



## **Resources from the Chat**

\*\*\* These resources have not been vetted by the CSSRC, but come from the reputable sources identified \*\*\*

### **Brandon Johnson (see complete resources elsewhere on the Resource Page):**

- African American Youth Suicide: Report to Congress (October 2020)  
[https://www.nimh.nih.gov/sites/default/files/documents/health/topics/suicide-prevention/african\\_american\\_youth\\_suicide-report\\_to\\_congress.pdf](https://www.nimh.nih.gov/sites/default/files/documents/health/topics/suicide-prevention/african_american_youth_suicide-report_to_congress.pdf)
- NotOK App: <https://www.notokapp.com/>

### **Dr. Lena Heilman CDPHE:**

- The Suicide Prevention Commission recently passed recommendations to support Black, Indigenous, and Youth of Color:  
<https://drive.google.com/drive/u/o/folders/1ufd5emr4BOCc1vo-1x1G6Ndox72Rvbru>
- Ring the Alarm: the Crisis of Black Youth Suicide in America  
[https://theactionalliance.org/sites/default/files/ring\\_the\\_alarm\\_the\\_crisis\\_of\\_black\\_youth\\_suicide\\_in\\_america\\_copy.pdf](https://theactionalliance.org/sites/default/files/ring_the_alarm_the_crisis_of_black_youth_suicide_in_america_copy.pdf)
- *Live through This* is a series of portraits and true stories of suicide attempt survivors.  
<https://livethroughthis.org>
- Dr. Rania Awaad presented to the CO Suicide Prevention Commission in November 2021. The recording should be available soon. To learn more about suicide prevention among Muslim communities, this is a helpful resource: <https://maristan.org/resources>
- We are also currently revising recommendations that support LGBTQ+ youth and young adults. The 2019 approved recommendations are here:  
[https://cdpsdocs.state.co.us/safeschools/Resources/2021\\_Suicide%20Prevention\\_Symposium\\_Resource\\_Page/2019\\_LGBTQ\\_Youth\\_Recommendation.pdf](https://cdpsdocs.state.co.us/safeschools/Resources/2021_Suicide%20Prevention_Symposium_Resource_Page/2019_LGBTQ_Youth_Recommendation.pdf)

Please stay tuned in early 2022 for more comprehensive recommendations to support LGBTQI2S+ youth and young adults!

- Suicide Prevention Commission Recommendations to Support Black, Indigenous, and Youth of Color:  
[https://cdpsdocs.state.co.us/safeschools/Resources/2021\\_Suicide%20Prevention\\_Symposium\\_Resource\\_Page/2021\\_Rec\\_Black\\_Indigenous\\_and\\_Youth\\_of\\_Color\\_final.pdf](https://cdpsdocs.state.co.us/safeschools/Resources/2021_Suicide%20Prevention_Symposium_Resource_Page/2021_Rec_Black_Indigenous_and_Youth_of_Color_final.pdf)

### **Carly Rayburg (Alliance for Suicide Prevention of Larimer County):**

- Overall, suicide rates decreased in the US last year—but not for everyone:  
<https://www.cnn.com/2021/11/03/health/suicide-rate-2020-us-cdc/index.html>
- <https://www.cnn.com/2021/11/03/health/suicide-rate-2020-us-cdc/index.html>



- **Amal Kassir (Muslim Youth for Positive Impact):**

Recent study showed that Muslim are 2x more likely to attempt suicide than other minority group: <https://www.npr.org/2021/08/10/1025430083/muslims-suicide-attempts-study-religion-american>

- **Here is an article specific to postvention for Muslim communities:**

<https://muslimmatters.org/2021/04/08/how-to-respond-to-suicide-in-muslim-communities/>

- **Nate Thompson (Littleton Public Schools):**

When we had a contagion/cluster event a few years ago, we created this resource for parents. <file:///C:/Users/mochoa/Downloads/Suicide%20Clusters-What%20Can%20Parents%20Do.pdf>

- **Bill Barron, SEL Counselor, Sand Creek HS:**

Recommended reading: “Humankind” by Ruttger Bregman - insightful, well documented, thought-provoking on what our true meaning is as a species.

- **Lauren Cikara (Colorado Dept. of Education):**

Active Minds supports youth led mental health organizations in schools called Active Minds Chapters. <https://www.activeminds.org/>

### **Miscellaneous:**

- American Foundation for Suicide Prevention--Model School District Policy on Suicide Prevention: <https://afsp.org/model-school-policy-on-suicide-prevention>
- Black Mental Health Alliance mission—to develop, promote and sponsor trusted culturally relevant educational forums, trainings and referral services that support the health and well-being of Black people and their communities: <https://www.blackmentalhealth.com/>
- American Association of Suicidology—Suicide Reporting Recommendations: Media as Partners in Suicide Prevention: <https://suicidology.org/wp-content/uploads/2018/12/Suicide-Media-Reporting-Extended-4-merged-1.pdf>
- The Trevor Project provides information and support to LGBTQ youth: [thetrevorproject.org](http://thetrevorproject.org)
- Widening the Lens: Exploring the Role of Social Justice and Racial Equity in Suicide Prevention (Massachusetts Coalition for Suicide Prevention): <https://masspreventssuicide.org/widening-the-lens-exploring-the-role-of-social-justice-and-racial-equity-in-suicide-prevention>

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