**Additional Resources**

Videos courtesy of the American Foundation for Suicide Prevention (AFSP)

**VIDEOS:**

**It's Real: College Students and Mental Health**

LINK:  [https://AFSP.org/our-work/education/real-college-students-mental-health/](https://afsp.org/our-work/education/real-college-students-mental-health/)

**Suicide Survivor "Life Journeys"**

-Trailer LINK: <https://www.youtube.com/watch?v=Jn0d-TP7KjM>

-Full video LINK: <https://vimeo.com/180640978>

**Healthcare Professional Burnout**

LINK: <https://afsp.org/our-work/education/healthcare-professional-burnout-depression-suicide-prevention/>

**Advocacy video**

LINK: <https://afsp.org/our-work/advocacy/>

**Reduce Suicide 20% by 2025**

LINK: <https://afsp.org/campaigns/project-2025/>

**ARTICLES:**

**We Need To Talk About Suicide**

LINK: <http://garnetnews.com/2017/09/27/need-talk-suicide/>

**College Admission Has The Cultural Capital To Drive Suicide Prevention**

LINK: <https://www.forbes.com/sites/brennanbarnard/2018/06/20/college-admission-and-suicide-prevention/#22743dcc5e0a>

**How One Colorado Town is Tackling Suicide Prevention – Starting With The Kids**

LINK: <https://www.npr.org/sections/health-shots/2018/10/23/658834805/how-one-colorado-town-is-tackling-suicide-prevention-starting-with-the-kids>

**After Losing A Friend To Suicide, Englewood Woman Starts Company To Get Black Chicagoans Talking About Mental Health**

LINK: <https://blockclubchicago.org/2018/10/19/by-combining-music-and-mental-health-health-fresh-kulture-hopes-to-bring-awareness-to-mental-health/?mc_cid=0edfd64902&mc_eid=6ffb40e484>

**These 5 Jobs Have the Highest Suicide Rates for Women**

LINK: <https://www.health.com/condition/depression/suicide-by-occupation>

**GENERAL INFORMATION:**

* September is US National Suicide Prevention Awareness month
* World Suicide Prevention Day is observed on Sept. 10 annually
* US National Survivors of Suicide Day: Occurs annually on the Saturday before American Thanksgiving.
* International Survivors of Suicide Loss Day – typically occurs in November annually. Close to 400 Survivor Day events in more than 20 countries.
* Survivor Outreach Program (AFSP): Trained peer support volunteers available to help loss survivors cope, connect, and heal in time - available by phone, video call (Google Hangout, Skype, Facetime) and in person (limited availability for in person, specific to local area)
* Sip of Hope: The world’s first coffee bar that will donate 100% of its proceeds to mental health awareness and suicide prevention. Website: [https://sipofhope.com](https://sipofhope.com/)
* Project 2025:  AFSP goal to reduce suicide rate 20% by 2025 through strategic partnerships with other organizations including accrediting bodies, professional associations and leaders in other industry sectors

**TALKING WITH KIDS:**

* Do not use lies to shelter children from reality
* Teach that the person they’ve lost had an “illness inside their brain, and it made them so sad that they didn’t want to live anymore”
* Careful balance between not portraying the suicide victim as a bad person but making clear that their choice was bad
* Reinforce that not everyone who gets sick or feels sad dies from it
* Teach them that there is help available for people who get sick or feel depressed – healthcare professionals, friends, teachers, and you!

**BOOKS:**

* No Time to Say Goodbye

Author: Carla Fine, published by Doubleday

* Why Suicide?

Author: Eustace Chesser, published by Arrow Books

* Healing After the Suicide of A Loved One

Author: Ann Smolin and John Guinan, published by Simon & Schuster

* Life After Suicide: A Ray of Hope For Those Left Behind

Author: E. Betsy Ross, published by Insight Books

* My Son…My Son: A Guide to Healing After Death, Loss or Suicide

Author: Iris Bolton with Curtis Mitchell, published by Bolton Press