It’s time to talk about it: A family guide for youth suicide prevention

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Information

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Author: Gryglewicz K, Ojeda D, Elzy M, Brown Renee, Kutash K, Karver M, and the Florida ASAP Suicide Prevention Team at the University of South Florida  
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It’s time to talk about it family guide (18.31 MB) [1]

The University of South Florida's It's Time to Talk About It: A Family Guide for Youth Suicide Prevention booklet describes the many critical roles families can play in preventing youth suicide. Included in the 20-page guide are (1) ways to help families become aware of the warning signs and risk factors of youth suicide, (2) steps to help families get help for at-risk youth, (3) tips to help families promote emotional well-being for youth in their communities, (4) strategies to help families build partnerships with helping professionals, and (5) ways families can become suicide prevention advocates and champions in their communities. A list of national mental health and educational resources is included. Florida-based resources are also included.

The Family Guide was developed using a community-based research approach: 43 individuals, including family members of youth at risk for suicide, survivors of suicide, and treatment professionals, participated in a multi-state, multi-informant interview and feedback process. These participants shared their personal experiences and perceptions about mental illness, suicide, treatment, and related fears and difficulties in order to contribute to the development of the content for the guide.

Objectives:
Those who read It's Time to Talk About It: A Family Guide for Youth Suicide Prevention will increase their:

1. Knowledge and awareness about youth suicide.
2. Knowledge of how to promote strengths and resiliency.
3. Awareness of community-based resources.
4. Positive attitudes towards promoting suicide prevention within their families and communities.

Implementation Essentials:

- Organizations that use It’s Time to Talk About It should provide information about local resources and referral points for those who may be at risk for suicide.

Links within this resource

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