

Nebraska School Suicide Resource Guide



A large, white, stylized quotation mark icon consisting of two curved shapes, one on the left and one on the right, positioned to the left of the main text.

“If you are troubled by thoughts of suicide, speak up. Asking for help is an act of bravery that will change your life for the better.”

**- Caitlyn Miller
Author of *Dealing with Suicidal Thoughts***

Nebraska School Suicide Resource Guide ▶▶▶

The information and tools in this resource guide will help schools:

- » Assess their ability to prevent and respond to suicidal behavior
- » Understand and implement strategies to help students who are at risk for suicide
- » Understand how to respond to the suicide of a student
- » Identify effective suicide prevention programs and respond to the needs and cultures of each school's students
- » Integrate suicide prevention into activities that fulfill other aspects of the school's mission

01

Introduction

Understand the need for an effective school response.

02

Policies and Procedures

Develop school suicide policies and procedures for effective prevention, intervention, and postvention.

03

Prevention

Provide suicide awareness for staff, students, and parents.

04

Intervention

Prepare the school community to address and respond to suicide signs or threats.

05

Postvention

Implement crisis intervention, support, and assistance to those affected by a completed suicide.

06

Resources

Access links and materials to support suicide prevention efforts.





01 Introduction

Understand the need for an effective school response.



Section Contents:

- [Overview of the Grant Supporting the Development of this Guide](#)
- [Vision of the Nebraska Dept. of Education School Safety Team](#)
- [Multi-tiered Systems of Support Connections](#)
- [Suicide Data Sources](#)



Links are indicated by a [link icon](#) to the left of the text.

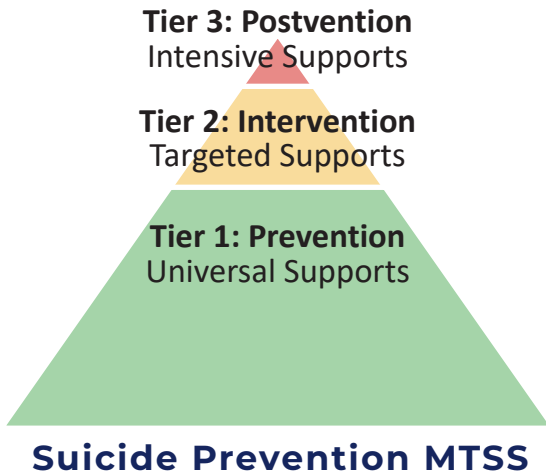
Overview of the Grant Supporting the Development of this Guide

This guidebook was developed through a collaboration between the University of Nebraska Public Policy Center and the Nebraska Department of Education (NDE) and funded through the [Garrett L. Smith Youth Suicide Prevention Grant](#) awarded in 2019. The Nebraska School Suicide Resource Guide fulfills one of the major goals of the grant for Nebraska schools to have “protocols for suicide prevention, post-suicide intervention, and transition back to school by 2024.” The grant reinforces that with suicide being a leading cause of death among young people, school districts need to have policies and procedures in place and resources readily available to successfully intervene and respond to any signs of suicidal ideation.

Vision of the Nebraska Dept. of Education School Safety Team

This guidebook supports the vision of the NDE School Safety Team to provide leadership and support to all Nebraska schools to prevent, prepare, respond, and recover from incidents that impact the safety and security of students and staff. In line with this vision, NDE aims to empower districts and schools to protect the health and well-being of our students and school communities by providing support to plan for suicide prevention, intervention, and postvention. This guide was created to help schools and districts design and implement strategies to prevent, assess the risk of, intervene in, and respond to youth suicidal behavior. The guide offers valuable resources for students, staff, and parents and is also a useful tool to accompany the district’s emergency plans and crisis response protocols.

Multi-tiered Systems of Support (MTSS) Connections



The information and tools in this guide are part of the Multi-tiered Systems of Support framework. The Nebraska School Suicide Resource Guide helps schools strengthen their Tier 1 supports, as well as prepares districts for additional support that some students will need at Tier 2 and Tier 3. Strong Tier 1 supports will help prevent students from needing higher level supports.

Actions within each MTSS tier include:

- » **Tier 1 - Prevention:** suicide awareness for school and community; district policies/procedures; staff training; student curriculum.
- » **Tier 2 - Intervention:** systematic response to warning signs; procedures for risk assessment, screening, referrals, and re-entry support.
- » **Tier 3 - Postvention:** organized response in aftermath of suicide; procedures to stabilize environment, facilitate grieving, and reduce suicide contagion; coordination with crisis/PFA team.

It is important to remember that no one can establish and implement effective suicide prevention strategies alone. The participation, support, and active involvement of the school and community are essential for success. Youth suicide is preventable, and educators and schools play a key role in prevention efforts.

“Suicide is a layered complex issue. It’s not simple, and we all need to work together.”

- Jonathan Freceri

i Suicide Data Sources



As part of promoting a proactive approach to suicide prevention in our schools, it is important for mental health professionals and schools to continually monitor and communicate suicide reporting data. For example, CDC data reveals that in Nebraska, suicide is the 2nd leading cause of death in 15-24-year-olds and 10th leading cause of death overall. It is imperative that districts collect data for determining needs and trends. *Resources for tracking district intervention data can be found in Section 4.*

NEBRASKA
DEPT. OF HEALTH AND HUMAN SERVICES

[Suicide Among Nebraska Youth](#)

SAMHSA
Substance Abuse and Mental Health
Services Administration

[Mental Health Data & Surveys Information](#)



[Facts About Suicide](#)
[National Center for Health Statistics - Suicide & Self Injury](#)



American Foundation for Suicide Prevention

[Suicide Facts](#)



National Institutes of Health

[Suicide Rates](#)



World Health Organization

[Suicide Key Facts](#)



02 Policies and Procedures

Develop school suicide policies and procedures for effective prevention, intervention, and postvention.

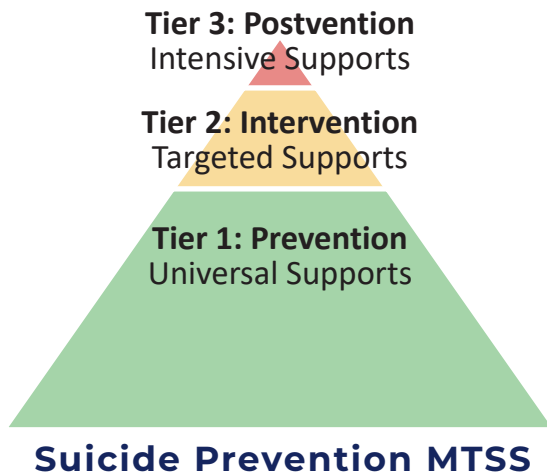


Section Contents:

- [Step 1: Review this brief video overview of policies and procedures](#)
- [Step 2: Review this handbook to help develop district policies and procedures](#)
- [Step 3: Utilize these resources for additional content to consider in procedure development](#)



Links are indicated by a [link icon](#) to the left of the text.



To promote the health and well-being of all students, school districts need to develop school **policies** and implement **procedures** to prevent, assess the risk of, intervene in, and respond to suicide. Policies prepare and prevent, which is part of the Tier 1 level of MTSS. Policies and procedures should also designate protocols for providing Tier 2 interventions when suicidal ideation is present and the district's Tier 3 response in the event of an attempt or death by suicide.

Recognizing that adopting and changing district policies involves systematic steps by the board of education, school policies are typically more broad, emphasizing the key elements that need to be present to carry out and sustain the initiative. Procedures are then based on the policies and provide the specifics for how the policy will be carried out across the district. Procedures are more readily adapted by school officials and stakeholders based on the needs and resources available.

School officials should keep in mind when adopting a policy and procedural plan that the district is assuming responsibility for making sure it is followed with fidelity. Therefore, the provisions of the policy and procedures should be carefully considered to determine the best route for your particular school setting and ensure that the policy meets legal specifications.

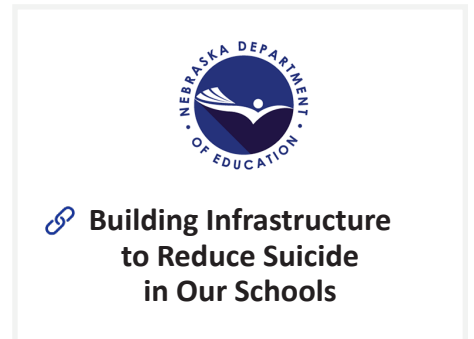


Steps Taken to Adopt School Suicide Policies and Procedures



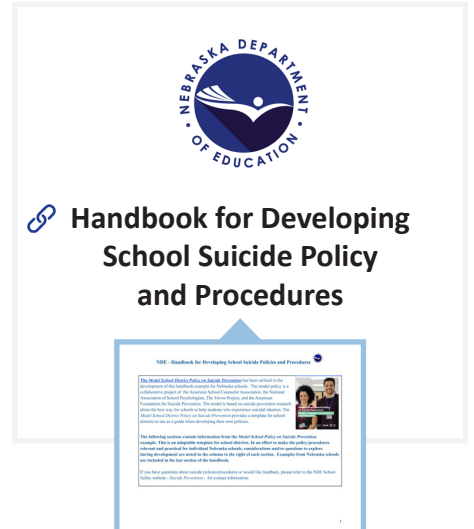
1 Step 1 Review this brief video overview of policies and procedures

Partnering with the NDE School Safety Team to develop policies and procedures: This is a brief video presentation outlining the importance of developing district suicide prevention policies and procedures and NDE resources that can assist schools.



2 Step 2 Review this handbook to help develop district policies and procedures

The *Model School Policy on Suicide Prevention* example is offered as a template that can be adapted for schools. In an effort to make the policy/procedures relevant and practical for individual Nebraska schools, considerations and/or questions to explore during development are noted for each section.



3 Step 3 Utilize these resources for additional content in procedure development



School Suicide Intervention Procedures

The presentation breaks down the flowchart example (**right**) and provides considerations for developing the school's risk assessment procedures.

Suicide Intervention Procedures Flowchart Example

This is an example (**below**) of procedures schools could use when concerns of suicidal ideation are present.



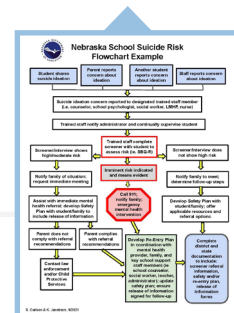
Suicide Policy

An example of policy based on the national model.



Suicide Awareness and Intervention Procedures

An example school suicide procedures including protocols for students and staff.



continued

Step 3 (cont'd)



[Preventing Suicide: Guidelines for Administrators and Crisis Teams](#)

Schools have a legal and ethical responsibility to recognize and respond to suicidal thinking and behavior. This site offers reminders of elements to consider for school protocols.



FERPA
Family Educational
Rights & Privacy Act

[Family Educational Rights Privacy Act \(FERPA\) - Section 99.36](#)

It is important to understand FERPA as part of the school's policies and procedures. Guidelines for sharing information with staff and agencies about a student with suicidal ideation are provided in this section of the FERPA.

03 Prevention

Provide suicide awareness for staff, students, and parents.



Section Contents:

- [Resources for Meeting the LB 923 Mandate](#)
- [Suicide Prevention Resources for Students and Staff](#)
 - » Awareness and Prevention Lessons/Curriculum
 - » Recognizing Warning Signs, Risk, and Protective Factors
 - » Youth Mental Health Support
 - » Mindfulness Apps

Tier 3: Postvention
Intensive Supports

Tier 2: Intervention
Targeted Supports

Tier 1: Prevention
Universal Supports

Prevention is grounded in the entire school climate in a school. The Tier 1 processes that make students feel safe and respected, emphasize kindness and empathy, and help students build skills to advocate for themselves are foundational in supporting mental health. Prevention is very much rooted in social/emotional learning.

Suicide Prevention MTSS



Resources for Meeting the LB 923 Mandate



Overview of Suicide Awareness/Prevention Training Options

The following resources include brief overviews of the approved one-hour training options for school personnel and will assist in making decisions about how to best meet the needs of staff in your district.

[LB 923 - Overview PowerPoint](#)

[Flyer](#)

[Infographic](#)

Approved Training Options



[Building a Suicide-Safe School Community](#)

Free online interactive training is designed for school faculty and staff at all levels. Complete two of the three modules for the one-hour suicide prevention training requirement.

Questions about this training?

Call 402-472-5678 or email ppccourses@unl.edu.



[Online Professional Development Series](#)

Free one-hour online training modules: Supporting LGBTQ Students in Schools: Suicide Prevention Among LGBTQ Youth; Suicide Postvention: The Critical Role of Educators; Childhood and Teen Depression for Educators; or Bullying and Suicide. Certificates provided upon completion.

View the [Training Pamphlet](#) or [Sign Up Here](#)



[Simulation Training](#)

One-hour, interactive online role-play simulation training. Choose from three simulations: At-Risk for Elementary, Middle, or High School Educators. Certificates provided upon completion. District-level pricing varies by head count; volume discounts apply. **Questions?** Call 951-375-2065 or email Sabrina Jonkhoff at sabrina.jonkhoff@kognito.com.



[Making Educators Partners in Youth Suicide Prevention](#)

One-hour free online interactive training program designed in a series of modules teaching educators about their responsibilities for identifying and referring potentially suicidal youth. Certificates provided upon completion.

[Sign Up Here](#)



Question, Persuade, Refer (QPR)

QPR is a one to two hour education program approved through in-person or online trainings. The in-person (online through Zoom during COVID) version is free and provided through your district's behavioral region system. The online version through the QPR Institute is priced per person. Certificates provided upon completion through either training option.

Sign Up [In-person](#) (contact your region) or [Online](#)



“To anyone out there who’s hurting - it’s not a sign of weakness to ask for help. It’s a sign of strength.”

- Barack Obama
Former U.S. President



Suicide Prevention Resources for Students and Staff

See *Section 6 - Resources* in this guide for additional tools for supporting Native youth and LGBTQ+ students, as well as considerations for building cultural competence.

Awareness and Prevention Lessons/Curriculum

SEIZE THE AWKWARD

[Seize the Awkward](#)

Helps students understand how to have tough conversations about suicide and identify when peers need help (partner project of AD Council, AFSP, Jed Foundation).



[Hazelden - Evidence-Based Curriculum](#)

If your school has purchased or been provided this curriculum, please contact School Safety for supplemental PowerPoint slides that have been developed by NDE to accompany the student lessons and staff/parent awareness sessions.



[Staff Development for Schools](#)

Free and confidential screenings to help you decide if you should seek help for areas including depression, anxiety disorders, etc.



[Preventing Teen Suicide: Tips for Peers](#)

Recognizing Warning Signs, Risk Factors, and Protective Factors



[Identifying the Risk Factors and Warning Signs of Suicide](#)



American Foundation for Suicide Prevention

[Risk Factors, Protective Factors, and Warning Signs](#)



[Suicide Warning Signs](#)

[Suicide Risk & Protective Factors](#)



[Not My Kid - What Every Parent Should Know](#)

A video series for suicide awareness; assists parents, guardians and trusted adults in knowing the warning signs of youth suicide, explains how to have important conversations, and provides valuable resources to help keep their children safe. It includes developmentally appropriate information for youth of all ages including elementary, middle and high school-aged youth and young adults.



[Best Practices in Universal Social, Emotional, and Behavioral Screening: An Implementation Guide](#)

This guide summarizes the current state of research and practice related to universal social, emotional, and behavioral screening and provides practical recommendations.

Youth Mental Health Support



[51 Mindfulness Exercises for Kids in the Classroom](#)

Explains benefits of mindfulness and its relation to social-emotional learning and gives tips for teaching elementary students how to practice mindfulness.



[Gizmo's Pawesome Guide to Mental Health](#)

Introduces mental health and wellness, how to practice talking with a trusted adult, and promotes proactive communication for pre-K to fourth grade.



[Mental Health Resources for Adolescents & Young Adults](#)

Links to numerous resources for students and school personnel related to mental health.



[Mindfulness Resources](#)

Resource compilation for students and teachers.



[Break Free from Depression](#)

Four lessons for use in high school classrooms.



[Mindfulness: A Guide for Teachers](#)

Research and practices to promote mindfulness.

Mindfulness Apps

Mindfulness is the ability to be fully present in the moment and can have numerous benefits, including decreased stress and sadness and increased levels of focus and happiness.

Numerous apps are available. Here are a few:

Insight Timer

Insight Timer

Free, highly rated app with over 30,000 pre-recorded guided meditation sessions.

headspace

Headspace

Free trial, then annual paid subscription.

Calm

Calm

Free trial, then annual paid subscription.



Smiling Mind

Completely free; Stop, Breathe and Think is simple. You tell the app how you're feeling, and it recommends a number of meditations.



“Dare to reach out your hand into the darkness to pull another hand into the light.”

- Norman B. Rice
Former Secretary-General of the United Nations

04 Intervention

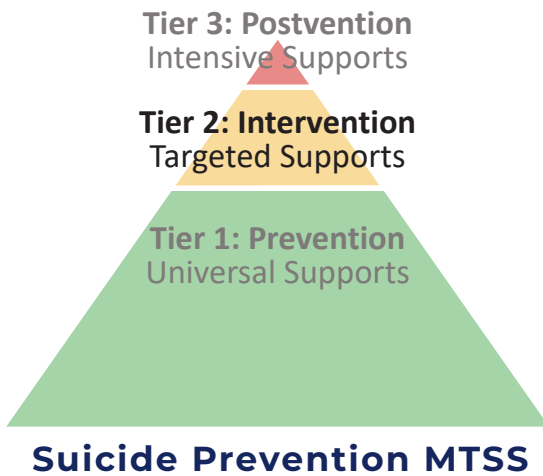
Prepare the school community to address, respond, and intervene to threats or signs of suicide.



Section Contents:

- [Suicide Risk Screener and Procedures](#)
- [Re-entry Procedures](#)
- [Family Supports](#)
- [Mental Health Professionals Supports](#)

Links are indicated by a [link icon](#) to the left of the text.



Students spend the majority of the day in the school setting, which provides the opportunity for staff to observe their behavior and recognize when someone might be experiencing a mental health crisis and in need of Tier 2 interventions. Schools need specific intervention steps to follow in order to identify and assist students at risk, including referrals to school professionals trained to assess suicide risk. School procedures should include efforts to recognize the warning signs, assess the need for levels of support, refer to appropriate resources, and create safety re-entry plans for students coming back to school after a crisis.

School personnel need to be tracking students who are at risk in order to identify trends and timelines and better understand, monitor, and prevent suicidal behavior.



[School SBR-Q Data Tracking Spreadsheet](#)

This is a Google spreadsheet that school personnel can elect to use to track data for their school or district.

Created as part of the GLS grant.



Suicide Risk Screeners and Procedures



🔗 Suicide Risk Screening: Why Consider SBQ-R?

This infographic details some of the reasons for using the Suicide Behavior Questionnaire-Revised (SBQ-R) for suicide risk screening.

🔗 SBQ-R Training

This presentation details how to administer and score the SBQ-R suicide risk screener.

SBQ-R Student Surveys

For [Ages 6-12](#) or [over Age 12](#) (public domain)

🔗 SBQ-R Administration Process

This document outlines the steps in administering and scoring the SBQ-R. Each screening question is broken down to identify concerns and provides follow-up questions.



🔗 Columbia-Suicide Severity Rating Scale Screener (C-SSRS)

[Click here](#) for a section on how to use the C-SSRS in procedures for assessing suicide risk (Indiana Dept. of Ed. website).

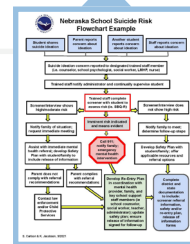


🔗 School Suicide Intervention Procedures

The presentation breaks down the flowchart example (right) and provides considerations for developing the school's risk assessment procedures.

🔗 Suicide Intervention Procedures Flowchart Example

This is an example of procedures schools could use when concerns of suicidal ideation are present.



Re-entry Procedures

🔗 Supporting Students or Colleagues Returning to School Following Absence for Suicidal Behavior: Tips During Re-entry Handout

Frequently staff feel unprepared to support a student or colleague who is returning to school following suicidal behavior. This tips sheet (right) will assist staff in knowing what to look for and steps to take for successful re-entry.



🔗 Checklist for Developing Re-entry Procedures: Steps to Support Students After Suicide Related Absence

This document includes steps for school leadership to take prior to the student returning to school and in creating a re-entry plan; discusses accommodations, documentation, and scheduling the follow-up meeting.

🔗 Tips During Re-entry Video

This video walks staff through the process of re-entry after a student returns to school following a suicide-related absence. It covers the *Supporting Students or Colleagues Returning to School Following Absence for Suicidal Behavior: Tips During Re-entry* handout (above).



🔗 Student Re-entry Safety Plan Form

This support plan form is an example of a process that can be used by teams to support students during re-entry.

🔗 Creating a Re-entry Process

This video assists school teams in creating re-entry procedures and following a process consistently in their district for students or staff returning following an absence for suicidal behavior.

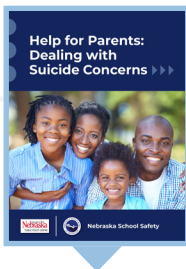


Family Supports



[Help for Parents: Dealing with Suicide Concerns](#)

A resource for parents offering suggestions on what to say if you observe concerning behaviors, risk factors, signs your child might be suicidal, and additional resources.



Nebraska Youth
Suicide Prevention

[Restricting Lethal Means of Suicide at Home](#)

This pamphlet explains how you can help prevent suicide by making the home safe through restricting access to lethal means.



[Preventing Youth Suicide](#)

Includes information and handouts on preventing youth suicide including *Suicidal Thinking and Threats: Helping Handout for Home*.



[12 Things Parents Can Do to Help Prevent Suicide](#)

Sourced from the American Academy of Pediatrics, this resource includes information for recognizing warning signs and how to respond.

Mental Health Professionals Supports



[Low Cognitive Disorders & Mental Illness](#)

A free training for professionals in psychology, behavioral health, social work, and criminal justice.

[Trauma-Informed Care 101](#)

A free training for professionals in psychology, behavioral health, and social work.



[Zero Suicide: Online Courses](#)

Free training options for mental health professions addressing suicide concerns.

05 Postvention

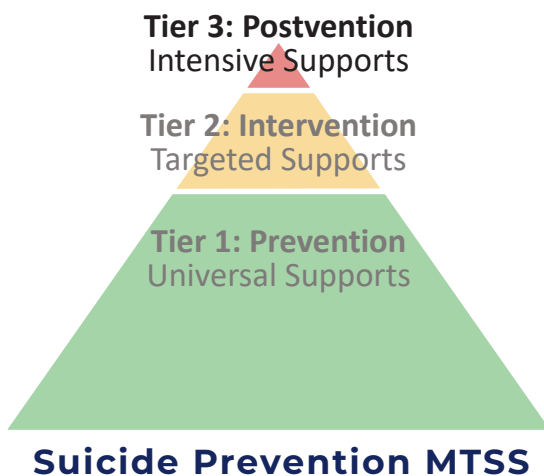
Crisis intervention, support, and assistance to those affected by a completed suicide.



Section Contents:

- [Resources for Students](#)
- [Resources for Staff Development](#)
- [Resources for Family/Community Healing](#)

Links are indicated by a [link icon](#) to the left of the text.



The death of a student by suicide can leave the school with complex needs in trying to support grieving students and staff while maintaining a stable and supportive environment. The suicide of a student likely will have an effect far beyond the school that they attended, as vulnerable youth find each other through social media. Schools need to have procedures in place that will provide for a quick and effective response. Postvention plans need to include continued intensive support for students and staff to help prevent contagion.

Postvention should:

- » Facilitate the grieving and adjustment process.
- » Stabilize the environment.
- » Reduce the risk of negative behaviors and suicide contagion.

See [Section 6 - Resources](#) in this guide for additional tools for supporting Native youth and LGBTQ+ students, as well as considerations for building cultural competence.



[How can Psychological First Aid \(PFA\) be Used During Postvention?](#)

PFA assists schools with all of the above and is an evidence-informed intervention model to support students, staff, and families in coping with loss. District and building PFA/Crisis teams are trained to respond when a crisis occurs in the district, provide resources, and assist with referrals.



Resources for Students



COALITION to SUPPORT
GRIEVING STUDENTS

[Supporting Students After a Suicide](#)

This document discusses the importance of effective and appropriate communication about a death by suicide.



[The Collective for HOPE](#)

(Omaha, NE) This program combines the strength of its brands and co-located services to lead response to loss, elevate the value of grief companionship, and promote healthy survivorship.



MAYO CLINIC

[Health Coping Strategies Following a Loss by Suicide](#)

Tips for dealing with loss of a loved one by suicide.



[The Dougy Center](#)

The National Grief Center for Children & Families is a nonprofit in Portland that provides peer grief support groups and resources for children and families. The center offers a number of resources to assist students including:

- [After a Suicide Death: Ten Tips for Helping Children & Teens](#)
- [Resources for After a Suicide Death](#)



[Mourning Hope Grief Center](#)

This grief center in Lincoln, NE, assists children, adults, and families before and after a death loss. Mourning Hope provides grief support groups, counseling, community education, resources, and referrals.



Resources for Staff Development



SPRC



Education
Development
Center



American
Foundation
for Suicide
Prevention

[After a Suicide: A Toolkit for Schools, 2nd Ed.](#)

Postvention describes activities that help people cope with the emotional distress resulting from a suicide and prevent additional trauma that could lead to further suicidal behavior and deaths, especially among people who are vulnerable.

Endorsed by: National Association of School Psychologists (NASP), National Association of Secondary School Principals, and American School Counselor Association.



[Key Considerations for Schools Following a Suicide](#)

This presentation offers a brief summary of key points from the 76-page *After a Suicide: A Toolkit for Schools, 2nd Ed.* (left).

continued

Resources for Staff Development (cont'd)



[Bibliotherapy for Children](#)

Includes tips for using bibliotherapy to assist students in working through mental health related issues, as well as links to related print and video bibliotherapy resources.



[Suicide Postvention Protocol Flowchart](#)

Your district PFA/Crisis team should respond immediately and follow your district timeline and protocols (District Policy and Procedures).



[Postvention Response to a Suicide](#)

Includes resources to help manage aspects of the crisis and prevent contagion like information on daily postvention protocols, clusters and contagion, news media, and grief..



[K-12 Suicide Prevention: Postvention Online Training](#)

A training on suicide prevention basics designed for K-12 personnel.

[Building a Suicide-Safe School Community \(modules\)](#)

Psychological First Aid for Schools (PFA-S)

PFA provides emotional support and coping information to students, staff, and families. PFA covers eight core actions and provides strategies and resources for teams.



Psychological First Aid Training/Resources

PFA team training is available through NDE and utilizes the *Psychological First Aid for Schools: Field Operations Guide* (below).

[PFA-S Overview](#)

[PFA 8 Core Actions](#)

[PFA Time Frame for Response](#)

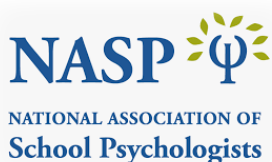


[Psychological First Aid for Schools: Field Operations Guide](#)



Suicide Contagion and Clusters

Suicide contagion is the exposure to suicide or suicidal behaviors within a family, a peer group, or through media reports of suicide and can result in an increase in suicide and suicidal behaviors. Adolescents are particularly vulnerable to the adverse effects of exposure to the suicide of a peer.



Suicide Contagion and Clusters

These two articles discuss strategies for dealing with suicide contagion and clusters.

[Part 1: What School Psychologists Should Know?](#)

[Part 2: What Can a School Psychologist Do?](#)



[Suicide Contagion](#)



[Is Your School Concerned About a Suicide Cluster?](#)



[Suicide Clusters within American Indian and Alaska Native Communities: A Review of the Literature and Recommendations](#)

“Never underestimate the difference you can make in the lives of others. Step forward, reach out, and help. Reach out to someone that might need a lift.”

- Pablo



Resources for Family/Community Healing



[Safe Reporting on Suicide: Media Toolkit](#)



A M E R I C A N
ASSOCIATION OF SUICIDOLOGY

[Resources for Suicide Loss Survivors](#)



COALITION to SUPPORT
GRIEVING STUDENTS

[Supporting Students After a Suicide](#)



[The Dougy Center](#)

The Dougy Center, the National Grief Center for Children & Families, a nonprofit in Portland, has numerous resources to help schools and families support students following a death by suicide.



[Nebraska Local Outreach to Suicide Loss Survivors \(LOSS\)](#)

LOSS is an active postvention model. A LOSS Team is made up of trained suicide loss survivors, and sometimes other concerned community members, that go to the scene of a suicide to support those left behind.



American
Foundation
for Suicide
Prevention

[Practical Information for Immediately After a Loss](#)

The immediate aftermath of a loved one's suicide is a challenging, confusing, and painful time. This resource provides practical information to assist family members in the painful process.



headspace
National Youth Mental Health Foundation

[Suicide Contagion](#)

Suicide contagion refers to the process whereby one suicide or suicidal act within a school, community, or geographic area increases the likelihood that others will attempt or die by suicide. This handout describes contributing factors, those at risk, and how to reduce the risk of suicide contagion.



“One of the most important things you can do on this earth is let people know they are not alone.”

- Shannon L. Alder

06 Resources

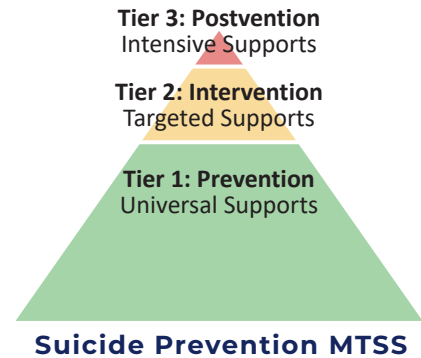
Access links and materials to support prevention efforts.



Section Contents:

- [Nebraska Organizations & Resources](#)
- [National Support Organizations & Resources](#)
- [Native Youth/Tribal School Resources](#)
- [LGBTQ+ Youth Resources](#)
- [Cultural Considerations](#)

Resources and materials are available to support suicide prevention efforts within all MTSS levels.



Nebraska Organizations & Resources



[Nebraska Dept. of Health and Human Services](#)

Provides statewide suicide prevention resources.

[Nebraska Network of Care for Behavioral Health](#)

Find your region's support resources that are working to promote resilience and recovery, or find a local provider.



[Suicide Prevention \(Lincoln area\)](#)

- » Online Mental Health Screenings
- » Counseling Center & Services
- » Mental Health Resources
- » Mental Health & Suicide Information



[Behavioral Health Services \(Kearney, Nebraska City, Grand Island, & Omaha area\)](#)

- » Behavioral Care Services
- » Substance Use Services
- » Behavioral Care Information & Referral Line (402-717-HOPE or 402-717-4673)

continued

Nebraska Organizations & Resources (cont'd)



[Behavioral Health \(Omaha area\)](#)

- » Mental Health Treatments & Services
- » Mental Health Resources
- » Telehealth Visits Across NE



[Behavioral Health](#)

- » Find your region's support resources
- » Promote Wellness, Recovery, and Resilience
- » Behavioral Health Resources



[Behavioral Health Education Center \(UNMC\)](#)

Behavioral health resources: the Kindness Matters initiative promoting positive mental health.



[Nebraska Local Outreach to Suicide Loss Survivors \(LOSS\)](#)

Provides a network of survivors to assist following a suicide death.



[Nebraska State Suicide Prevention Coalition](#)

Plays lead role in coordinating the state's suicide prevention efforts.

Additional Resources



[School Safety & Suicide Prevention](#)

Offers a variety of resources and links for prevention, intervention, and postvention support.



[Suicide Lifeline](#)

Provides resources to assist with mental health issues including suicide.



[SPRC](#)

Coordinates with the national center in providing Nebraska-focused prevention resources.



[SCIP](#)

Provides training and resources for an effective prevention and early intervention process for youth with behavioral health concerns.



Nebraska Youth
Suicide Prevention

[Nebraska Youth Suicide Prevention](#)

Offers resources aimed at decreasing the suicide rate among young people in Nebraska.



[NUPPC](#)

Provides a wide range of resources and training to promote mental health, including violence and suicide prevention.



“When we recognize that someone is having [suicidal] thoughts, and we reach out, we are instantly planting a seed of hope that they’re not invisible, that they’re not alone.”

**- Misty Vaughan Allen
Suicide Prevention Coordinator, State of Nevada**

National Support Organizations/Resources

[American Foundation for Suicide Prevention](#)

Offers a wide range of resources for preventing, intervening, and responding to suicide.

[Center for Disease Control and Prevention \(CDC\)](#)

Provides a continuum of resources related to mental health, suicide, and self-harm.

[Coalition to Support Grieving Students](#)

Assists schools and communities with resources and information to assist students in the grieving process.

[Doug Center \(National Grief Support Center\)](#)

Offers a wealth of resources for understanding and assisting with grief.

[Erika’s Lighthouse](#)

Provides education and resources for teens, families, and educators focused on depression and suicide.

[Hope Squad](#)

Offers peer suicide prevention program. Hope Squad members are student leaders trained by advisors. The program reduces youth suicide through education, training, and peer intervention.

[The Jason Foundation](#)

Contains information and resources to address youth mental health and suicide.

[The Jed Foundation](#)

Protects emotional health and prevents suicide for our nation’s teens and young adults, giving them the skills and support they need to thrive today and tomorrow.

[The Kim Foundation](#)

Focuses on increasing awareness and promoting continued education related to mental illness and suicide.

[Mental Health America](#)

Provides resources to better understand and advocate for mental health.

[National Institute of Mental Health \(NIMH\)](#)

Provides resources to increase the understanding and awareness of mental health challenges including suicide.

[National Association of School Psychologists \(NASP\)](#)

Includes a wide range of mental health and suicide prevention resources for schools and community.

[National Suicide Prevention Lifeline \(988\)](#)

Provides a national network of local crisis centers for free and confidential emotional support for suicidal crisis or emotional distress 24/7 by calling 988.

[Substance Abuse & Mental Health Services \(SAMHSA\)](#)

Offers programs and campaigns for information, training, and technical assistance to improve the quality and delivery of behavioral health services across the nation as part of the U.S. Department of Health and Human Services.

[Society for the Prevention of Teen Suicide](#)

Offers resources to empower teens, parents, and educational leaders with skills needed to help reduce the stigma of suicide and to help youth build resiliency.

[Suicide Prevention Resource Center \(SPRC\)](#)

Provides resources to support mental health and prevent suicide.

[Trevor Project](#)

Offers resources and tools to support the mental health and prevent suicide among LGBTQ youth.



Native Youth/Tribal School Resources

FIRST NATIONS YOUTH

SUICIDE PREVENTION CURRICULUM

First Nation's Youth Suicide Prevention Curriculum

Offers a free tribal evidence-based curriculum for middle school; 24 one-hour lessons included.



Healing of the Canoe

Provides a free tribal evidence-based curriculum for high school focusing on prevention and intervention life skills: flexible lessons.



Healthy Native Youth

Offers a comparison of curriculum options that address mental health and suicide.



Indian Health Service

Informs about suicide prevention and care program resources. A federal health program for American Indians and Alaskan Natives (AI/AN) under NE DHHS.



Mending the Sacred Hoop

This nonprofit includes resources to help end violence against Native women and children.



NICWA

National Indian Child Welfare Association
Protecting Our Children • Preserving Our Culture

National Indian Child Welfare Association

This nonprofit supports the safety, health, and spiritual strength of AI/AN children.



Native American Resource Collection

Contains materials created expressly to inform about services for AI/AN families with children who have disabilities.

National Child Welfare Resource Center for Tribes

A Service of the Children's Bureau, a Member of the T/TA Network

Nebraska Tribal Information

Includes links to each tribe to learn more about culture, traditions, and contacts.



Smudging Protocols and Guidelines

Provides background and information to increase understanding of smudging and how schools can integrate the practice.



Tribal Training and Technical Assistance Center

Provides articles and resources for AI/AN communities as well as organizations that can help strengthen suicide prevention efforts.



Sassy Sassafras

Confronts mental health issues including bullying and discrimination through a children's book. It is based on a southeastern woodlands indigenous wisdom capturing a heartfelt encounter between a Two Spirit person and a tribal elder.



Suicide Clusters with AI/AN Communities

Provides recommendations and an overview for preventing suicide clusters.



AI/AN Settings

Offers links to a number of resources for building capacity to mediate suicide.



Suicide Prevention

Provides an overview of federal resources and tribal organizations for increasing suicide prevention efforts.



LGBTQ+ Youth Resources



[Human Rights Campaign](#)

Offers resources to better understand and advocate for equity for the LGBTQ+ community.



[LGBTQ+ Youth](#)

Provides insight into ways schools can support LGBTQ+ youth.



[SPRC](#)

Offers resources and programs for lesbian, gay, bisexual, and/or transgender populations.



[The Trevor Project](#)

Specifically focuses on providing resources for suicide prevention and crisis intervention or LGBTQ youth.



Cultural Considerations



[Identity and Cultural Dimensions](#)

Builds an understanding of the challenges of various cultures and ways to provide assistance (Asian Americans/Pacific Islanders, Black/African American, Hispanic, Indigenous, LGBTQ+, people with disabilities).



[Toolkit for Modifying Evidence-based Practices to Increase Cultural Competence](#)

Provides recommendations for modifying evidence-based tools to meet cultural needs to maintain fidelity.




[Treatment Improvement Protocols \(TIP 59\)– Improving Cultural Competence](#)

Provides recommendations for adopting culturally sensitive approaches to meet the mental health needs of diverse populations.



“Suicide carries in its aftermath a level of confusion and devastation that is beyond description.”

- Kay Jamison



This resource was developed through a collaboration between the University of Nebraska Public Policy Center and the Nebraska Department of Education under the grant number 1H79SM082143 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) via the Nebraska Department of Health and Human Services, Division of Behavioral Health. The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS. Rev. 9/22

Thank you to the following individuals for their efforts in creating this resource:
Content: Sally Carlson, Kim Jacobson, & Quinn Lewandowski. Design: Taylor Hays & Stacie Kotschwar.