



# youth suicide prevention resources

## resources for schools - available for purchase



## curriculum

Our school curricula play an important role in youth suicide prevention. Crisis Connections offers three health curricula designed to be taught by classroom teachers or counselors, and appropriate for students at the elementary, middle, and high school levels.

### Riding the Waves

Riding the Waves is developmentally appropriate for 5th-grade students and taught by elementary school counselors. Lessons address healthy emotional development, depression, and anxiety. This curriculum's overarching goal is to build the emotional skills within children and to prevent suicide at its earliest stages.

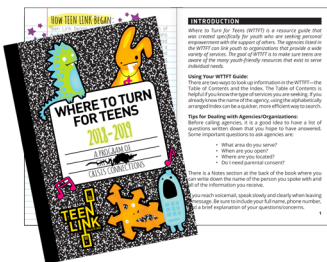
### LOOK, LISTEN, LINK

LOOK LISTEN LINK is an evaluated, classroom-based prevention curriculum for students in 6th, 7th, and 8th grades. It aims to teach students not only facts about stress, anxiety, depression, and suicide prevention, but also practical life skills to help a friend who may be struggling with these issues.

### H.E.L.P.

H.E.L.P. (Helping Every Living Person) is an evaluated classroom curriculum appropriate for 9th through 11th-grade students, based on the American Association of Suicidology's "Guidelines for School-Based Suicide Prevention Programs."

## resources for students - available for free



### Where to Turn for Teens

Where to Turn for Teens (WTTFT) is a resource guide that was created specifically for youth who are seeking personal empowerment with the support of others. The goal of WTTFT is to make sure teens are aware of the many youth friendly resources that exist to serve individual needs.

to order these resources, contact us at: [training@crisisconnections.org](mailto:training@crisisconnections.org) or **206.461.3210**



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206.461.3210  
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# youth suicide prevention training

## suicide prevention training for middle & high school students

At Crisis Connections, we understand the many difficulties teens may face. Following the WA Department of Health's guidelines, we offer suicide prevention training for high school students.



These trainings are roughly 45-55 minutes. Each training will go over the common signs and symptoms of depression, anxiety, and suicide, as well as specific stressors, struggles, and challenges common amongst teens. Our trainers can modify trainings and add additional materials to address specific needs of your school. With more time, we can also add additional topics.

### 8<sup>th</sup> & 9<sup>th</sup> Grade Students

Students will learn about healthy and unhealthy coping mechanisms to deal with daily stressors. The main objective for this training is to build a healthier relationship among their peers and to learn the warning signs of suicide early in their high school career.

### 10<sup>th</sup> Grade Students

This training will help students more comfortably communicate their emotions, feelings, and thoughts to others. Students will also learn about the warning signs of other mental health related disorders.

### 11<sup>th</sup> Grade Students

Students will continue to build better ways to manage stress and will learn how to help someone they know that is struggling with depression, suicidal thoughts, and/or substance use.

### 12<sup>th</sup> Grade Students

In this training, students will learn ways to handle new challenges and stressors that may come into the next chapter of their life. The students will learn about other resources that exist to help adults and their individual needs.

for more information, visit us online at: [www.crisisconnections.org/get-training](http://www.crisisconnections.org/get-training)



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