



School Mental Health Resource & Training Center

Resource Guide: Suicide Prevention for Families and Caregivers

September 2022

The Mental Health Association in New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

Our [Family and Community](#) page is home to helpful information and user friendly resources for supporting youth in school and beyond. The [Family Education Webinar Series](#) was designed to share information and resources on a variety of topics so families, caregivers and youth could learn together. A recording of ***Suicide Prevention Strategies for Families & Caregivers*** will be available in the archive!

Additional relevant webinar topics include: Social Media & Mental Health: What Families Need to Know, Culture, Family & Mental Health: A Family Strengthening Workshop for Immigrant/POC Parents & Caregivers, Youth Suicide Prevention: What Families Need to Know, Grief & Loss: Helping Youth Heal, and Coping with a Crisis (also available in Spanish).

Families & Caregiver Resources to Consider

<p>988 Suicide and Crisis Lifeline We Can All Prevent Suicide. What is 988? 988 is more than just a number. It is a direct connection to compassionate and accessible care. When you call, text, or chat 988 you are connected to trained counselors that are part of the National Suicide Prevention Lifeline Network. Interpretation support is currently available in over 150 languages.</p>	
<p>NYS Office of Mental Health Provides information for families and consumers. Cut search time in half by using the Find a Mental Health Program to find resources across New York State.</p>	
<p>Suicide Prevention Center of NY Educators and school staff can access evidence based trainings, workshops and online modules to support students in the classroom. Their Resource Library provides videos, guides and helpful information for specific populations</p>	

<p>Suicide Prevention Coalition of Erie County Learn more about their available resources, trainings or access their 24 hour hotline at 716-834-3131</p>	
<p>Child Mind Institute Browse helpful articles including Suicide & Self Harm, What to Do if You're Worried About Suicide, and Supporting Children After the Suicide of a Classmate.</p>	
<p>Mental Health America Provides a wealth of information on mental health topics including Knowing the Signs: Recognizing Mental Health Concerns in Kids and Teens</p>	
<p>Quick and frequent check in's can be an effective way to connect with students. Panorama offers a variety of educator resources like this helpful list of 101 Inclusive Get to Know You Qsts for Students (this list is great for families too!)</p>	

Additional Resources to Support Youth

<p>American Association of School Counselors View webinar recordings like Rising Risk: K-6 Mental Health, Suicide Response and SEL and other helpful guidance tools</p>	
<p>Mental Health Technology Transfer Center Network View events and toolkits like Strengthening Resilience: Promoting Positive School Mental Health Among Indigenous Youth.</p>	
<p>The Trevor Project Find information and support for LGBTQ+ youth and families, including their Ally Training which provides a basic framework for understanding LGBTQ identities and the unique challenges young people often face.</p>	

<p>Vibrant Emotional Health Helps youth and families living in NYC connect to healthcare, adolescent skills centers, and wellness services including NYC WELL, a free and confidential support, crisis intervention and information referral services for anyone seeking assistance.</p>	
<p>Mental Health Conversation Starters A toolkit that provides sample prompts for a variety of situations or concerns and tips on how to create a safe, caring and age-appropriate atmosphere for ongoing conversation and dialogue with children and youth.</p> 	<p>A printable Spanish language version is also available here.</p> 
<p>6 Ways to Encourage Good Mental Health Habits Outlines strategies for families to prioritize wellness and engage in thoughtful discussions about mental health.</p> 	<p>A printable Spanish language version is also available here.</p> 

At MHANYS we strive to make **Mental Health First Aid** as common and accessible as CPR for all New Yorkers. You can learn more about available products, training opportunities, or request one today by clicking [here](#) and completing the [Training Inquiry Form](#).

Are you interested in bringing MHFA to your community, but live outside of New York? We can help you learn more about the [National Council for Mental Wellbeing](#) and find opportunities near you.

For additional information regarding policy and legislative updates, explore the MHANYS website at www.mhanys.org or join their newsletter to stay current with agency and statewide news.

JOIN our newsletter for school and caregiver information, events and training opportunities.

EXPLORE additional resources by visiting our website at www.mentalhealthEDnys.org .

CONNECT with staff by calling (518) - 434 - 0439 or contacting us directly at schools@mhanys.org.