- *When Nothing Matters Anymore, a Survival Guide for Depressed Teens:* Bev Cobain
- *Living When a Young Friend Commits Suicide or Even Starts Talking About it:* Earl A. Grollman & Max Malikow
- *Life Happens:* Kathy McCoy & Charles Wibbelsman
- *Conquering the Beast Within:* Cait Irwin
- *When Living Hurts:* Sol Gordon
- *Detour: My Bipolar Road Trip in 4-D:* Lizzie Simon
- *Behind Happy Faces: Taking Charge of Your Mental Health: A Guide for Young Adults:* Ross Szabo & Melanie Hall
- *College of the Overwhelmed: The Campus Mental Health Crisis and What to Do About It:* Richard D. Kadison
- *Recovering from Depression: A Workbook for Teens:* Mary Ellen Copeland & Stuart Copans
- *The Power to Prevent Suicide: A Guide for Teens Helping Teens:* Richard Nelson & Judith Galas
- *Self-Mutilation: A Helping Book for Teens Who Hurt Themselves:* Alicia Clarke

Books about Adolescent Depression & Suicide:

- *A Parent's Guide for Suicidal and Depressed Teens*: Kate Williams
- *Lonely, Sad & Angry: A Parent's Guide to Depression in Children & Adolescents*: Barbara Ingersoll & Sam Goldstein
- *Understanding Your Teenager's Depression: Issues, Insights & Practical Guidance for Parents*: Kathleen McCoy
- *Help Me, I'm Sad: Recognizing, Treating, and Preventing Childhood and Adolescent Depression*: David Fassler & Lynne Dumas
- *Helping Your Child Cope with Depression & Suicidal Thoughts*: Tonia Shamoo & Philip Patros
- *Coping with Depression in Young People: A Guide for Parents* Carol Fitzpatrick & John Sharry

Books about Suicide and Suicide Prevention:

- *Night Falls Fast - Understanding Suicide*: Kay Redfield Jamison
- *No One Saw My Pain: Why Teens Kill Themselves*: Andrew Slaby & Lili Garfinkel
- *Suicide, The Forever Decision: For Those Thinking About Suicide and for Those Who Know, Love, or Counsel Them*: Paul Quinnett
- *Making Sense of Suicide: An In-Depth Look at Why People Kill Themselves*: David Lester
- *My Son...My Son: A Guide to Healing After a Suicide in the Family*: Iris Bolton and Curtis Mitchell

General resources:

Research, Advocacy, and Government Organizations

- National Institutes of Mental Health: www.nimh.nih.gov
- Campaign for Mental Health Reform: www.mhreform.org
- SAMHSA: Center for Mental Health Services: www.samhsa.gov/centers/cmhs/cmhs.html
- Mental Health America: www.nmha.org
- NAMI: www.nami.org
- World Federation for Mental Health: www.wfmh.com

- Bazelon Center for Mental Health Law: www.bazelon.org
- Social Security and Disability Resource Center: www.ssdrc.com/
- MINDS Foundation: www.mindsfoundation.org

Anti-Stigma / Outreach

- Bring Change 2 Mind: www.bringchange2mind.org
- Minds on the Edge: www.mindsontheedge.org
- ADS Center: www.stopstigma.samhsa.gov
- The Carter Center: www.cartercenter.org
- Open Minds Open Doors: www.openmindsopendoors.com
- Silver Ribbon Coalition: www.silverribbon.org
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Specific Mental Health Disorders

Depression

- University of Michigan Depression Center: www.med.umich.edu/depression
- Federation of Families for Children's Mental Health: www.ffcmh.org

Anxiety Disorders

- Anxiety Disorders Association of America: www.adaa.org

Obsessive Compulsive Disorder

- OCD Chicago: College Student Guide to OCD: www.ocdchicago.org

Bipolar Disorder

- Child and Adolescent Bipolar Foundation: www.bpkids.org
- Depression and Bipolar Support Alliance: www.dbsalliance.org

Eating Disorders

- National Eating Disorders Association: www.nationaleatingdisorders.org
- Eating Disorder Hope: www.eatingdisorderhope.com
- Eating Disorders Coalition for Research Policy and Action:
www.eatingdisorderscoalition.org
- Rogers Memorial Hospital: www.rogerseatingdisorders.org
- Overeaters Anonymous: www.oa.org

Schizophrenia

- National Alliance for Research on Schizophrenia and Depression:
www.narsad.org

Suicide Prevention

- National Suicide Prevention Lifeline: www.suicidepreventionlifeline.org
- Suicide Prevention Action Network of USA: www.spanusa.org
- American Foundation for Suicide Prevention: www.afsp.org
- International Association for Suicide Prevention: <http://www.iasp.info/>
- American Association of Suicidology: www.suicidology.org
- After a Suicide: Recommendations for Religious Services & Other Public Memorial Services: www.sprc.org/library/aftersuicide.pdf

Professional Associations

- American Psychological Association: www.apa.org
- American Psychiatric Association: www.psych.org
- American College Health Association: www.acha.org
- American Mental Health Counselors Association: www.amhca.org

Multicultural Organizations and Resources

- National Asian American Pacific Islander Mental Health Association:
www.naapimha.org
- National Organization of People of Color Against Suicide: www.nopcas.com
- HBCU Center For Excellence In Substance Abuse & Mental Health: <http://www.hbcucfe.net>

Technical Assistance and Consumer Self Help Centers

- DBSA's Peer-to-Peer Resource Center: www.peersupport.org
- National Mental Health Consumers' Self-Help Clearinghouse:
www.mhselfhelp.org
- National Empowerment Center: www.power2u.org
- UPENN Collaborative on Community Integration: www.upennrrtc.org

Papers and Reports

- 2010 National Survey of Counseling Center Directors

- 2010 National College Health Assessment from the American College Health Association
- Suicide Prevention Resource Center Featured Resources: College Students
- SPRC White Paper: Promoting Mental Health and Preventing Suicide in College and University Settings