

Take Action for Athlete Suicide Prevention

A Roadmap for

Schools

Take action to help prevent suicide by fostering connectedness at your school

Talking about emotional and mental health is not always easy. Several recent student athlete deaths by suicide have raised local and national attention. Student athletes push themselves to succeed and may not reach out when they need help for themselves or a teammate.

Student athletes—and others—turn to you for guidance in school, as well as on and off the field or court. Trusted adults and peers can help prevent student athlete suicide by showing they care about a student's individual mental health needs.

How Administrators Can Take Action for Suicide Prevention

Administrators can work together with educators, students, and the community using a multifaceted approach to provide the communication, support, and intervention needed to address student mental health needs.

This includes developing:

- Protocols for helping students who may be at risk of suicide
- Guidelines on how to respond to students who attempt suicide at school
- Staff training on screening, referrals, and follow up with students identified as high risk for suicide attempts.
- Parent education, as well as programs, about suicide and related behavioral health issues
- Student education, as well as programs, to engage students in suicide prevention
- An action plan with steps to take following the death by suicide of a student or member of the community



Learn more about your role in preventing student suicide in [Preventing Suicide: A Toolkit For High Schools](#), which you can [download from SAMHSA](#).

There are many resources available. The Know The Signs website ([SuicidelsPreventable.org](https://www.knowthesigns.org)) is a great place to start.



TAKE ACTION

FOR MENTAL HEALTH

CHECK IN

LEARN MORE

GET SUPPORT

Take Action at
TakeAction4MH.com

Connect on social media
[@TakeAction4MH](https://twitter.com/TakeAction4MH)

By recognizing the signs, knowing how to start a conversation about mental health, and where to turn for help, you and your faculty, coaches, parents, and students have the power to help someone find their reasons for living.

You can also visit TakeAction4MH.com to check in, learn more, and get support for the mental health and well-being of your students.

We're all on
[#TeamTakeAction4MH!](https://twitter.com/TeamTakeAction4MH)



Funded by counties through the voter-approved
Mental Health Services Act (Prop. 63).