**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](https://www.youtube.com/watch?v=Jn0d-TP7KjM)  
- Full video LINK: [https://vimeo.com/180640978](https://vimeo.com/180640978)

Healthcare Professional Burnout  

Advocacy video  
LINK: [https://afsp.org/our-work/advocacy/](https://afsp.org/our-work/advocacy/)

Reduce Suicide 20% by 2025  
LINK: [https://afsp.org/campaigns/project-2025/](https://afsp.org/campaigns/project-2025/)

**ARTICLES:**

We Need To Talk About Suicide  

College Admission Has The Cultural Capital To Drive Suicide Prevention  

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=6ff40e484](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=6ff40e484)

These 5 Jobs Have the Highest Suicide Rates for Women  
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
- 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