Youth Suicide Prevention and Support Resources

For Youth and Family Members/Helpers:

998 Lifeline | Youth

For immediate help, dial 911 or 988 to navigate suicide related crisis. This 988 page gives resources for suicide related topics including ways to take care of yourself, how to help those who are struggling, and resources specific to youth.

The Washington State Department of Health

The Washington State Department of Health provides a list of suicide prevention resources pertaining to the youth population. Here, you will find suicide prevention apps that will assist you in identifying warning signs, creating a safety plan, and providing practical guidance on how to intervene with someone at risk. You will also find youth helpline resources for the State of Washington and on a national level. The site also offers resources for diverse populations, ages, and suicide related grief.

Washington Office of Superintendent of Public Instruction

This page offers resources for Youth Suicide Prevention & Postvention. This includes but is not limited to: PDF guides for educators and parents to look out for self-harm and suicide warning signs as well as crisis support. Additionally, this page includes a contact list for Washington's Educational Services Districts (ESDs) who offer a support network to school districts in developing and implementing comprehensive suicide prevention and behavioral health resources for students.

Suicide Prevention Resource Center

This resource includes newsletters and articles pertaining to current suicide intervention research and discoveries. It also includes innovative actives implemented by states, communities and health care organizations. Overall, the Suicide Prevention Resource Center acts as a search engine where users can filter for information on the following categories: news types, populations, settings, information about suicide, planning and implementing, strategies for helping, and different locations/states. This is a helpful resource when working with various populations including youth and adolescents.

Pacific Northwest Suicide Resource Center

The Pacific Northwest Suicide Resource Center offers essential information to youth, educators, parents, and researchers to help prevent suicide in Washington State. This website is continuously updated, providing the latest research, insights, and best practices as they emerge.

The website is easy to navigate as it guides users through suicide statics, warning sings, youth, vulnerable group and common questions.

Seattle Children's Suicide Prevention

Seattle Children's Suicide Prevention program is a comprehensive initiative aimed at saving lives by identifying and supporting youth at risk of suicide. This website provides information on Seattle Children's program as well as information on suicide screening, resources for patients and families, resources for primary care to support families, and other important information.

Washington Teen Link

This resource offers information and guidance for navigating topics with teens such as dating, bullying, gender identity issues, eating disorders, self-harm and suicide. Specifically, it includes information sheets and classes in both English and Spanish for parents and helpers to navigate topics of self-harm and suicide with the adolescent and youth population.

Clark Country Teen Talk:

Clark County Teen Talk provides non-judgmental peer-to-peer support on any topic through phone, online chat, message board, or email. Available Monday to Friday from 4 p.m. to 9 p.m., and Friday from 4 p.m. to 7 p.m.

Crisis Clinic of Thurston and Mason Counties:

The Crisis Clinic of Thurston and Mason Counties offers a main crisis line and a youth helpline, both available 24/7. From 4 to 8 p.m., they aim to have the youth line staffed by youth volunteers.

ImHurting Crisis Chat:

ImHurting Crisis Chat is a service provided by Volunteers of America Western Washington in the North Puget Sound area. Their crisis line and online chat are available 24/7.

Sound Care Kids:

SoundCareKids is a support program for families with youth who have lost a significant person in their lives. The program offers three youth groups: the Littles Group (ages 5-8), the Middles Group (ages 9-12), and the Teens Group (ages 13-18). For meeting details, contact the SoundCareKids Bereavement Program.

Hear Me WA:

This website aims to assist youth dealing with stress, anxiety, threats of violence, sexual abuse, or anything else making life difficult. You can receive secure, free support anytime from professionals who are ready to listen by submitting a tip through the "Get help" button, calling,

texting, or using the app. They also provide support to those who have friends struggling and need advice on where to turn. Text HearMeWA to 738477 for free 24/7 confidential support for Washington youth.

Resources for Youth to Explore:

Now Matters Now:

This website features personal stories from individuals who have struggled with suicidal thoughts, along with research-backed strategies for managing mental health crises. Subsequently, there are resources for those who seek direction to help others who are struggling. The site provides numerous additional resources including free meetings to gain support and navigate mental health. It also offers a guide for creating a safety plan, which you can develop ahead of time and involve your friends and family in the process. Now Matters Now allows you to explore different in-the-moment skills for coping. These include coping mechanisms, self-soothing exercises, therapeutic techniques, cognitive reframing, and getting yourself or a loved one out of a crisis.

You Matter:

You Matter: is a supportive platform where young people can openly discuss and share their experiences with mental health and wellness. It is created and managed by the 988 Suicide & Crisis Lifeline. Blog posts on You Matter are contributed by a diverse group of bloggers, aged 13-25, who are dedicated to suicide prevention and mental health advocacy. This movement aimed at spreading the message that your struggles, concerns, fears, and most importantly, *you*—the unique and authentic person you are—matter.

Active Minds:

Active Minds is an organization that has grown to become the largest nonprofit in the United States focused on empowering youth and young adults to change societal norms around mental health. Present in over 1,000 college campuses and communities nationally, they directly impact more than 1.9 million individuals annually through awareness campaigns, events, advocacy, outreach, and other initiatives. Their moto is that mental health should be discussed just as openly as physical health. Only by doing so can we bring conversations about suicide and mental health into the open, ensuring that no one has to face these struggles alone.

Your Life Your Voice:

This mental health informed website allows users to navigate articles, advice columns, and videos that discusses mental health, self-harm, suicidal thoughts, family dynamics and social situations. It also provides direct access to the organization's app, email, phoneline and texting feature for those who seek help or just want someone to talk to.

My Life is Worth Living:

This cite will take users to an interactive story-telling platform. My Life is Worth Living is the first animated series that highlights the power of human connection as a proven protective factor against suicide. It follows the journeys of characters confronting some of the most challenging issues young people face, illustrating their growth and the pivotal realization that life is worth living.

Love is Respect:

This website is a resource for young people navigating all different types of relationships and mental health. It provides insight for those wondering how to navigate challenging relationships, ask for help, set boundaries, determine how to have healthy relationships, help others, and keep track of personal safety.

Boys Town:

The Boys Town National Hotline operates 24/7, 365 days a year, with counselors specially trained to assist in crisis. It is accredited by the American Association of Suicidology (AAS). They accept toll-free calls from all 50 states, the District of Columbia, U.S. Territories, and Canada. They also provide Spanish-speaking counselors and translation services for over 100 languages. Individuals who are speech- or hearing-impaired can reach us via email at: hotline@boystown.org.

Crisis Text Line:

The Crisis Text Line provides 24/7 emotional and informational support to teens facing any type of crisis, including suicide, through trained volunteers via text. You can connect with a trained specialist at any time, day or night. **Text HOME to 741741**

The Jed Foundation:

The Jed Foundation aims to support emotional well-being and prevent suicide among college and university students. It offers a range of programs, including MUV's college network, social media platforms, as well as tours and events.

Teens Against Bullying:

This website assures bullied youth that they are not alone. It features stories, videos, poetry, and artwork from other bullied teens, encourages reaching out for support and speaking to an adult, provides information about their rights, and helps them create an action plan.

When a Friend Dies:

This document offers advice to youth on how to cope with a friend's suicide and how to support their friends. The suggestions are shared by both youth and experts.

LGBTQ Youth

The Trevor Project:

The Trevor Project is the leading nonprofit organization dedicated to suicide prevention and crisis intervention for LGBTQ+ youth. They offer 24/7 support and resources to LGBTQ+ young people year-round. Some of these resources include Crisis services, peer support, help finding a counselor, advocacy, public education and research.

It Gets Better Project:

This project aims to help LGBTQ youth in areas of mental health and suicidality. It empowers them to make positive changes for their well-being and offers a resource center, inspirational tweets, and videos from community members. Youth are also encouraged to share their own stories by recording and submitting videos to inspire others.

Trans Lifeline:

The Trans Lifeline is a hotline operated by transgender individuals for the transgender community. They are committed to supporting the well-being of transgender people and providing educated and tailored support.

Ditch the Label:

This resource is aimed to help people aged 12-25 navigate all-things mental health. They cover a variety of topics such as bullying, identify, relationships, self-expression, and cyberbullying. Ditch the Label offers confidential support, articles, quizzes, and recommendations.

Seize the Awkward:

This site offers valuable information and guidance on discussing mental health with friends, whether you're looking to support them or seek help yourself. It helps users navigate what to say, recognize when help is needed, listen effectively, and speak up when necessary. The site also features a variety of resources, including stories and videos, to assist individuals in handling these important conversations.