



Youth Suicide Resources for Families and Caregivers

September 2021

The Resource Center is here to support you. When we work together to talk about and spread awareness around suicide prevention, we can decrease stigma around talking about mental health and help save lives. You can learn more by viewing our [Suicide Prevention in Youth](#) topic page for additional resources and crisis information.

If your child is in immediate crisis call 911 or utilize the information below for additional information

Crisis Information

- **National Suicide Prevention Lifeline:** www.suicidepreventionlifeline.org **1-800-273-8255 (TALK)** . Support is available 24/7/365 via phone, text or [chat](#).
 - Also available in Spanish
- **Suicide Prevention Center of NY - NYS OMH** www.preventsuicideny.org
- **American Foundation for Suicide Prevention:** www.afsp.org
 - Find upcoming awareness walks in your area by clicking [here](#)
- **SAMHSA's National Helpline :** **1-800-662-HELP (4357)/ 1-800-487-4889 (TDD)**
 - Free and confidential information in English and Spanish for individuals and family members facing substance abuse and mental health issues. 24 hours a day, 7 days a week. Utilize the [Behavioral Health Treatment Services Locator](#)

Resources to Learn More

Families and caregivers can access user-friendly information and learn wellness strategies by visiting mentalhealthEDnys.org/parents/ . Here you will find strategies to build good mental health habits, tools for coping with stress, tips for talking with children about mental health, and information on supporting youth beyond high school.

- [Family Education Webinar series](#) - watch and learn with our comprehensive list of webinars and panel discussions. Helpful topics include: Culture, Family & Mental Health, Grief & Loss: helping youth heal, Trauma 101, Becoming a Resilient Family and Coping with a Crisis, which has a Spanish version available [here](#)
- [6 Ways to Encourage Good Mental Health Habits](#) outlines strategies for families to prioritize wellness and engage in thoughtful discussions about mental health. A **printable Spanish language version** is also available.
- [Virtual Learning Community](#) - View archived presentations and hear from experts in the field about how to understand the impact of trauma on youth mental health, learn the skill of comfort and tips to promote resilience and recovery among youth.

Visit our website mentalhealthEDnys.org to learn more or contact us directly at schools@mhanys.org.