



Links for Families on Suicide Prevention

If you or someone you know is in suicidal crisis or emotional distress, call the Suicide Prevention Lifeline at: 1-800-273-8255 (TALK) 24 hours a day – 7 days a week. If in immediate danger Call 911.

M-DCPS – Department of Mental Health Services

<http://mentalhealthservices.dadeschools.net/#/rightColumn/776>

The Parent Assistance Line: (305) 995-7100

National Suicide Prevention Lifeline

English: <https://suicidepreventionlifeline.org/>

Español: <https://suicidepreventionlifeline.org/help-yourself/en-espanol/>

Centers for Disease Control (CDC)

Suicide Prevention

<https://www.cdc.gov/violenceprevention/suicide/>

Help Guide (in collaboration with Harvard Medical School)

Suicide Prevention

<https://www.helpguide.org/home-pages/suicide-prevention.htm>

Society for the Prevention of Teen Suicide

<http://www.sptsusa.org/parents/>

Not My Kid: What Every Parent Should Know

<https://www.sptsusa.org/not-my-kid/>

American Foundation for Suicide Prevention – Teens and Suicide What Parents Should Know

<https://afsp.org/campaigns/talk-about-mental-health-awareness/teens-and-suicide-what-parents-should-know/>

National Association of School Psychologists (NASP)

Preventing Youth Suicide: Tips for Parents & Educators

English & Spanish:

<https://www.nasponline.org/resources-and-publications/resources-tips-for-parents-and-educators>

American Psychological Association
Talking to Teens: Suicide Prevention
<https://www.apa.org/helpcenter/teens-suicide-prevention>

National Institute of Health
Suicide Prevention
<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

The Columbia Lighthouse Project – Families, Friends, and Neighbors
The Columbia Protocol - Asking About Suicide is Vital for Suicide Prevention
<http://cssrs.columbia.edu/the-columbia-scale-c-ssrs/families-friends-and-neighbors/>

HealthyChildren.org (American Pediatric Association)
10 Things Parents Can Do to Prevent Suicide
<https://www.healthychildren.org/English/emotional-problems/parents>
Diez cosas que los padres pueden hacer para prevenir el suicidio
<https://www.healthychildren.org/spanish/parents>

Substance Abuse and Mental Health Services Administration (SAMHSA)
Suicide Prevention
<https://www.samhsa.gov/find-help/suicide-prevention>

American Academy of Child & Adolescent Psychiatry
Suicide Resource Center
https://www.aacap.org/AACAP/Families_and_Youth

Feel free to share with others!

