



Building capacity for teen pregnancy prevention and youth development.



Photo by Suicide Prevention Lifeline

## Suicide Prevention Awareness Month

September is [National Suicide Prevention Awareness Month](#). Suicide is a national health problem that affects all ages. Nationally, one in six high school students [seriously considered](#) suicide in the past year, and LGB youth are almost five times as likely to have attempted suicide compared to heterosexual/straight youth. In Washington State, suicide is the second leading cause of death for teens [15 to 19 years old](#).

There is a place for everyone in suicide prevention. Sexual health curricula and facilitation practices build protective factors for suicide prevention, helping youth create connections and develop important skills for healthy living. High quality sexual health programs build protective factors through creating inclusive classrooms, encouraging support from trusted adults, addressing bullying and harassment, promoting healthy relationships, developing communication skills, and increasing awareness of both school and local support resources for youth. Young people who feel a sense of [connectedness](#) to their schools, families, and communities, are less likely to engage in health risk behaviors.

Protecting the health and well-being of students is imperative for all professionals working with youth. Comprehensive suicide prevention planning is an important first step to learn about risk factors and how to intervene with a young person exhibiting warning signs for suicide.

## Resources You Can Use for Suicide Prevention



Know the [warning signs](#) for suicide



Implement [suicide prevention policies](#) in your community



Use toolkits for [administrators](#) and [educators](#)



Support [parents](#) in talking with their kids about suicide

*\*Many of the national resources listed above will assist you in finding local services, including the National Suicide Prevention Lifeline. To find resources in your area, try searching with terms like: "youth suicide prevention services in (add your city or county)" or "youth LGBTQ resources in (add your city or county)."*

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