



Suicide Prevention for Schools: Programs and Resources

More Than Sad

Teen Depression – Teaches teens to recognize the signs of depression in themselves and others; challenges existing stigma surrounding depression; and demystifies the treatment process. This program was designed for high school students. Available in-person and virtually.

Suicide Prevention Education for Teachers and Other School Personnel – Teaches educators to recognize signs of mental health distress in students and refer them for help. This suicide prevention program complies with the requirements for teacher education training in many states. This program focuses on high school teachers and other school personnel. Available in-person and virtually.

Independent evaluation of this gatekeeper training program conducted by Dr. Guy Diamond and published in the Journal of School Mental Health found significant improvements in knowledge, attitudes and most importantly, behaviors of teachers (N=1475) who received this training. Teachers were more likely to engage with at risk students and refer for mental health support and these effects were sustained for two months post-training.

Suicide Prevention Education for Parents – Teaches parents how to recognize signs of depression and other mental health problems; initiate a conversation about mental health with their child; and get help. This program focuses on parents and guardians of teen youth. Available in-person, virtually, and in Spanish.

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Signs Matter: Early Detection

Created in partnership with Legal One and Rutgers, this online program shows educators how and when to refer K-12 students to counseling staff or administration. The training fulfills many state requirements for educators to have two hours of instruction on suicide prevention. Three of the program vignettes demonstrate important topics like recognizing signs of mental health concerns in a younger student; bullying and LGBTQ+ issues; and how to match families and communities with mental health professionals. Available virtually.

It's Real

Teens and Mental Health – Provides youth with a deeper understanding of mental health and resources. The presentation defines mental health and includes guidance on starting a conversation about mental health with peers and trusted adults, and tips for engaging in self-care and treatment. Includes brief videos of influencers discussing their own experiences and destigmatizing mental health. Available in-person and virtually.

College Students and Mental Health – Teaches participants to recognize the signs of depression in themselves and others, challenges existing stigma surrounding depression, and demystifies the treatment process. This short film follows the journey of six students who wrestled with mental health concerns, sought treatment, made their psychological well-being a top priority, and found their own new sense of balance. Programming is appropriate for college bound seniors, college students, parents, staff and faculty. Available in-person and virtually.

After a Suicide: A Toolkit for Schools

In collaboration with the Suicide Prevention Resource Center (SPRC), AFSP offers this practical resource to help school administrators respond, mitigate the risk of contagion, and encourage healing in the aftermath of a suicide loss.

Model School District Policy on Suicide Prevention

Developed in collaboration with The Trevor Project, the National Association of School Psychologists, and the American School Counselor Association, the Model School District Policy helps guide the development and implementation of comprehensive school district policies on suicide prevention, intervention, and postvention in a way that enables the modification of existing policies and protocols.

Family Acceptance Project (FAP) Posters

The Family Acceptance Project has published research-based posters to educate family members, educators, providers, religious leaders, lesbian, gay, bisexual, transgender and queer-identified (LGBTQ) youth and others about the critical role of family support for LGBTQ children and youth to prevent suicide and other serious health outcomes and to build healthy futures.