

## RESOURCES re Trauma, Stress & Suicide

- **CAPACITAR**-[www.Capacitar.org](http://www.Capacitar.org) Emergency Response Tool Kit
- <https://capacitar.org/wp-content/uploads/EngCapEmergKit.pdf>
- **HELP GUIDE**-[www.helpguide.org](http://www.helpguide.org)
- <https://www.helpguide.org/articles/stress/quick-stress-relief.htm>  
<https://www.helpguide.org/articles/stress/stress-management.htm>  
<https://www.helpguide.org/articles/ptsd-trauma/helping-children-cop>  
[e-with-traumatic-stress.htm](https://www.helpguide.org/articles/ptsd-trauma/helping-children-cop-e-with-traumatic-stress.htm)

(updated Oct. 2018)

- **MAYO CLINIC**-4 a's: Avoid, Alter, Adapt, Accept  
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044476>

- **SUBSTANCE ABUSE AND MENTAL HEALTH SERVICE ADMINISTRATION**

### Preventing suicide: A Toolkit for High Schools

#### Talking points to reinforce at **HOME**

Tool 3.A.7: Talking Points for Students and Staff after a Suicide

<https://store.samhsa.gov/system/files/sma12-4669.pdf>

- ❖ “**Suicide is not caused by a single event** such as fighting with parents, or a bad grade, or the breakup of a relationship.” “In most cases, suicide is **caused by mental health disorders** like depression or substance abuse problems. Mental health disorders affect the way people feel and prevent them from thinking clearly and rationally. Having a mental health disorder is nothing to be ashamed of.” “**There are effective treatments** to help people who have mental health disorders or substance abuse problems.
- ❖ **Suicide never FIXES anything, is not an answer.**”
- ❖ “**Blaming others or one’s self** for the suicide worsens the hurt.
- ❖ “This death is not your fault. We cannot always see the signs because a suicidal person may hide them well.” “We cannot always predict someone’s behavior.”
- ❖ “**Focus on talking about the feelings we are left with and figure out the best way to manage them.**”
- ❖ “We are always here to help you through any problem, no matter what. Who are the people you would go to if you or a friend were feeling worried, depressed, or had thoughts of suicide?”

#### Tool 5.B Suicide prevention Facts for Parents

<https://store.samhsa.gov/system/files/sma12-4669.pdf>

pp 137-138

Columbia-Suicide Severity Rating Scale (Lifeline Crisis Center version)

<https://suicidepreventionlifeline.org/wp-content/uploads/2016/09/Suicide-Risk-Assessment-C-SSRS-Lifeline-Version-2014.pdf>

