

Module Two

Recognizing Depression and Suicidal Ideation in Students

Resources

American Foundation for Suicide Prevention

Dedicated to understanding and preventing suicide through research and education, and to helping people with mood disorders and those impacted by suicide.

<http://afsp.org>

American Society of Suicidology

Compiles, develops, evaluates and disseminates accurate information about suicidal behaviors; encourages scholarly work in suicidology and the development of strategies that reduce the incidence of suicidal behaviors.

<http://suicidology.org/>

Columbia University Teen Screen Program

A national mental health and suicide risk screening program dedicated to helping parents identify suicide risk factors in teens by making voluntary mental health check-ups available to all American families.

<http://teenscreen.org/>

The Jason Foundation

Provides information, educational curriculums and training programs for students, educators, youth workers and parents on youth suicide, including resources to help recognize warning signs, identify at-risk behavior and find treatment and support in local communities.

<http://www.jasonfoundation.com/>

The Jed Foundation

Fosters greater public awareness about college-age suicides; collaborates with colleges and universities to strengthen their mental health services; creates linkages between academic suicide prevention researchers and higher education professionals who work directly with students; and produces innovative Internet-based intervention systems for college students.

<http://jedfoundation.org/>

Ohio Suicide Prevention Foundation

Dedicated to providing information and resources on suicide prevention, raising awareness, eliminating stigma and increasing help-seeking behavior of Ohioans.

<http://ohiospf.org>

Preventing Suicide Network

A resource center aimed at providing authoritative and problem-specific information about suicide prevention and helping those who help others locate and access tailored suicide prevention resources.

<http://preventingsuicide.com/>

Screening for Mental Health

SMH programs include both in-person and online programs for depression, bipolar disorder, generalized anxiety disorder, post-traumatic stress disorder, eating disorders, alcohol problems and suicide prevention.

<http://mentalhealthscreening.org/>

See Me Hear My Feelings

Features teenagers' personal stories about dealing with mental health issues including suicide.

<http://www.seemehearmyfeelings.org/>

Suicide Awareness Voices of Education

Increases knowledge about: depression and other brain illnesses; symptoms of depression and suicidal ideation; intervention skills; assessment and treatment as suicide prevention; and community resources.

<http://www.save.org/index.cfm>

Suicide Prevention Action Network USA

Dedicated to preventing suicide and advancing the National Strategy for Suicide Prevention through public education and awareness; community engagement; and federal, state and local advocacy.

<http://www.Spanusa.org>

Suicide Prevention Resource Center

Advances the National Strategy for Suicide Prevention by providing prevention support, training and resources to assist organizations and individuals in developing suicide prevention programs, interventions and policies.

<http://www.sprc.org/>

Yellow Ribbon International Suicide Prevention

Provides suicide prevention resources for parents, teens and survivors, including listings of sponsored events, training programs and support groups.

<http://www.yellowribbon.org/>

Depression and Mental Health Resources

Mental Health America

Promotes mental health and the prevention of mental health disorders by advocating for effective and accessible care; fostering innovation in research, practice and policy; and providing support through extensive online information and a toll-free hotline.

<http://www.nmha.org>

National Alliance on Mental Illness-Ohio

A grassroots organization that provides mutual support, education and advocacy for individuals and families affected by serious brain disorders.

<http://www.namiohio.org>

Ohio Advocates for Mental Health

Advocates for services supporting Ohioans diagnosed with serious mental illnesses; provides information and education about treatment, self-directed care and peer-to-peer services; and works with more than 70 peer support/self-help groups in Ohio. Staff and board members have either been treated for a mental illness, or have had a family member in treatment.

<http://www.ohioadvocates.org>

Ohio Federation for Children's Mental Health

Connects families of children with mental health concerns with each other; provides education and support; advocates for services with public officials; and offers technical assistance to facilitate partnerships among service providers and public agencies.

<http://www.ohiofederation.org>

Red Flags

Offers information on depression in children and adolescents and provides Red Flags, a school-based adolescent depression awareness and intervention program.

<http://www.redflags.org/>

SAMSHA Mental Health Information – Depression

Provides basic information on depression for all audiences.

<http://mentalhealth.samhsa.gov/publications/allpubs/ca-0011/default.asp>

National Alliance on Mental Health - Depression

Provides information to parents on symptoms and potential treatments for depression.

http://www.nami.org/Template.cfm?Section=by_illness&template=/ContentManagement/ContentDisplay.cfm&ContentID=17623

National Institute on Mental Health - Depression

Provides symptom and treatment information on depression in youth.

<http://www.nimh.nih.gov/health/topics/depression/depression-in-children-and-adolescents.shtml>

Internet Facts, Statistics and Information on Suicide Prevention

Centers for Disease Control and Prevention — Suicide: Fact Sheet

<http://www.cdc.gov/ncipc/factsheets/suifacts.htm>

National Strategy for Suicide Prevention

<http://mentalhealth.samhsa.gov/suicideprevention/sitemap.asp>

Reporting On Suicide: Recommendations for the Media, National Institute for Mental Health

<http://www.nimh.nih.gov/suicideresearch/mediasurvivors.cfm>

Youth Suicide Prevention School Based Guide, Florida Mental Health Institute

<http://theguide.fmhi.usf.edu/>

School Interventions to Prevent Youth Suicide

<http://smhp.psych.ucla.edu/pdfdocs/Sampler/Suicide/suicide.pdf>

Stanford Encyclopedia of Philosophy

<http://plato.stanford.edu/entries/suicide/>

The Surgeon General's Call to Action to Prevent Suicide, 1999

<http://www.surgeongeneral.gov/library/calltoaction/recommendations.htm>

Suicide Prevention Australia

<http://www.suicidepreventionaust.org>

Suicide Reference Library

<http://www.suicidereferencelibrary.com/>

U.S. Department of Health and Human Services, Office of Minority Health. Mental Health 101.

<http://www.omhrc.gov/templates/browse.aspx?lvl=3&lvlid=81>

References

American Academy of Child and Adolescent Psychiatry. (2008). *Fast Facts for Families: Child and Adolescent Mental Illness and Drug Abuse Statistics, Child and Adolescent Mental Illness Statistics*. Retrieved April 28, 2008 from http://www.aacap.org/cs/root/resources_for_families/child_and_adolescent_mental_illness_statistics

Emslie GJ, Rush AJ, Weinberg WA, et al. (1997). A double-blind, randomized, placebo-controlled trial of fluoxetine in children and adolescents with depression. *Archives of General Psychiatry*, 54(11): 1031-7

Ohio Department of Health. *2005 Youth Risk Behavior Survey Summary*, http://www.odh.ohio.gov/odhprograms/chss/ad_hlth/youthrsk/youthrsk1.aspx

Restrictions and Authorization for Use of This Curriculum

The Ohio Department of Education (ODE) authorizes the use of the Safety and Violence Prevention Training Curriculum for educational purposes by all Ohio public and nonpublic schools under certain conditions that are specified below:

- The curriculum must be presented in compliance with Ohio Revised Code Section 3319.073;
- If any additions or modifications to the curriculum are made by local presenters (except when specific ODE text specifies the addition of certain local information), presenters must make clear in writing that any additional or modified text is not part of the original ODE curriculum;
- Copies of materials may be provided free or at duplicating cost for individuals participating in the program. No presenter may use or copy the curriculum materials for any other purpose.