

AFSP resources and programs offered for consideration in support of HSMP Violence, Injury, Trauma team suicide prevention efforts:

- **Model School Policy for Suicide Prevention:** <https://www.datocms-assets.com/12810/1576931010-13820afspmodelschoolpolicybookletm1v3.pdf>
- **Have a #REALCONVO** (about mental health) - guides can be printed and provided to students and parents/staff (How to Ask for Help). www.afsp.org/realconvo
- **Seize the Awkward** Focused on adolescents and peer-to-peer messaging. Segments can be used by teachers to start a conversation, practice role-play. www.SeizeTheAwkward.org
- **More than Sad Educators** (60 min plus 30 min video on your own) – max capacity 295 per virtual presentation. Teaches educators to recognize signs of mental health distress in students and refer them for help.
- **More than Sad Parents** (60 min) – max capacity 295 per virtual presentation. Uses *More than Sad; Teen Depression* film to help parents recognize signs of depression and other mental health problems, initiate a conversation with their child, and support help seeking.
- **It's Real: College Students and Mental Health** for High School Seniors and college students (and their parents). This 17-minute film follows the journey of six students who wrestled with mental health concerns, sought treatment, made their psychological well-being a top priority, and found their own new sense of balance. Possibly combine with panel discussion.
- **It's Real: Teens and Mental Health** for teens between the ages of 14-18. This 45-minute presentation provides young people with mental health education and resources. Presentation includes brief video narratives featuring well-known GenZ influencers sharing their own experiences with mental health, and what they found helpful at the time. resource flyer attached.
- **Mental Health First Aid for Youth** – max 30 participants per training. 8 hours or two times 4 hours. Teaches participants a five-step action plan to help someone who is suffering from a mental health crisis.
- **Talk Saves Lives** -- An introduction to suicide prevention. Standardized 30-45 minute presentation that covers the of this leading cause of death; what the research has found to be risk factors and warning signs of suicide; and the strategies that prevent it. (tailored modules available focused on LGBT, seniors, and firearms).
- **Gizmo's Pawesome Guide to Mental Health** for 5-11 year-olds (and their trusted adults). It is based on proven mental health practices, and it teaches elementary school children, and others, mental health life skills that can help them stay healthy and safe. see press release <https://afsp.org/story/gizmos-pawesome-guide-to-mental-health>.

- **Signs Matter: Early Detection** online program shows educators how and when to refer K-12 students to counseling staff or administration. <https://afsp.org/signs-matter-early-detection>
- **Talking About Suicide & LGBT Populations** [1576937561-talking-about-suicide-and-lgbt-populations-2nd-edition.pdf \(datocms-assets.com\)](https://www.datocms-assets.com/1576937561-talking-about-suicide-and-lgbt-populations-2nd-edition.pdf)
- **Understanding Youth Mental Health and Preventing Unauthorized access to firearms** [NSSF PCS AFSP-Parents-Guide V6.pdf](#)
- **A Tip Sheet for Parent: Mental Health, Suicide Prevention and Firearms Safety.** [NSSF PCS AFSP-TipSheetForParents v7.pdf](#)
- **Project 2025** -- A nationwide initiative to reduce the annual rate of suicide in the U.S. 20 percent by 2025 (public health approach) [Project 2025 | American Foundation for Suicide Prevention \(afsp.org\)](#)

The above list is not exhaustive; it is provided as a starting point to help inform our discussion and way-ahead. Based on where VIT wants to focus, there may be additional AFSP programs/resources available to consider.

additional reference... for Mental Health Awareness Month Washington County Schools created a Mental Health Matters campaign: <https://sites.google.com/wcps.k12.md.us/mentalhealthmatters/mental-health-matters>