

There are resources to help. If you are concerned that someone else's safety or well-being is at risk due to thoughts or behaviors indicating suicide, you can access these resources on behalf of another person to report a concern or to obtain assistance on how to help that person. Please check with your supervisor or administrator for local resources. Always follow the policies and procedures established by your school entity.

Bullying

- [Safe2Say Something Program](#) - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support. Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.
- [Cyberbullying Research Center](#) – Resources, laws, research, and other information regarding cyberbullying.
- [Common Sense Media](#) – Ratings and reviews of movies, television, books, games, podcasts, and apps that parents can trust.
- [NetSmartzkids](#) - NetSmartz is an online safety education program. It provides age-appropriate videos and activities to help teach children be safer online with the goal of helping children to become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline.
- [Stopbullying.gov](#) – An official website of the US Government on bullying identification and prevention

Links to references in the training program

- [DHHS, 2024 - What is Cyberbullying](#) – Stopbullying.gov webpage provides an overview of cyberbullying identification and prevention.
- [CDC, 2024 - Fast Facts: Preventing Bullying](#) – Center for Disease Prevention and Control provides information related to bullying and bully prevention.
- [Cyberbullying Research Center, Cyberbullying: Identification, Prevention and Response](#) – Informational .pdf that provides information on how cyberbullying differs from traditional bullying and ways that parents, youths and schools can combat it.
- [Trevor Project, 2024 - Bullying and Suicide Risk among LGBTQ Youth](#) – The Trevor Project's 2024 National survey on LGBTQ Youth Mental Health, this brief explores bullying among LGBTQ middle and high school students including how experiences of bullying are associated with suicide risk and LGBTQ-affirming schools.
- Koyanagi, A., Oh, H., Carvalho, A. F., Smith, L., Haro, J. M., Vancampfort, D., Stubbs, B., & DeVylder, J. E. (2019). Bullying Victimization and Suicide Attempt Among Adolescents Aged 12-15 Years From 48 Countries. *Journal of the American Academy of Child and Adolescent Psychiatry*, 58(9), 907–918.e4. <https://doi.org/10.1016/j.jaac.2018.10.018>. The National Library of Health's study on data from the past 12 month suicide attempts and past 30 day bullying.
- Webb, L., Clary, L. K., Johnson, R. M., & Mendelson, T. (2021). Electronic and School Bullying Victimization by Race/Ethnicity and Sexual Minority Status in a Nationally Representative Adolescent Sample. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*, 68(2), 378–384. <https://doi.org/10.1016/j.jadohealth.2020.05.042>.- The purpose of the study was to examine the prevalence of electronic and school bullying victimization in sexual and racial/ethnic minorities in a nationally representative U.S. sample of high school students.

- [DHHS, 2018 - Consequences of Bullying](#) – Research on children and adolescents who have been bullied and the possible psychological, physical, and academic effects.
- [Trevor Project, 2024 - U.S. National Survey on the Mental Health of LGBTQ Young People](#) - The Trevor Project's 2024 U.S. National Survey on the Mental Health of LGBTQ Young People amplifies the experiences of more than 28,000 LGBTQ young people ages 13 to 24 across the United States.
- https://www.cdc.gov/aces/about/?CDC_AAref_Val=https://www.cdc.gov/violenceprevention/aces/fastfact.html [CDC, 2024 - Fast Facts: Preventing Adverse Childhood Experiences](#) – The consequences and prevention of adverse childhood experiences.
- [DHHS, 2025 - Effects of Bullying](#) – This article speaks to the fact that bullying can affect everyone—those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes including impacts on mental health, substance use, and suicide.
- [PCCD Threat Assessment Manual Third Edition \(2024\)](#) – This .pdf from the Pennsylvania Commission on Crime and Delinquency School Safety and Security Committee provides the model K-12 threat assessment procedures and guidelines.

Suicide

National Resources:

- [Youth Suicide Warning Signs](#) – Comprehensive list of youth warning signs and response options for youth, healthcare providers, parents/caregivers, and gatekeepers. School personnel would be considered to be in the role of gatekeeper.

National Crisis Resources:

- [988 Suicide & Crisis Lifeline](#) or [call 988](#) - The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States
- [Crisis Text Line](#) or [TEXT 741-741](#) - Text **HOME** to **741741** from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from their secure online platform.
- [The Trevor Project Lifeline](#) for LGBTQ+ Youth: or call **1-866-488-7386** or [text 678-678](#) - If you are thinking about harming yourself — get immediate crisis support. Connect to a crisis counselor 24/7, 365 days a year, from anywhere in the U.S via text, chat, or phone. The Trevor Project is 100% confidential and 100% free.
- [American School Counselor Association \(ASCA\) Information-Gathering Tool: Suicide Concern -](#) The suicide informational questionnaire is a guide for having a conversation with a student, not an interview. The priority is to connect with the student and the student's immediate concerns and needs.

Pennsylvania Resources:

- [Safe2Say Something Program](#) - Crisis Center for anonymous reporting of concerns for individuals at risk of hurting themselves or others and provides connection to intervention and support.

Call Safe2Say at **1-844-SAF2SAY** or report through the Safe2Say app.

- Preventsuicidepa.org - Supports those who are affected by suicide, provides education, awareness, and understanding by collaborating with the community to prevent suicide, and reduce the stigma associated with suicide.
- [Model Youth Suicide Awareness and Prevention Policy](http://ModelYouthSuicideAwarenessandPreventionPolicy) - A Pennsylvania Department of Education tool for helping school entities develop their Youth Suicide Awareness and Prevention Policy.
- [Model Suicide Awareness and Prevention Administrative Regulation](http://ModelSuicideAwarenessandPreventionAdministrativeRegulation) – This administrative regulation was developed for school entities to use as an additional resource when developing/implementing their own Youth Suicide Awareness and Prevention Policies.

Additional References & Resources

National Organizations/Resources:

- [American Association of Suicidology \(AAS\)](http://AmericanAssociationofSuicidology(AAS)) – The AAS's mission is to promote the understanding and prevention of suicide and support those who have been affected by it.
- [American Foundation for Suicide Prevention \(AFSP\)](http://AmericanFoundationforSuicidePrevention(AFSP)) – A website where you can learn about suicide, how you can help prevent it and resources for those affected by it.
- [Facts about Suicide at CDC.gov](http://FactsaboutSuicideatCDC.gov) - The Centers for Disease Control and Prevention's suicide prevention webpage. It provides facts, data, risk and protective factors, and prevention strategies regarding suicide.
- [Columbia Lighthouse Project](http://ColumbiaLighthouseProject) – Preventing Suicide and Violence with the Columbia Protocol.
- [Nevada Division of Public and Behavioral Health Office of Suicide Prevention](http://NevadaDivisionofPublicandBehavioralHealthOfficeofSuicidePrevention) – Myths and facts of youth suicide.
- [Suicide Prevention Resource Center \(SPRC\)](http://SuicidePreventionResourceCenter(SPRC)) - SPRC advances suicide prevention infrastructure and capacity building through: consultation, training, and resources to enhance suicide prevention efforts in [states](#), [Native settings](#), [colleges and universities](#), [health systems and other settings](#), and organizations that serve populations at risk for suicide. They also provide support for [Zero Suicide](#), an initiative based on the foundational belief that suicide deaths for individuals under care within health and behavioral health systems are preventable. The initiative provides information, resources, and tools for safer suicide care.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\) Preventing Suicide: A Toolkit for High Schools](http://SubstanceAbuseandMentalHealthServicesAdministration(SAMHSA)PreventingSuicideAToolkitforHighSchools) - This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health.

Pennsylvania Organizations/Resources:

- Aevidum – is a non-profit organization that empowers youth to shatter the silence surrounding depression, suicide, and other issues facing teens.

County Task Force Resources:

By county, available contact information is provided for crisis, the Suicide Prevention Task Force, local chapter of AFSP, and other local mental health/suicide prevention resources

- [Jana Marie Foundation](#) – Helps to knock down walls and transform emotional distress into resilience and hope.
- [PA Department of Education](#) – [Model Suicide Prevention Curriculum](#)
- [PA Department of Human Services: Suicide Prevention](#) – Information on the suicide prevention task force. This site has links to additional resources for county task forces and mental health and suicide prevention.
- [PA Statewide Suicide Prevention Plan](#) – A comprehensive report from September 2020 on Pennsylvania's statewide suicide prevention plan.
- [PA Youth Survey](#) – 2023 State Report (See "Bullying and Depression/Suicide")
- [Services for Teens at Risk \(STAR-Center\)](#) – is a suicide prevention program for teens and young children within the Division of Child and Adolescent Services at Western Psychiatric Institute and Clinic and the Department of Psychiatry, University of Pittsburgh.

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