

SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL

SUICIDE PREVENTION GUIDE FOR SCHOOLS



GUIDE FOR K-12 SCHOOLS 2021-2022



INTRODUCTION TO THE GUIDE

The *SPC Suicide Prevention Resource Guide for Schools* was developed through a collaborative effort between the **San Diego County Suicide Prevention Council Schools Collaborative (K-12) Subcommittee** and the **San Diego County Office of Education**. It was designed to meet the needs of busy district and school administrators who need timely information and resources at their fingertips to support **suicide prevention, intervention and postvention** efforts in school communities. We aimed to provide a collection of high-quality resources organized by local/state and national to support districts in building comprehensive school protocols and practices.

This guide is updated each school year to ensure the information is current and relevant and is organized by:

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The material presented is not an attempt to practice medicine or to give specific mental health advice. Nothing herein is intended to or should serve or substitute for medical advice or diagnoses rendered by your individual doctor or health care professional.

If you or someone you know is struggling, call the **San Diego Access & Crisis Line (ACL)** at **(888) 724-7240** to receive **FREE** assistance 7 days a week, 24 hours a day. For mental health and suicide prevention resources, information about free suicide prevention trainings, or to use chat services with ACL Monday-Friday (4pm-10pm), visit www.Up2SD.org.

For more information on the San Diego County Suicide Prevention Council, visit www.spcsandiego.org.

SAN DIEGO COUNTY SUICIDE PREVENTION COUNCIL RESOURCE GUIDE FOR SCHOOLS 2021-2022



DISTRICT/SCHOOL SUPPORT FOR SUICIDE PREVENTION, INTERVENTION, AND POSTVENTION

Local/State

San Diego County Office of Education

The San Diego County Office of Education (SDCOE) provides [consultation, trainings and technical assistance](#) to the 42 school districts and charters. For more information, call 858-298-2093 or contact heather.nemour@sdcoe.net.

Policy to Practice

[Suicide Intervention Toolkit](#)

This toolkit is to support school districts in developing and/or enhancing their suicide risk screening procedures and protocols. The toolkit includes templates, tools, and resources that can be tailored to meet the needs of their school districts. To access the toolkit, [click here](#).

If your district is interested in receiving technical assistance to implement the toolkit, please contact SDCOE's Student Wellness and School Culture Unit, Heather Nemour at heather.nemour@sdcoe.net or 858-298-2093.

National

K-12 Toolkit for Mental Health Promotion and Suicide Prevention

The [K-12 Toolkit for Mental Health Promotion and Suicide Prevention](#) has been created to help schools comply with and implement California Education Code (EC) Section 215(AB 2246); the Pupil Suicide Prevention Policies. The Toolkit includes resources for schools as they promote youth mental wellness, intervene in a mental health crisis, and support members of a school community after the loss of someone to suicide including messaging. Additional information about this toolkit for schools can be accessed on the Heard Alliance website at www.heardalliance.org/help-toolkit/.

Preventing Suicide: A Toolkit for High Schools

This [SAMSHA toolkit](#) assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students and guidelines working with media and can be accessed here: store.samhsa.gov/product.



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San Diego County
Suicide Prevention
Council

Covered by Community Health Improvement Partners



COMMUNITY HEALTH
IMPROVEMENT PARTNERS
making a difference together



san diego county office of
EDUCATION
FUTURE WITHOUT BOUNDARIES™



LIVE WELL
SAN DIEGO



COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY

HERE Now and Anti-BIAS School-Based Suicide Prevention Program

Led by [San Diego Youth Services](#), Helping, Engaging, Reconnecting and Educating (HERE) Now is a five-year program funded through County of San Diego Behavioral Health in partnership with [North County Lifeline](#) and [SBCS](#). HERE Now provides school-based suicide prevention education and intervention services to students, teachers, staff, and parents to increase awareness, promote conversations, and inspire connections.

Central/East County- San Diego Youth Services 619-838-9556

North County- North County Lifeline 760-509-3334

South County- South Bay Community Services 619-420-3620

Target audience: Middle and high school students, teachers, staff, and parents

The Elizabeth Hospice

The Elizabeth Hospice Children's Bereavement Program offers postvention support to students, families, and schools free of charge. Their Children's Bereavement Centers are kid-friendly spaces where children can share their feelings, thoughts, and stories as they process their grief. They are located in Escondido and Mission Valley. For more information, contact 760-737-2054 or elizabethhospice.org/grief-support/children/.

Target audience: Varies from PK-12 grade students

After a Suicide: A Toolkit for Schools Grades 6-12

[After a Suicide: A Toolkit for School](#) is a comprehensive guide that will assist schools on what to do if a suicide death takes place in the school community and guidelines working with the media. See the Suicide Prevention Resource Center web page at www.sprc.org/resources-programs/after-suicide-toolkit-schools.

Target audience: Middle and high school administrators and staff

Columbia-Suicide Severity Rating Scale

The Columbia Lighthouse Project offers the [Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#) that is an evidence-based risk screening tool that is ideal for schools. Use of the scale redirects resources to where they are needed most, preventing unnecessary interventions that are often costly, traumatic, and lead to disengagement from the needed care. To access the C-SSRS, click here: cssrs.columbia.edu/the-scale-in-action/schools/. Please refer to the **Training** section for free online training on how to use the tool.

Target audience: Identified K-12 support staff

Suicide Prevention and Distance Learning

Suicide Prevention and Distance Learning - The National Association of School Psychologists offers a [Comprehensive School Suicide Prevention in a Time of Distance Learning guidance](#) as well as recommended suicide prevention, intervention, and postvention strategies.

Target audience: K-12 mental health professionals



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TRAINING

Local

Youth Mental Health First Aid

[Youth Mental Health First Aid \(YMHFA\)](#) is an evidence-based, eight-hour curriculum created upon the medical first aid model. It is designed to provide skills to help a youth who may be experiencing a mental health or addiction challenge or is in crisis. YMHFA participants learn to recognize signs and symptoms of youth in emotional distress, initiate and offer help, and connect the youth to professional care through a five-step action plan. Participants who complete the course receive a manual and certification for three years. Visit www.mentalhealthfirstaid.org for more information.

Locally provided by:

- California Department of Education- 7-hour version for educators. No cost. For more information, contact ymhfa@cde.ca.gov
- [Mental Health America San Diego](#) - 8-hour training. No fee

Target audience: All certificated and classified district and school staff

LivingWorks Start Online Suicide Prevention Training

[LivingWorks' Start](#) will prepare adults to observe student behavior to help keep them safe. The 90-minute training is accessible from any computer, tablet, or smartphone with the internet. It trains people to recognize when someone is having thoughts of suicide, engage with them, and intervene to connect them to further help. It is designed to develop meaningful skills through simulations and practice. For questions or to learn how to get access to the training, please contact SDCOE Student Wellness and School Culture Unit, Heather Nemour at heather.nemour@sdcoe.net or 858-298-2093.

Target audience: Middle and high school students and staff

National

Kognito At-Risk Interactive Online Series (\$)

[Kognito At-Risk Interactive Online Series](#) is an evidence-based series of three online interactive professional development modules designed for use by individuals, schools, districts, and statewide agencies. It includes tools and templates to ensure that the program is easy to disseminate and measures success at the elementary, middle, and high school levels and can be accessed here: www.kognito.com/.

Target audience: K-12 student and school staff

Columbia-Suicide Severity Rating Scale Online Training

The Columbia Lighthouse Project offers numerous [free online training](#) options on how to use the Columbia-Suicide Severity Rating Scale (C-SSRS) in more than 20 languages. The training's range from 20-60 minutes and provides a certificate of completion. cssrs.columbia.edu/training/training-options/. Please refer to the **District/School Support** section to access the C-SSRS tool.

Target audience: K-12 district and school staff

SafeTALK Training

[SafeTALK](#) is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. See the LivingWorks web page at www.livingworks.net/safetalk.

Target audience: Anyone ages 15 and over

Assessing and Managing Suicide Risk (\$)

Assessing and Managing Suicide Risk (AMSR) is a one-day training workshop for behavioral health professionals based on the latest research and designed to help participants provide safer suicide care. See the Suicide Prevention Resource Center Web page at www.sprc.org/training-events/amr.

Target audience: Behavioral health professionals

San Diego County Suicide Prevention Council

The [Suicide Prevention Council \(SPC\)](http://www.spcsandiego.org) is dedicated to providing access to evidence-based frontline and gatekeeper trainings in Question, Persuade, and Refer (QPR), Applied Suicide Intervention Skills Training (ASIST), and Gay, Lesbian, Straight Education Network (GLSEN). For more information, visit www.spcsandiego.org or call 858-609-7976.

Question, Persuade, and Refer

[Question, Persuade, Refer \(QPR\)](http://www.spcsandiego.org) is an evidence-based gatekeeper prevention training. Participants learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. QPR can be learned in 1.5 hours. See the QPR website at qprinstitute.com/. The Suicide Prevention Council provides these trainings for [free](http://www.spcsandiego.org). To request or attend a training visit www.spcsandiego.org and go to the training tab. SDCOE also has scheduled trainings throughout the year. Visit this page to [register](http://www.spcsandiego.org).

Target audience: School staff, coaches, and parents

Applied Suicide Intervention Skills Training

[Applied Suicide Intervention Skills Training \(ASIST\)](http://www.livingworks.net) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. See the LivingWorks web page at www.livingworks.net. Locally, SPC provides these trainings for [free](http://www.spcsandiego.org). To request a training or attend one, visit www.spcsandiego.org and go to the training tab.

Target audience: School staff

Gay, Lesbian, & Straight Education Network Training (GLSEN)

Gay, Lesbian, & Straight Education Network (GLSEN) Training is a three-hour, interactive workshop designed for educators to help create safe spaces for lesbian, gay, bisexual, and transgender youth. See the GLSEN web page at www.glsen.org for educator resources. Locally, SPC provides these trainings for [free](http://www.spcsandiego.org) in collaboration with SDCOE. To attend a training visit www.spcsandiego.org and go to the training tab.

Target audience: K-12 school staff



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STUDENT EDUCATION

Local/State

LivingWorks Start Online Suicide Prevention Training

Students learn a powerful four-step model to keep themselves and peers safe from suicide, and have a chance to practice it with impactful simulations. Safety resources and support are available throughout the program. For questions or to learn how to get access to the training, please contact SDCOE Student Wellness and School Culture Unit, Heather Nemour at heather.nemour@sdcoe.net or 858-298-2093. Click [here](#) for more information on how to access the training.

Target audience: Middle and high school students

National Alliance on Mental Illness San Diego-Ending The Silence

National Alliance on Mental Illness (NAMI) San Diego, a non-profit organization, provides education, support and advocacy to improve the lives of everyone affected by mental illness. [Ending the Silence \(ETS\)](#) is a NAMI classroom program, presented by two volunteers, including a young adult with lived experience of a mental health condition. Through ETS, students learn indicators of mental illness, how to help themselves, friends, and family members who might need support. www.namisandiego.org.

Target audience: Middle and high school students

The Directing Change Program

The [Directing Change Program and Film Contest](#) is a youth engagement program that educates students about the warning signs for suicide and mental health through the creation of short films. Educational resources and lesson plans are available. The program is free and more information can be found here: www.directingchange.org/

Target audience: Middle and high school students and young adults up to age 25

National

Break Free from Depression

Break Free from Depression (BFFD) is a four-module curriculum focused on increasing awareness about adolescent depression and designed for use in high school classrooms. See the Boston Children's Hospital web page at www.childrenshospital.org/.

Target audience: High school students

More Than Sad (\$)

[More Than Sad](#) is an evidence-based training developed by the American Foundation for Suicide Prevention (AFSP). More Than Sad is designed to help educators better understand suicidal behavior in adolescents. The program is built around two 25-minute DVDs: More Than Sad: Preventing Teen Suicide and More Than Sad: Teen Depression. See More Than Sad for information on programming and costs: www.afsp.org/more-than-sad.

Target audience: Middle- high school students, parents, and teachers

Coping and Support Training (\$)

[Coping and Support Training \(CAST\)](#) is an evidence-based life-skills training and social support program to help at-risk youth. See the Reconnecting Youth Inc. web page at www.reconnectingyouth.com/programs/cast.

Target audience: 6-12 grade students

Students Mobilizing Awareness and Reducing Tragedies (\$)

[Students Mobilizing Awareness and Reducing Tragedies \(SMART\)](#) is a program comprised of student-led groups in high schools designed to give students the freedom to implement suicide prevention activities on their campus that best fits the needs of their school. For more information, visit www.save.org.

Target audience: High school students

Linking Education and Awareness for Depression and Suicide (\$)

[Linking Education and Awareness for Depression and Suicide \(LEADS\) for Youth](#) is an evidence-based suicide prevention curriculum. LEADS for Youth is an informative and interactive opportunity for students and teachers to increase their knowledge and awareness of depression and suicide. For more information, visit www.save.org.

Target audience: High school students and teachers

Trevor Lifeguard Workshop

[The Lifeguard Workshop](#) is a free online learning module with a video, curriculum, and teacher resources for middle school and high school classrooms. See web page to access the module: www.thetrevorproject.org/education/lifeguard-workshop/.

SOS Signs of Suicide (\$)

[SOS Signs of Suicide](#) is an affordable, evidence-based youth prevention program that teaches students how to identify signs of depression and suicide in themselves and their peers, while training school professionals, parents, and community members to recognize at-risk students and take appropriate action. For more information, visit www.mindwise.org/suicide-prevention.



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PEER-TO-PEER EDUCATION

Local/State

NAMI On Campus High School

[NAMI On Campus High School Club](#) is a peer led mental health awareness club for high school students. A trained adult advisor oversees all club activities, but the mission and goals of the club are driven by students. If you have any questions, please call 916-567-0163 or email at namion-campus@namica.org. For schools interested in starting a club, visit namica.org.

Target audience: High school students and at least 2 staff to be trained as advisors

Brain XP

[The Teen Toolbox of Coping Skills](#) contains a coping skills video series with blog posts, podcast episodes, and guides. It is downloadable and completely free to access. It can be found here: www.brainxp.org/teen-toolbox-1

National

Hope Squad

The goal of [Hope Squad](#) is to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities. The Hope Squad program is a school-based peer support team that partners with local mental health agencies. Peers select students who are trustworthy and caring individuals to join the Hope Squad. Squad members are trained to watch for at-risk students, provide friendship, identify suicide warning signs, and seek help from adults. Hope Squad members are NOT taught to act as counselors, but are educated on recognizing suicide warning signs and how to properly and respectfully report concerns to an adult. Once invited to be a Hope Squad member, students must get a permission form signed by their parents and attend regular training meetings.

Target audience: K-12 schools

Youth Aware of Mental Health (YAM)

[YAM](#) is a school-based program for young people ages 13 to 17 in which they learn about and explore the topic of mental health. YAM is an evidence-based program taking place in classrooms around the world. Students actively engage with the topic of mental health through role-play and student-led discussions. For more information, visit www.y-a-m.org/

Target audience: Students ages 13 to 17

teen Mental Health First Aid (tMHFA)(\$)

[teen Mental Health First Aid \(tMHFA\)](#) is an in-person, evidence-based training that teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling. Schools send identified school advisors to a Training of Trainers (TOT) who then train student leads to provide the classroom presentations to their peers. The National Council for Behavioral Health has teamed up with Born This Way Foundation to bring this program to the United States. For more information go to www.mentalhealthfirstaid.org.

Target audience: High school students

Sandy Hook Promise

Sandy Hook Promise offers the following free **online, self-led** trainings:

1. [Start With Hello](http://www.sandyhookpromise.org/bringstartwithhello) - This program teaches youth how to be more inclusive and connected to one another and create connectedness and community, by minimizing social isolation, marginalization, and rejection, and reach out, and start with hello. www.sandyhookpromise.org/bringstartwithhello.
2. [Say Something](http://www.sandyhookpromise.org/bringstartwithhello) – This program teaches youth how to recognize signs and signals, especially within social media, from individuals who may be a threat to themselves or others and Say Something to a trusted adult or report it through the Anonymous Reporting System BEFORE it is too late. Visit www.sandyhookpromise.org/bringstartwithhello for more information.

***Please note:** The California Department of Education (CDE), in partnership with Sandy Hook Promise, is excited to offer these two programs for free to schools that want to launch them through **in-person** training as part of Project Cal-STOP, funded by the STOP School Violence Act. To sign up, please contact CDE Project Cal-STOP lead Hilva Chan at hchan@cde.ca.gov.

Target audience: 6-12 grade students



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PARENT EDUCATION/SUPPORT

Local/State

SOSL San Diego Chapter

[Survivors of Suicide Loss \(SOSL\)](http://www.soslsd.org/sosl-services) reaches out to and supports people who have lost a loved one to suicide. Our goal is to give survivors a place where they can be comfortable expressing themselves, a place to find support, comfort, resources and hope in a judgment-free environment. See SOSL web page to access services: www.soslsd.org/sosl-services.

Youth Mental Health First Aid

[Youth Mental Health First Aid \(YMHFA\)](http://www.mentalhealthfirstaid.org) is an evidence-based, 6.5 hour curriculum created upon the medical first aid model. It is designed to provide skills to help a youth who may be experiencing a mental health or addiction challenge or is in crisis. YMHFA participants learn to recognize signs and symptoms of youth in emotional distress, initiate and offer help, and connect the youth to professional care through a five-step action plan. Participants who complete the course receive a manual and certification for three years. See www.mentalhealthfirstaid.org for more information.

Locally provided by:

- California Department of Education- No cost. For more information, contact yhfha@cde.ca.gov
- [Mental Health America San Diego](http://www.mentalhealthamerica.org) - No cost and available in English and Spanish

National Alliance on Mental Illness San Diego-Children, Youth & Family Liaison

National Alliance on Mental Illness (NAMI) San Diego serves as the Mental Health Service Act (MHSA) Resolution point-of contact for issues within the Children, Youth & Family (CYF) Behavioral Health System of Care. For families who experience an issue or problem within the CYF Behavioral Health System of Care, email CYFLiaison@namisd.org or call Issue Resolution 858-987-2980.

National

Help & Hope for Survivors of Suicide Loss

Help & Hope for Survivors of Suicide Loss is a [free guide](#) to help those during the bereavement process and who were greatly affected by the death of a suicide. See the Suicide Prevention Resource Center web page at www.sprc.org.

Parents as Partners: A Suicide Prevention Guide for Parents (\$)

[Parents as Partners: A Suicide Prevention Guide for Parents](#) is a booklet that contains useful information for parents/guardians/ caregivers who are concerned that their children may be at risk for suicide. It is available from Suicide Awareness Voices of Education (SAVE). See the SAVE web page at: www.save.org.

BeSMART for Kids

Each year in the US, almost 600 children aged 17 and under die by suicide with a gun. Since safety is always an adult responsibility, this educational program teaches adults to be SMART. [BeSMART for Kids](#) offers a free 20-minute presentation by trained volunteers, in English or Spanish to parent groups. This program is for gun owners and non-gun owners, and is non-political and non-partisan. Find out more at besmartforkids.org to schedule your presentation.

National Association of School Psychologists

The Preventing Youth Suicide: Tips for Parents and Education. [English](#) and [Spanish](#). These infographics created by NASP is for parents and teachers who are in a key position to identify warning signs and get youth the help they need.

National Association of School Psychologists

[Suicidal Thinking and Threats: Helping Handout for Home](#)
The Suicidal parents/guardians to respond to youth who have thoughts of ending their life.

BeSMART for Kids

Each year in the US, almost 600 children aged 17 and under die by suicide with a gun. The BeSmart campaign focuses on education and awareness about secure gun storage and child safety. [BeSMART for Kids](#) offers a free 20-minute presentation by trained volunteers, in English or Spanish to parent groups. This program is for gun owners and non-gun owners, and is non-political and non-partisan. Find out more at besmartforkids.org/ or contact us in San Diego at besmartsd1@gmail.com to schedule your presentation.

Suicide Prevention: A Resource for Parents

This brochure created in [English](#) and [Spanish](#) by Each Mind Matters includes key questions parents/guardians can ask themselves to identify warning signs, know what to do and learn resources.



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APPS & WEB-BASED SUPPORTS

Local

oscER jr San Diego App – Local Mental Health for Navigating Children’s System of Care

<http://oscerjr.namisaniego.org>

oscER jr San Diego App helps navigate behavioral situations in San Diego County within the Children, Youth and Families’ system of care. Get this free app in the Android or iTunes app store. Also accessible through a web-based version.

National

MY3 App

<http://my3app.org/about/>

With **MY3**, you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. MY3 can help you get through your most difficult times. Who are your three? Download MY3 to make sure that your three are there to help you when you need them most. MY3 is available in the Apple App Store and Google Play, free of charge.

GritX

<https://www.gritx.org/>

GritX is a web-based tool for supporting the mental health of adolescents and young adults by inspiring grit, finding resilience and telling their own stories by customizing and building their own self-care toolkit.

“A Friend Asks” App

<https://jasonfoundation.com>

“**A Friend Asks**” is a FREE smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

Virtual Hope Box

<https://onemindpsyberguide.org/apps/virtual-hope-box-review/>

Virtual Hope Box is a multi-media coping skill app designed for individuals such as middle-school students struggling with depression. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options. The distraction techniques include games that require focus, like Sudoku and word puzzles. The relaxation techniques offer a variety of guided and self-controlled meditation exercises. The coping techniques offer suggestions for activities that reduce stress. The inspiration section offers brief quotes to improve mood and motivation.



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CRISIS LINES

Local

San Diego Access & Crisis Line 888-724-7240

Contact the [San Diego Access & Crisis Line](https://www.optumsandiego.com/content/sandiego/en/access-crisis-line.html), if you or someone you care about is experiencing a suicidal or mental health crisis. Trained and experienced counselors are available 7 days a week, 24 hours a day to provide support, referrals, and crisis intervention. For more information visit <https://www.optumsandiego.com/content/sandiego/en/access-crisis-line.html>.

[Live chat](#) Monday - Friday, 4:00 PM - 10:00 PM

TDD/TTY Dial 711

National

National Suicide Prevention Lifeline 800-273-TALK (8255)

The [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals here <https://suicidepreventionlifeline.org/>.

Find more specific resources for youth, disaster survivors, Native Americans, veterans, loss survivors, LGBTQ+, attempt survivors, deaf/hard of hearing/hearing loss, and “ayuda en español” here: <https://suicidepreventionlifeline.org/>.

Crisis Text Line Text HOME or ACT to 741741

Every texter is connected with a live Crisis Counselor who is trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of [Crisis Text Line's](https://www.crisistextline.org/) Crisis Counselors are volunteers, donating their time to helping people in crisis.

For more information visit <https://www.crisistextline.org/>.



image source www.odnowa24h.pl

SUPPORT HELPLINES

Local

The California Peer-Run Warm Line 855-845-7415

Chat:

www.mentalhealthsf.org

This is a free non-emergency emotional support that is available to anyone in the state via telephone or instant messaging operating 24/7.

San Diego Warm Line for San Diego Residents 619-295-1055

Open 3:30 PM - 11:00 PM, 7 days a week

NAMI San Diego Family & Peer Support Helpline 800-523-5933 Toll Free 619-543-1434 Local

Free, safe, confidential information, referrals, and support for individuals with lived mental health experience and their loved ones. Monday - Friday, 9:00 AM - 5:00 PM

Survivors of Suicide Loss Support Line 619-482-0297

[Survivors of Suicide Loss \(SOSL\)](#) has volunteers who are available to talk on the phone with you about your loss, confusion, frustration, anger, grief, or anything else you would like to talk about. SOSL also has a list of individual volunteers to call or email directly based on type of loss (e.g. spouse, parent, child, etc.)

Monday - Friday, 8:00 AM - 8:00 PM

National

Project Return Peer Support Network

www.prpsn.org

888-448-9777 English

888-448-4055 Spanish

Now accepting calls nationwide. Warm line hours: 7 days a week; 5:00 PM - 10:00 PM



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LIFELINES FOR LGBTQ POPULATION

National

The Trevor Project

TrevorLifeLine: 866-488-7386

Trevor Text: Text “START” to 678678

Trevor Chat: www.thetrevorproject.org/get-help-now/

[The Trevor Project](http://www.thetrevorproject.org) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Trans Lifeline

877-565-8860

[Trans Lifeline](http://www.translifeline.org) is a hotline available in the U.S. and Canada staffed by transgender people for transgender people. Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm. 7 days a week, 18 hours a day, 8:00 AM - 2:00 AM.

See web page for more information: <https://www.translifeline.org/>

BlackLine

800-604-5841

[BlackLine](http://www.callblackline.com/) is a hotline geared towards the Black, Black LGBTQI, Brown, Native, and Muslim community. However, no one will be turned away from the Hotline. BlackLine is anonymous and confidential and can provide immediate crisis counseling to those who call upset, need to talk with someone immediately, or are in distress.

See web page for more information: www.callblackline.com/



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STATE LEGISLATIONS

AB 2246- Pupil Suicide Prevention Policies

Effective: July 1, 2017

- Requires LEAs to adopt suicide prevention policies before the beginning of the 2017–18 school year. Chaptered as California *Education Code (EC)* Section 215, AB 2246 mandates that the Governing Board of any LEA that serves pupils in grades 7-12, inclusive, adopt a policy on pupil suicide prevention, intervention, and postvention.
- The policy shall specifically address the needs of high-risk groups, include consideration of suicide awareness and prevention training for teachers, and ensure that a school employee acts only within the authorization and scope of the employee's credential or license.

AB 1767- Pupil Suicide Prevention Policies

Effective: January 1, 2020

- Requires the governing board or body of a LEA that serves pupils in kindergarten and grades 1 to 6, inclusive, to, before the beginning of the 2020–21 school year, adopt, and update as prescribed, a policy on pupil suicide prevention that specifically addresses the needs of high-risk groups.
- The bill would require this policy to be age appropriate and delivered and discussed in a manner that is sensitive to the needs of young pupils and address any training on suicide awareness and prevention to be provided to teachers of pupils in all of the grades served by the local educational agency.

AB 2246 and AB 1767 Model Policy

These [sample policies](#) are meant to serve as a model for local educational agencies (LEA).

AB 1767 Resource Guide for Elementary Schools

To support the requirements of AB1767, SCDOE has created this guide for elementary schools:

www.sdcoe.net/student-services/student-support/

AB 1808- Education Finance- Education Omnibus Trailer Bill

Effective: June 27, 2018

- AB 1808 added Section 216 to the California Education Code and provided funding to ensure school staff were prepared to identify, support, and refer middle and high school students who may be experiencing thoughts of suicide. The bill also calls for the training to be offered to middle and high school students. The San Diego County Office of Education was selected as the lead to make this online training available, at no cost, to local educational agencies (LEAs) to voluntarily use as part of their youth suicide prevention policy.

For more information on how to access the training, please [click here](#).

SB 972- Pupil and Student Health: Identification Cards: Suicide Prevention Hotline Telephone Numbers

Effective: January 1, 2019

- Requires a public school, including a charter school, or a private school that serve pupils in grades 7-12 that issue student ID cards must print on either side of the ID cards the telephone number for the National Suicide Prevention Lifeline.
- Schools may also print on either side of the ID cards the Crisis Text Line and a local suicide prevention hotline telephone number.
- Please refer to the **Student Education** section to view opportunities that can increase students' mental health literacy and provide context and understanding to why the hotline numbers are on the back of their ID cards and use it when needed for themselves or their peers.

Suicide Prevention Guide for High Priority Youth Groups

General suicide prevention resources are critical in supporting all youth. To support the requirements of AB2246, SCDOE has created this guide with resources specific to "high risk" youth groups disproportionately affected by suicide:

www.sdcoe.net/student-services/student-support/