

FREE
your
FEELS™

**SUICIDE
PREVENTION
MONTH**



RESOURCE TOOLKIT



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SUICIDE PREVENTION MONTH

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INTRO



In Georgia, the number of children aged 0-17 who visited emergency rooms related to suicide more than doubled between 2008 and 2022. (Source: Ga Dept. of Public Health)

With suicide impacting young people at concerning rates, talking openly about it can save lives. This month, advocates, survivors, organizations, and community members are raising awareness about suicide prevention. Free Your Feels is committed to fostering open dialogues and eliminating the stigma around conversations about suicide.

ACTION

Download and share [this graphic](#) with your community via social media, email, or as a printed resource



A graphic titled 'UNDERSTANDING THE DIFFERENCE: 988Lifeline.org VS. 988GA.org' is shown. It compares the two services. On the left, under '988Lifeline.org', it says 'FOR ALL INDIVIDUALS AND COMMUNITIES SEEKING CRISIS SUPPORT SERVICES' and 'TO LINK IN YOUR ADVERTISING AND MARKETING EFFORTS AND USE #988LIFELINE'. On the right, under '988GA.org', it says 'SOLELY FOR BEHAVIORAL HEALTH CRISIS SYSTEM STAKEHOLDERS IN GEORGIA' and 'TO ACCESS MATERIALS AND VIEW DATA REPORTING ON THE CRISIS SYSTEM IN GEORGIA'. Logos for '988 SUICIDE & CRISIS LIFELINE' and '988 SUICIDE & CRISIS LIFELINE GA' are also present. The source '988ga.org' is noted at the bottom.



FOR URGENT SUPPORT [TEXT OR CALL 988](#), OR CALL OR DOWNLOAD [GCAL: 1-800-715-4225](#)



BACKGROUND



Recognizing the signs of suicidal tendencies, understanding how to help, and being aware of different protective factors are crucial for preventing suicidal thoughts and actions among individuals.

This factsheet provides insight into the well-being of Georgia's youth in the context of suicide and emphasizes ways to support and/or protect from suicidal thoughts and behaviors.



FOR URGENT SUPPORT TEXT OR CALL 988, OR
CALL THE GA CRISIS AND ACCESS LINE: 1-800-715-4225



FOR EVERYONE



988 is the three-digit number for the National Suicide & Crisis Lifeline. You can call or text it anytime for support with mental health crises, thoughts of suicide, substance abuse issues, or developmental disabilities. Assistance is provided 24 hours a day in both English and Spanish.

ACTION:

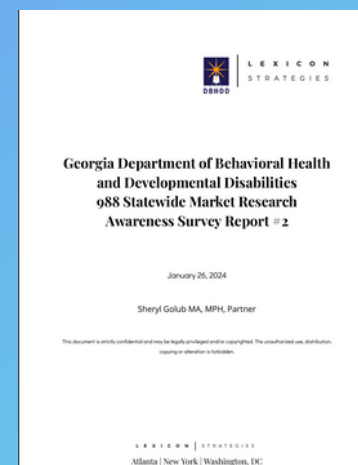
Store the number **9-8-8** in your phone and go to 988ga.org for additional information. Their website provides enhanced accessibility options, including additional languages offered, materials for the deaf and hard of hearing, veteran resources, and more.



Downloads & Handouts



Videos & Transparency



Data & Reports

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FOR YOUTH



The American Foundation for Suicide Prevention provides an extensive range of resources for youth who might be contemplating suicide, looking to help someone they are worried about, or needing support after losing a loved one.

ACTION

Visit [this webpage](#) to access suicide prevention resources for yourself or others.



I'm having thoughts of suicide



I've lost someone



I'm worried about someone



I've survived an attempt

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FOR PARENTS & CAREGIVERS



Suicide is a difficult topic, but it's too important to ignore. If you're a caregiver, or anyone who spends time with children and teens, it's important to learn the warning signs.



Talking to teens: Suicide prevention

Suicide is the second leading cause of death for young people ages 15 to 24. Learn about risk factors, warning signs, and how to help a suicidal adolescent.

 [apa.org](https://www.apa.org)

ACTION

These tools from the American Psychological Association can help you learn more and prevent youth suicide



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FOR EDUCATORS & PROFESSIONALS



Adults who work with youth have opportunities to engage in youth suicide prevention initiatives in their communities. Cross-sectoral partnerships are critical to supporting youth in all places where they live, learn, work, and play. Forming collaborative relationships across various sectors is essential for the welfare of youth in their various environments. The American Academy of Pediatrics (AAP) and the American Foundation for Suicide Prevention (AFSP), along with specialists from the National Institute of Mental Health (NIMH), have developed a Blueprint for Youth Suicide Prevention serving as an informative tool to help youth-serving professionals find strategies and important alliances to assist young people at risk of suicide.

ACTION

This section of the Blueprint provides strategies and concrete examples to help pediatric health clinicians, schools, and other community partners work together toward youth suicide prevention efforts.

Strategies for Community and School Settings for Youth Suicide Prevention

This section of the Blueprint for Youth Suicide Prevention provides strategies for addressing youth suicide prevention via clinician partnerships with community and school settings.

 aap.org

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BONUS RESOURCES



Children's Healthcare of Atlanta's Strong 4 Life (S4L) shares protective factors, risk factors, talking points, and more when it comes to preventing suicide in kids and teens.



Preventing Suicide in Kids and Teens

Learn about factors that put kids at risk for death by suicide, as well as suicide warning signs and prevention strategies.

CHOA

For more information about youth suicide - from statistics, triggers, and prevention strategies - visit the American Academy of Child & Adolescent Psychiatry (AACAP) [Facts for Families webpage](#) for concise, up-to-date information on issues that affect children, teenagers, and their families.

- [Suicide in Children and Teens](#)
- [Self-injury in Adolescents](#)
- [Depression in Children and Teens](#)
- [Bipolar Disorder in Children and Teens](#)
- [Threats by Children: When are they Serious?](#)
- [Stress Management and Teens](#)
- [Teen Brain: Behavior, Problem Solving, and Decision Making](#)
- [When to Seek Help For Your Child](#)
- [Firearms and Children](#)
- [Bullying](#)

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