

Suicide Prevention in Schools: Discussion Guide



Watch.



Even before COVID-19, 1 in 3 Colorado high school students said they felt sad or hopeless. Now, teens need support more than ever before.

Watch the Mental Health Youth Action Board at Children's Hospital Colorado share their thoughts on how school staff can be there for them: <https://youtu.be/95Soi9CgWYk>

Discuss.



1. In reflecting on the video, which message stood out most to you? Is there a specific action you could take to respond to this message and create positive change?

2. It's more challenging now for staff to connect with students. How can we continue to build relationships with our students when remote learning is the new normal?

3. Students and staff are facing immense pressure and responsibilities. What supports can we build into our school community to promote mental wellness?

Take action.



- Share this video! Make sure the school professionals you know see this important message.
- Join the monthly PCMH School Readiness and Resiliency Community of Practice (CoP). This online CoP serves as time for school staff to discuss and brainstorm ways to provide students support, counseling and assistance during the 2020-21 school year. Sign up: <https://pcmh.org/product/school-readiness-and-resiliency-community-of-practice/>
- Explore other opportunities for trainings on this topic. Example resources:
 - PCMH training center: www.pcmh.org/training-center
 - Office of Suicide Prevention: www.colorado.gov/pacific/cdphe/youth-suicide-prevention
 - LivingWorks training center: www.livingworks.net
 - QPR Institute trainings: <https://qprinstitute.com>

If you have questions or want to explore options for tailored suicide prevention workshops/trainings at your school, visit www.pcmh.org or contact info@pcmh.org.