

Continuing the Conversation



PENNSYLVANIA'S SUICIDE PREVENTION MONTH GUIDE

SEPTEMBER 2025

Changing the Narrative on Suicide: Continuing the Conversation

"Thank you for trusting me. It means a lot to me that you're opening up."

"I want to understand — can you tell me more about what's been going on?"

"Would it be helpful to talk to someone else together, like a counselor?"

"I believe you and I care about you. I'm not going anywhere."

This September, **Suicide Prevention Month**, **National Suicide Prevention Week** (September 7th – 13th), and **World Suicide Prevention Day** (September 10th) are recognized as a continuation of a three-year theme of 'Changing the Narrative on Suicide.' While last year, the focus was on starting the conversation, this year emphasizes the importance of continuing the conversation. This theme helps remind us that suicide prevention is an ongoing effort.

Whether with ourselves, our loved ones, or our colleagues, starting the conversation is an essential first step, but follow-up conversations help provide ongoing support and build lasting connection. Regularly following up to let someone know they're being thought of, or to express care, is a powerful way to offer hope and help.

At the community-level, continued conversations can help normalize suicide prevention and destigmatize help-seeking in schools, with health care and treatment providers, in faith-based settings, and in the workplace. Throughout Pennsylvania, many of these conversations are facilitated in an ongoing way by local suicide prevention task forces or suicide prevention-focused organizations through awareness events, training, and education opportunities.

At the state level, Pennsylvania's Suicide Prevention Task Force (SPTF) has supported the continued collaboration of state agencies that are implementing a wide range of suicide prevention activities for all Pennsylvanians, as well as those at increased risk of suicide such as veterans, the farming community, older adults, and youth, with a special emphasis on Black youth. The SPTF is working to finalize a new, two-year statewide suicide prevention plan to be released during Suicide Prevention Month and will be coordinating Capitol Day, a statewide awareness event in Harrisburg on September 30th.

Together, we can change the narrative on suicide through our ongoing efforts. We all have a role in continuing the conversation, which can include simply listening without judgment, offering compassion to someone in need of support, or sharing helpful resources.

We encourage you to use this guide to help with these efforts. You may adapt the contents as needed for your community and those you serve.

Thank you for your willingness to continue the conversation!

Brief Statistics: Why Suicide Prevention Matters

We all want to live in healthy, happy communities that thrive in all aspects of wellness. Data such as the image below helps us demonstrate the severity of the problem of suicide and the lasting impact it has on a community. The data doesn't just represent a number, but someone's mother or father, brother or sister, neighbor, or loved one who has, for one reason or another, temporarily lost hope. When we promote resources like our hotlines and crisis centers, we frequently see increases in the number of people who reach out for help rather than struggling alone.

Suicide Data: Pennsylvania

This fact sheet reports data from the Centers for Disease Control and Prevention (CDC) unless noted otherwise (see footnote). This is the most current verified data at time of creation (July 2025).

In 2023, suicide was the

4th leading cause
of death for ages 10-14

4th leading cause
of death for ages 35-44

3rd leading cause
of death for ages 15-24

4th leading cause
of death for ages 45-54

2nd leading cause
of death for ages 25-34

8th leading cause
of death for ages 55-64

The data above were obtained from the CDC's WISQARS
Leading Causes of Death Visualization Tool

12th

Leading cause
of death in PA

14.3

deaths per 100,000
people, ranking PA
38th in suicide
mortality¹

Populations at increased risk of suicide:

While anyone can experience suicidal ideation, some groups have increased risk factors. Below is a non-exhaustive list of some of these groups:

Veterans:

The suicide rate for veterans was significantly higher than the national general population in 2020.²

Black, Indigenous, and People Of Color (BIPOC):

People of American Indian or Alaska Native descent had a 26% increase in suicide rate between 2018 and 2021. Black individuals saw a 19% increase and the suicide rate among Hispanic persons increased by nearly 7%.³

Older adults:

Between 2001 and 2021, suicide rates significantly increased for men ages 55-74 and women 55-84.⁴

People with disabilities:

A 2021 study found that they were significantly more likely to report suicidal ideation than people without disabilities.⁵

Black adolescents:

The suicide rate among Black youth ages 10 to 19 has increased 54% since 2018, and is increasing faster than other racial and ethnic groups.⁶

LGBTQ youth:

39% of LGBTQ youth considered suicide in 2024, and this was higher for transgender and nonbinary youth. LGBTQ youth of color reported higher rates than their white peers.⁷

Additional Helpful Data Sources:

- [Center for Disease Control \(CDC\)](https://www.cdc.gov/)
- [Pennsylvania Youth Survey \(PAYS\)](https://www.paysurvey.org/)
- [Pennsylvania Department of Health's Enterprise Data Dissemination Information Exchange \(EDDIE\)](https://www.penn.gov/health/enterprise-data-dissemination-information-exchange-eddie/)
- [SPRC racial/ethnic trends in suicidal ideation, suicide attempts, and suicide deaths](https://www.sprc.org/racial-ethnic-trends-in-suicidal-ideation-suicide-attempts-and-suicide-deaths)
- [The Trevor Project Survey on LGBTQ+ Youth \(2024\)](https://www.thetrevorproject.org/survey-2024/)
- [National Veterans Suicide Prevention Annual Report \(2024\)](https://www.veteranscrisisline.net/national-veterans-suicide-prevention-annual-report-2024/)

Download the Pennsylvania Suicide Data Graphic [Here](#):



Additional sources:

- <https://www.cdc.gov/nchs/pressroom/sosmap/suicide-mortality/suicide.htm>
- <https://www.mentalhealth.va.gov/docs/data-sheets/2020/2020-State-Data-Sheet-Pennsylvania-508.pdf>
- <https://www.usnews.com/news/health-news/articles/2023-02-09/suicide-rates-have-risen-among-people-of-color>
- <https://www.cdc.gov/nchs/products/databriefs/db483.htm>
- <https://pubmed.ncbi.nlm.nih.gov/34465506/>
- https://watsoncoleman.house.gov/imo/media/doc/full_taskforce_report.pdf
- <https://www.thetrevorproject.org/survey-2024/>

WORDS MATTER:

The Language of Suicide

It can feel uncomfortable, and sometimes even scary, to talk about mental health and suicide prevention, even though many people have been touched by suicide in some way. The term suicide centered lived experience refers to anyone who has had or is currently experiencing thoughts of suicide, survived one or more suicide attempts, lost a loved one to suicide, or provided substantial support to a person with experience of suicide (Roses in the Ocean, 2023). By finding the courage within ourselves to engage in open discussions, we can help save lives. Here are some tips that may help when engaging in courageous conversations.

SAY THIS...	WHY?
Died by suicide death by suicide lost their life to suicide	Compassionate, nonjudgmental language helps reduce stigma and acknowledges suicide as a complex health issue—not a crime or moral failing.
Survived a suicide attempt fatal suicide attempt non-fatal suicide attempt	Clear, nonjudgmental language respects the person's experience and avoids stigmatizing or misleading terms like "failed" or "successful" attempt.
[Name] is facing suicide [Name] is thinking of suicide [Name] has experienced suicidal thoughts	Respectful, person-centered language acknowledges their experience without defining them by it or using stigmatizing labels.
[Name] lives with schizophrenia People with mental illness [Name] has a substance use disorder	Person-first language shows respect for the individual, reinforcing the fact that their condition does not define them.

Additional Resources

- [Safe and Effective Messaging for Suicide Prevention](#): Evidence-based recommendations from the Suicide Prevention Resource Center (SPRC).
- [Recommendations for Reporting on Suicide](#): This guide covers key points for reporting on suicide safely, including do's and don'ts and tips for online media and bloggers.
- [Framework for Successful Messaging](#): Created by the National Action Alliance
- [Mental Health Media Guide](#): Created by mental health experts and entertainment leaders to help storytellers portray mental health more accurately and authentically.

Always provide information for assistance, such as the 988 Suicide & Crisis Lifeline. You can order free wallet cards and magnets from the [SAMHSA store](#).

Suicide Prevention Awareness: Sample Action Steps



- Use a [virtual background](#) or [download social media graphics](#) to help raise awareness.
- Host an educational training such as [Question, Persuade, Refer \(QPR\) Suicide Prevention for Gatekeepers Course](#), [Mental Health First Aid \(MHFA\)](#), [AFSP's Talk Saves Lives](#), or [Applied Suicide Intervention Skills Training \(ASIST\)](#).
- Listen to a podcast about promoting wellness and resilience or about preventing suicide. New podcasts for youth, family members, educators, and other caring adults are available from [Jana Marie Foundation](#) and [Aavidum](#).
- Post signs with positive messages around your school, workplace, or town. Be sure to include the 988 Suicide & Crisis Lifeline (988), Crisis Text Line (Text PA to 741741), or The Trevor Project (1-866-488-7386).
- Take action to share the 988 Suicide & Crisis Lifeline on 9/8, recognized as 988 Day. SAMHSA offers a variety of ideas [here](#).
- Light a candle on September 10th to remember a loved one or to remind yourself that you matter.
- Work with your county commissioners to proclaim September as Suicide Prevention Month (see example at the end of packet).
- Attend "Suicide Prevention Awareness Day at the Capitol" in Harrisburg on Tuesday, September 30th from 1pm—4pm in the East Wing Rotunda of the Capitol.
- Share posters and videos from the [Prevent Suicide PA Annual PSA Contest](#) for high school students to help spread awareness. For more information about the 2026 PSA Contest, launching September 8, 2025 [click here](#).
- Visit [Prevent Suicide PA's Suicide Prevention Online Learning Center](#) and take a free suicide prevention training.
- Participate in Drive Out Suicide by placing a [free suicide prevention magnet](#) on your car.
- Promote equity in mental health and suicide prevention awareness efforts by sharing [tailored resources](#) from diverse populations in your community.
- View selected presentations from a [past STAR-Center Conference](#), such as the 2025 Keynote on "Innovative Approaches for Improving the Transition from Hospitals to Schools." Keynotes and workshops from past conferences are available on the website.

The following national and international associations have developed resource guides containing additional lists of activities and ideas that can be implemented across settings:

- International Association for Suicide Prevention (IASP): [Suggested activities](#)
- Suicide Prevention Resource Center: [Suicide Prevention Month Ideas for Action](#)
- 988 Crisis & Suicide Lifeline: [National Suicide Prevention Month](#)
- Substance Abuse and Mental Health Services Administration (SAMHSA): [2025 Suicide Prevention Month Toolkit](#)

Local Suicide Prevention Efforts

There are many suicide prevention events, activities, and campaigns planned throughout PA during suicide prevention month each year. Below are highlights from a few counties as a way to share ideas and make connections. If you are interested in having your county's efforts highlighted in next year's guide, fill out this [form](#) to let us know.

Crawford County is launching several **campaigns** using traditional and electronic billboards. They are also partnering with Movies at Meadville to show a slide that features information and resources prior to **movie showings**.

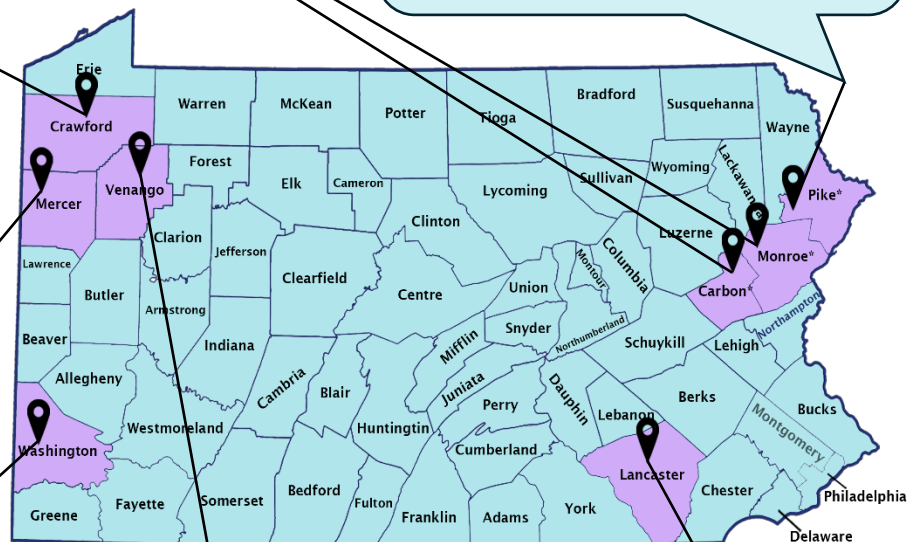


SafeTALK suicide prevention **training** will be held in Carbon County on Sept 2nd from 9-12.

The American Legion is hosting a **Be the One** event in Monroe County on Sept 27, about **veteran suicide awareness and prevention**. They will have speakers, food trucks, and vendors. Held at 646 Fairgrounds Road, Gilbert, PA from 11am-6pm.

Northeast Suicide Prevention Initiative is hosting their annual **Suicide Prevention/Remembrance walk** in Pike County on Sept 27.

Mercer County is planning **Talk Saves Lives** trainings with specific outreach to barbers and hairdressers, waitstaff, clergy, and other public facing businesses to invite to the trainings. They will provide each with **window clings** that have crisis resources and QR code for more information.



Washington County's annual **Out of the Darkness Walk** will be on September 27. This year's opening ceremony will begin at 11:00AM and will include pictures, an origami crane curtain, and a dance choreographed to AFSP Talk Away the Dark song—Leave a Light On.



The Venango County Task Force will hosting their annual **"Shine a Light on Suicide"** kayak event as a kick off to Suicide Prevention Month in September.



MHA of Lancaster County and the Suicide Prevention Coalition is hosting an annual **Suicide Prevention Conference** on September 18th, 2025. This year's theme is **"The Power of One"**.

Creating an Effective Message for Suicide Prevention Across the Lifespan

While focusing on prevention efforts can seem overwhelming at times, your words and actions can help save a life. Here are some overarching guidelines for the development of your messaging to prevent suicide.

Evoke shared values

*Who are you attempting to reach? Schools? Faith-based institutions? First Responders?
Identify the value you want them to work toward.*

Example: Everyone deserves to feel safe, supported, and heard.

Acknowledge negative feelings, like discomfort, fear, or lingering doubts

By acknowledging difficulty, doubt, and discomfort, you can help your audience manage their feelings and avoid using them as a reason to avoid the subject.

Example: I realize that talking about the issue of suicide can make some of us uncomfortable.

Model a journey toward change, it's starting point and pivotal moments

Provide the next steps on how you will make prevention possible. Engage with survivors of suicide loss and individuals with lived experiences to light the way of healing for others.

Example: Many people have shared that hearing personal stories from survivors of suicide loss helped them feel connected and sparked hope, even in their most difficult times.

State the problem precisely

Identify what piece of the problem you are wanting to address. Choose information or a fact to support it.

Example: Feelings of discomfort or shame make it hard for people to talk about suicide, and that silence makes it hard for people to reach out and find help.

Show Progress

Identify examples (big or small) of how prevention efforts have helped your community.

Example: Trainings, such as QPR Suicide Prevention for Gatekeepers and Mental Health First Aid, have helped people learn to speak about these issues and offer support and assistance to people who are struggling with feelings of helplessness or despair.

Name concrete solutions

Be realistic. Make it achievable.

Example: We will provide training to individuals throughout our community so they can learn how to recognize the signs, respond, and refer someone to safety.

Adapted with permission from *Moving Toward Prevention: A Guide for Reframing Sexual Violence*.

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Social Media

Use popular hashtags #WSPD, #WorldSuicidePreventionDay, #NSPM, #SuicidePreventionMonth, #SuicidePrevention, #988, and #BeThe1To to add your voice to the larger Suicide Prevention Month conversation happening on social media.

Consider tagging Jana Marie Foundation, Aavidum, and Prevent Suicide PA in your posts so those accounts can reshare your content.

Sample Social Media Posts (to be copied or adapted):

To be posted on 9/8, 988 Day:

You are not alone. There is help and hope. If you or a loved one need emotional support, call 988 [or insert your local crisis number]. Free. Confidential. Available 24/7. No judgment—just support. #NSPM #SuicidePreventionMonth #SuicidePrevention, #988Day

To be posted on 9/10:

Today is World Suicide Prevention Day. A simple check-in can make a powerful impact. Reach out to someone and let them know they matter. #WSPD #WorldSuicidePreventionDay #SuicidePrevention

This year's World Suicide Prevention Day theme is "Continuing the Conversation." Connection is prevention and anyone can play a role in suicide prevention by reaching out. Not sure where to begin? Visit seizetheawkward.org for conversation tips. #WSPD #WorldSuicidePreventionDay #SuicidePrevention

To be posted anytime in September:

Everyone has a role to play in suicide prevention. Learn to recognize the warning signs and how to support someone who may be struggling. It could save a life. Learn more at janamariefoundation.org/get-informed/candid-conversations #SuicidePreventionMonth #SuicidePrevention

Starting a conversation about someone's mental health can feel scary and overwhelming—but showing up, listening, and offering support can change someone's story. #BeThe1To reach out. #NSPM #SuicidePreventionMonth #SuicidePrevention

Mental health conversations matter. Let the people around you know they're seen, valued, and not alone. Your words can make a difference. #NSPM #SuicidePreventionMonth #SuicidePrevention #YouMatter

There are many myths about suicide—and those myths can prevent people from getting help. Take a moment to learn the facts: preventsuicidepa.org/myths-misconceptions. Knowledge is power. Compassion is key. #NSPM #SuicidePreventionMonth #EndTheStigma

Suicide is a leading cause of death among US youth. If you know a young person who is experiencing a mental health concern or crisis, help is available. Call, chat, or text 988. #NSPM #SuicidePreventionMonth #SuicidePrevention

Did you know most social media platforms allow you to report concerns if a friend is in crisis? Learn how to use these tools to support those you care about: 988lifeline.org/help-someone-else/safety-and-support-on-social-media #BeThe1To #NSPM #SuicidePreventionMonth #SuicidePrevention



Substance Use and Suicide

Substance use and suicide are closely linked, as alcohol and drugs can increase impulsivity, worsen mental health, and lower inhibitions, making suicidal thoughts more likely to turn into actions. Addressing substance use is an important part of suicide prevention and overall mental health care.

The graphic to the right reviews some important information regarding substance use and suicide.

Download the Graphic

[Here:](#)



SUBSTANCE USE AND SUICIDE

DATA

Alcohol intoxication is a factor in **22%** of suicide deaths.¹

20% of suicide deaths involve opiates.¹

While intentional overdose deaths have decreased overall, there has been an increase amongst:²



15-24 year olds
75-84 year olds
Black women over 18



COMPLEX RISK FACTORS

Both substance use disorder and suicide are complex, with multiple contributing factors including:^{3,4,5}

- Trauma
- Diagnosed mental health condition
- Lack of access to care
- Biology and environment

SHARED PROTECTIVE FACTORS

There are shared factors that both decrease risk of, and help those with, suicidal ideation and substance use, including:^{3,4,5}

- Positive connections
- Help-seeking behavior
- Supportive environment
- Sense of purpose



CONTINUING THE CONVERSATION



Many people with mental health and substance use concerns believe they should be able to handle it on their own.³

Having a supportive, non-judgmental conversation with someone can go a long way towards prevention.

For free, confidential, 24/7 mental health and/or substance use treatment and referral information call **1-800-662-HELP (4357)**

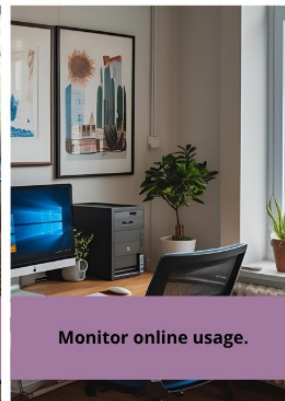
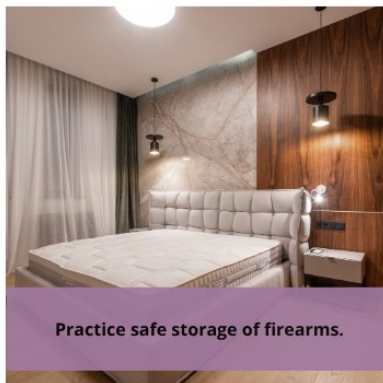
SUBSTANCE USE PREVENTION IS SUICIDE PREVENTION
SUICIDE PREVENTION IS SUBSTANCE USE PREVENTION

1. <https://library.samhsa.gov/sites/default/files/sma16-4935.pdf>
2. <https://psychiatryonline.org/doi/10.1176/appi.ajp.2021.21060604>
3. <https://www.samhsa.gov/data/sites/default/files/reports/rpt47095/National%20Report/National%20Report/2023-neduh-annual-national.htm#substv5>
4. <https://www.ccsa.ca/sites/default/files/2019-04/CCSA-Substance-Use-Suicide-Prevention-Youth-Summary-2016-en.pdf>
5. <https://www.ccsa.ca/sites/default/files/2024-02/Intersections-of-Substance-Use-and-Suicide-Evidence-and-Key-Take-Aways.pdf>

Keeping Environments Safe

We can all do our part of creating and maintaining safe environments. Research shows that putting time and distance between a lethal means—such as a firearm—and those who may be in crisis can prevent suicide and save lives. Below is a graphic portraying strategies to consider for keeping your home environment safe, particularly when a loved one is at risk of suicide.

Creating and Maintaining Safe Environments



Resources:

- National Action Alliance's [Lethal Means & Suicide Prevention: A Guide for Community & Industry Leaders](#)
- [Counseling on Access to Lethal Means \(CALM\)](#)
- Zero Suicide: [Lethal Means Safety Resources](#)
- Children's Safety Network's Firearm Safety: [Preventing Death by Suicide](#)
- Harvard School of Public Health: [Means Matter](#)
- [Hold My Guns](#)
- [Be SMART for Kids](#)
- [CeaseFirePA](#)

Download the Graphic [Here](#):



Did you know?

Creating a *safety plan* is a proven way to help someone manage suicidal thoughts and stay safe during a crisis. A safety plan includes personalized steps like recognizing warning signs, using coping strategies, reaching out to support people, and keeping environments safe. It's simple, effective, and can save lives.

Download or order SAMHSA's free safety planning template [here](#).



Mental Wellness Resources

Our mental and emotional health are just as important as our physical health, yet stigma and shame have often made these topics taboo to discuss. As we continue to see an increase in mental health needs across our communities, we must bring mental health and well-being to the forefront of conversations. We all can play a vital role in promoting connectedness and resiliency.

Self-care:

- [Mental Health Mobile Apps](#): a compiled list of mobile apps for mental health and wellness.
- [Virtual Calming Room](#): Jana Marie Foundation created a virtual calming room for students, teachers, and caring adults to find tools and strategies for managing emotions and building resiliency.
- [The Trevor Project Self-Care Guide for LGBTQ+ Young People](#): includes ways to practice self-care in various settings.
- [Pause-Reset-Nourish \(PRN\) to Promote Wellbeing](#): provides information about a specific self-care strategy by the National Child Traumatic Stress Network.
- [Stress First Aid](#): Manuals and resources for health care workers available through the U.S. Dept of Veterans Affairs.

Tailored Resources:

- [Mental Health America 2025 BIPOC Mental Health Month Resources](#)
- [The Jed Foundation: The Benefits of a Therapist Who Understands Your Cultural Background](#)
- [National LGBT Health Education Center: Suicide Risk and Prevention for LGBTQ People](#)
- [The Steve Fund and The Jud Foundation: Equity in Mental Health Framework](#)
- [National Action Alliance: Veteran and Military Suicide Prevention Resources](#)
- [Rural Health Information Hub: Rural Suicide Prevention Toolkit](#)
- [SAMHSA: Suicide Warning Signs and Prevention Strategies for Older Adults](#)

Toolkits and Programs for School and Community Settings:

- [Mind Matters Curriculum by Jana Marie Foundation](#)
- [Mental Health Curriculum by Aavidum](#)
- [Prevent Suicide PA's Suicide Prevention Online Learning Center](#)
- [Compassion Resilience Toolkit by Wisconsin Dept. of Public Instruction, Wise, and Rogers Behavior Health](#)
- [Seize the Awkward by Ad Council, American Foundation for Suicide Prevention, and The Jed Foundation](#)
- [PA Parent and Family Alliance: Resources for Suicide Prevention and Awareness](#)



Sample Proclamation

An official signing of a proclamation by your county commissioners is a great way to publicize the kick-off for Suicide Prevention Month and the activities that will be taking place throughout the month. Below is sample proclamation verbiage:

Suicide Prevention Month 2025

Suicide Prevention Day, September 10, 2025

WHEREAS, suicide is a public health concern; and

WHEREAS, in the state of Pennsylvania, one person dies by suicide nearly every five hours, making it the second leading cause of death for ages 25—34 and the 3rd leading cause of death for ages 15-24 in 2023 (CDC, 2025); and

WHEREAS, over 5.9 million people in the United States have lost a loved one to suicide; and

WHEREAS, each member of our community is valued and irreplaceable; and

WHEREAS, talking openly about stress and psychological health builds trust, reduces barriers to care, and enables early intervention; and

WHEREAS, local and statewide suicide prevention efforts should be developed and encouraged to the maximum extent possible, and

NOW, THEREFORE, BE IT RESOLVED the [COUNTY] Board of Commissioners does hereby proclaim September 2025 as “Suicide Awareness and Prevention Month” and September 10, 2025 as “Suicide Awareness and Prevention Day” in [COUNTY].

Proclaimed this _____ day of _____, 2025

[COUNTY] Board of Commissioners,

Name, Title





988 | SUICIDE & CRISIS
LIFELINE

What is it?

- Mental health, substance use, and suicidal crisis support for you & your loved ones
- Free and confidential
- Available 24/7/365 for anyone and everyone who needs it
- Trained, compassionate counselors

How to Connect



Call
988

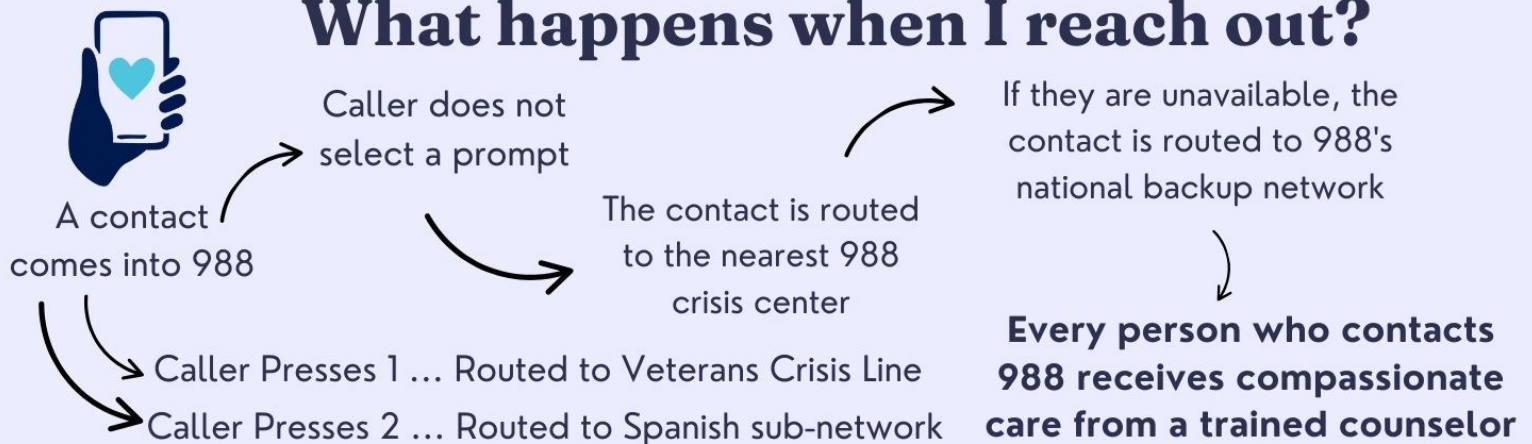


Text
988



Chat
chat.988lifeline.org

What happens when I reach out?



**Scan to save 988
to your contacts!**



988 in Pennsylvania

- 14 crisis centers answering 988 calls
- An in-state back-up network to catch calls before they go to the national back-up
- 100,000+ contacts answered in 2024

Interested in learning more? Visit 988lifeline.org

You matter, and you are not alone. Help is always available.

Crisis Resources

You are not alone. Many organizations are working each and every day to support you and your efforts with suicide prevention. Please consider using these crisis lines and resources in your messaging during Suicide Prevention Month.

National:

- [988 Suicide & Crisis Lifeline](https://988lifeline.org/chat): call or text **988**; or to chat with someone over the computer visit 988lifeline.org/chat
 - [Veterans Suicide Prevention Lifeline](https://988lifeline.org/chat): **988, press 1**
 - [Spanish Suicide Prevention Lifeline](https://988lifeline.org/chat): **988, press 2**
- Crisis Text Line: **TEXT PA to 741741** or visit <http://www.crisistextline.org/>
- The Trevor Project: 1-866-488-7386, text 678-678, or visit <https://www.thetrevorproject.org>
- Trans Lifeline: 1-877-565-8860 <https://www.translifeline.org>

Pennsylvania:

- [List](#) of Crisis Intervention contact information by county.
- [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.
- [University of Pittsburgh STAR-Center Postvention Services](#): Consultation for school districts and agencies regarding postvention. Call 412-864-3346, available 24/7.
- [AgriStress Helpline for Pennsylvania farmers and their families](#), available 24/7. Call or text 1-833-897-AGRI (2474).

National and State Organizations

National:

- American Association of Suicidology (AAS): <http://www.suicidology.org/>
- American Foundation for Suicide Prevention (AFSP): <https://afsp.org/>
- Suicide Prevention Resource Center (SPRC): <http://www.sprc.org/>

Pennsylvania:

- Jana Marie Foundation: <http://www.janamariefoundation.org/>
- Aavidum: <http://aavidum.com>
- Prevent Suicide PA: <http://preventsuicidepa.org/>
- Pennsylvania Network for Student Assistance Services (PNSAS): <http://pnsas.org/>
- Services for Teens at Risk (STAR) Center: www.starcenter.pitt.edu
- PA Department of Human Services: [988 implementation](#)
- PA Department of Agriculture: [Mental Wellness Resources for the Agricultural Community](#)
- [PA Department of Military and Veterans Affairs: Suicide Prevention](#)



Postvention Response: An Important Part of the Suicide Prevention Conversation

Postvention is an essential component of [a comprehensive suicide prevention framework](#). Postvention is the response to a death by suicide and offers an array of services that may apply to any tragic loss. The goals of postvention are to promote the healing and recovery of those impacted by the loss of a family member, classmate, colleague, friend, or community member. If the death was a suicide, a postvention serves to help identify and refer those who may need additional support and reduce the risk of contagion and other adverse outcomes.

The resource links below provide information and guidance about established best practices for postvention.

School and College Campus Postvention Resources:

- [After a Suicide: A Toolkit for Schools, 2nd Edition](#)
- [National Center for School Crisis and Bereavement](#)
- [The National Childhood Traumatic Stress Network \(NCTSN\)](#)
- [Postvention: A Guide for Response to Suicide on College Campuses](#)
- [STAR-Center Postvention Standards Manual, 5th Edition](#)

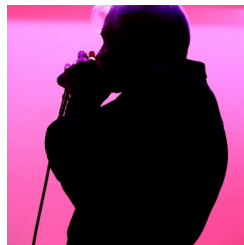
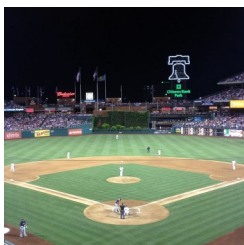
Community and Workplace Postvention Resources:

- [A Manager's Guide to Suicide Prevention in the Workplace](#)
- [Local Outreach to Suicide Survivors \(LOSS\) Team](#)
- [Suicide Prevention Competencies for Faith Leaders: Supporting Life Before, During, and After a Suicidal Crisis](#)
- [Workplace Suicide Prevention](#)

Grief and Bereavement Resources:

- [American Foundation for Suicide Prevention's Support Group Locator](#)
- [Children, Teens, and Suicide Loss](#)
- [Dougy Center](#)
- [Highmark Caring Place](#)
- [Suicide Loss: What Teens Need to Know](#)
- [Talking to Your Child about a Suicide Death: A Guide for Parents and Caregivers](#)

Working Together.



Organizations across the state of Pennsylvania continue to work together to provide mental health and suicide prevention education and awareness events. Jana Marie Foundation, Garrett Lee Smith Youth Suicide Prevention Grant, Prevent Suicide PA, Aavidum, and the Services for Teens At Risk (STAR) Center are proud to provide this informational packet to help you build awareness and take action to prevent suicide within your community.

About Jana Marie Foundation

Jana Marie Foundation, a 501(c)(3) nonprofit organization based in State College, Pennsylvania, harnesses the power of creative expression and open dialogue to spark conversations, build connections, and promote mental wellness among young people and their communities. With programs offered throughout Central Pennsylvania and beyond, the Foundation envisions communities working together to knock down walls and transform emotional distress into resilience and hope. Guided by best practices and research, Jana Marie Foundation delivers evidence-based mental health and suicide prevention programs that equip individuals with the knowledge, skills, and confidence to recognize warning signs and offer support. Its engaging youth programs—ranging from leadership development to arts-based initiatives—empower young people to build resilience, develop healthy coping strategies, and strengthen their mental health. In addition, the Foundation facilitates a Survivors of Suicide Loss group for adults, providing a compassionate space for those grieving the loss of a loved one to suicide to connect, share, and heal together.

<https://janamariefoundation.org>

About Garrett Lee Smith Youth Suicide Prevention Grant

The Garrett Lee Smith Youth Suicide Prevention Grant (2024-2029) is a five-year federal SAMHSA grant awarded to the Pennsylvania Office of Mental Health and Substance Abuse Services at the Department of Human Services (DHS-OMHSAS). Using a two-tiered model, this project focuses on youth under the age of 24. Tier 1 is statewide and partners with youth serving organizations to support families who have a youth at risk of suicide and to elevate the voices of youth and families with suicide-centered lived experience. Tier 2 works with specific counties to build capacity for evidence-based treatment and improve coordination to provide timely access to care for youth at risk of suicide.

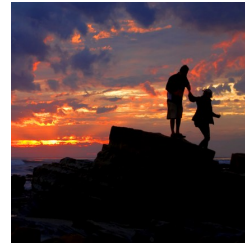
About Prevent Suicide PA

Prevent Suicide PA supports those who are affected by suicide, provides education, awareness, and understanding by collaborating with the community to prevent suicide, and reduces the stigma associated with suicide. The organization envisions having a Commonwealth where every life is valued, that everyone has the support necessary to get help when needed, and that hope and healing abounds in every person.

<http://preventsuicidepa.org/>



Working Together, Continued



About Aavidum

Aavidum is a 501(c)3 non-profit organization that empowers youth to shatter the silence surrounding depression, suicide, and other issues facing teens. The word Aavidum, which means “I’ve got your back,” was created by students after a classmate died by suicide. Aavidum uses free student-driven clubs, curricula, and other programming to inspire schools and communities to adopt cultures of care and advocacy, encouraging all members to have their friends’ backs. Aavidum exists in nearly 300 elementary schools, middle schools, high schools, and colleges.

<http://aavidum.org/>

About Services for Teens At Risk (STAR) Center

Services for Teens At Risk (STAR) Center is a specialty clinical, training, and research program within the division of Child and Adolescent Services at UPMC Western Psychiatric Hospital (WPH) and the University of Pittsburgh Department of Psychiatry. STAR Center provides outpatient assessment and treatment for depressed, anxious, and suicidal children and youth. Services were expanded in 2007 to include [Intensive Outpatient Programs](#) (IOP) for depressed and suicidal teens and further in 2017 to an IOP designated for transition-age college students. [STAR Center Outreach](#) adapts and disseminates information about best practice clinical care into practical guidelines for educational and community settings and offers trainings and consultations. Additionally, STAR Center offers a Survivors of Suicide bereavement support group to adults who have lost a loved one to suicide. The group provides a safe environment for survivors to voice the painful feelings that suicide leaves in its wake. STAR Center strives to integrate education, intervention, and research into a seamless whole.

This document was developed in part under grant number SM090046 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA, HHS or the Pennsylvania Department of Human Services.