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## LIFELINES: A Suicide Prevention Program

With these three resources, you can be a Lifeline.

**Prevention**  
A Suicide Prevention Program

**Intervention**  
Helping Students at Risk for Suicide

**Postvention**  
Responding to Suicide and Other Traumatic Death

Hazelden

Lifelines: A Comprehensive Suicide Awareness and Responsiveness Program for Teens

This comprehensive suicide prevention program is a whole-school program. Lifelines educates students on the facts about suicide and the students' role in suicide prevention. Designed for implementation in middle and high schools, it targets the whole school community by providing suicide awareness resources for administrators, faculty and staff, parents and students. It fits easily into health class programming and lesson plans. Training materials are included for faculty and staff that provide accurate and practical information on identifying and referring students who might be at risk for suicide.



youth suicide prevention  
is everyone's business



### Quick Facts

- > A 501(C)(3) TAX-EXEMPT PUBLIC CHARITY DEDICATED TO SAVING LIVES OF YOUTH THAT WOULD BE LOST TO SUICIDE.
- > FOUNDED IN 2005 BY NEW JERSEY DADS SCOTT FRITZ AND DON QUIGLEY, WHO HAD BOTH LOST THEIR TEENAGE CHILDREN TO SUICIDE.
- > DEVELOPS SOLID PREVENTION PROGRAMS THAT ARE GROUNDED IN RESEARCH TO ENSURE STATE-OF-SCIENCE APPLICABILITY.
- > CLINICAL ADVISORY BOARD COMPRISED OF NATIONAL EXPERTS IN SUICIDE PREVENTION.
- > HELPFUL RESOURCES FOR EDUCATORS, PARENTS AND TEENS AT OUR WEBSITE WWW.SPTSUSA.ORG
- > SUPPORT OUR EFFORTS TO SAVE LIVES THROUGH AWARENESS, TRAINING AND EDUCATION WITH A TAX-DEDUCTIBLE DONATION TO:  
WWW.SPTSUSA.ORG/GIVING.HTML

“We’re talking about millions of school-age children who are losing hope in themselves and their future. This is youth suicide: tragic, shocking, incomprehensible.”

— A. KATHRYN POWER, M. Ed., DIRECTOR  
CENTER FOR MENTAL HEALTH SERVICES  
SAMHSA, U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES

“Suicide is an attempt to solve a problem of intense emotional pain with impaired problem-solving skills.”

— JOHN KALAFAT AND MAUREEN UNDERWOOD  
NATIONAL EXPERTS IN IMPLEMENTING AND EVALUATING  
SCHOOL-BASED SUICIDE PREVENTION PROGRAMS



### NOT MY KID: What Every Parent Should Know™

## An Online Video For Parents

The questions to ask about whether or not a child may be at risk for suicide can be complicated. This short video for parents asks and answers a few of those questions, but more importantly, demonstrates how to ask those questions—and keep asking—until parents get answers that help them understand whether or not their child is at risk for suicide.



✓ Check out the SPTS video for parents at [www.sptsusa.org](http://www.sptsusa.org)

“Not MY KID: What Every Parent Should Know™” is just one component of our programmatic content for parents—all easily accessible online. Check out SPTS for what to look for, what to say and what to do when your child may be at risk for suicide.

### MAKING EDUCATORS PARTNERS IN YOUTH SUICIDE PREVENTION™

## A Best-Practice Online Interactive Training Program

Ensuring that youngsters have a strong foundation to learn is central to education. Yet a child’s ability to learn can be compromised by emotional challenges that can, at their worst, lead to thoughts of suicide. That’s why educators are in a powerful role to observe vulnerable youth and help connect them to resources. We’re here to help with an acclaimed online training program for teachers that is easy, comprehensive—and free of charge.



✓ [www.sptsusa.org](http://www.sptsusa.org)  
The best way to appreciate the robust interactivity and rich content of the SPTS “Making Educators Partners in Youth Suicide Prevention™” course is fully accessed online at the SPTS website, [www.sptsusa.org](http://www.sptsusa.org). As a select program of the “Best Practices Registry” designated by the Suicide Prevention Resource Center ([sprc.org](http://sprc.org)), this course offers accurate and helpful information that is tailored to both the needs and resources of the school setting.

### Accolades

Launched in 2008, the SPTS “Making Educators Partners in Youth Suicide Prevention™” training course has received praise from diverse arenas—even teachers’ unions who know this best-practice registry course can fulfill state education mandates in a low-impact and user-friendly way.

“Making Educators Partners in Youth Suicide Prevention™” is available only from the Society for the Prevention of Teen Suicide (SPTS) and is our flagship educational offering. A practical and user-friendly interactive training program, this two-hour course is fully accessed online at the SPTS website [www.sptsusa.org](http://www.sptsusa.org). Content addresses: benefits of suicide-awareness training for the entire school community; relevant information about youth suicide; warning signs, risk factors and protective buffers; the educator’s role in identifying suicidal risk in students and making appropriate referrals; interaction strategies with students; and resources.



### WE STAND TOGETHER

## Because Bullying Prevention is Everybody’s Business

The emphasis on the connection between bullying and youth suicide in the media continues to grow. It is important to confront the topic of bullying at home and in school. Parents are encouraged to view The Truth About Bullying information on the SPTS website, [www.sptsusa.org](http://www.sptsusa.org). The culture of a school community should be addressed with a common goal of creating an environment where all members are concerned about each other’s welfare and know where and how to get help if someone is in need. Engaging staff, parents and students in proactively developing strategies to provide alternative responses to bullying behavior is extremely valuable.



Contact SPTS to host a We Stand Together Youth Summit in your community.

