



HONORING LIFE, PREVENTING LOSS

BUILDING CAPACITY AROUND SUICIDE PREVENTION IN TRIBAL CHILD WELFARE PROGRAMS



While depression and suicide affect everyone, American Indian and Alaskan Native people are at a higher risk, and Native youth are especially vulnerable. The resources compiled here can support the development or enhancement of suicide prevention efforts and tribal child welfare best practice within your program and community.

COMMUNITY & PROGRAM TOOLKITS

[Walking Softly to Heal: The Importance of Community Readiness](#)

These resources from the Suicide Prevention Resource Center provide information on how to assess, understand, and measure how ready a community is to address issues, including suicide, and how to use that knowledge to stimulate change.

[To Live to See the Great Day that Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults](#)

This manual from SAMHSA lays the groundwork for community-based suicide prevention and mental health promotion plans for American Indian and Alaska Native teens and young adults. It addresses risks, protective factors, and awareness, and describes prevention models for action.

[Healthy Indian Country Initiative Promising Prevention Practices Resource Guide](#)

The National Indian Health Board Resource Guide provides this information for tribal communities to examine community-based prevention practices and to learn strategies and lessons for the effective implementation of prevention programs.

[Hope for Life Day Toolkit](#)

The National Action Alliance for Suicide Prevention created this toolkit to assist community organizers in taking specific steps to help address suicide in their communities. It includes fact sheets, ideas for activities, and ready-to-use templates.

[Rising Sun Toolkit for Resilience: Reducing the Incidence of Suicide in Indigenous Groups – Strengths United Through Networks](#)

This compilation provides a number of useful tools focused on suicide prevention in circumpolar Indigenous communities. Included are resources for communities, clinical providers, and the region, as well as for individuals and families.

RESOURCES FOR NATIVE YOUTH

[WERNATIVE.org](#)

A comprehensive health resource for Native youth, by Native youth, providing content and stories about a wide range of topics.

[Connect with Culture...For Life](#)

A site for Indigenous youth focusing on the value of culture.



[River of Life Online: Preventing Suicide in Indigenous Youth](#)

This online workshop provides information and practical approaches for those working with Indigenous youth ages 15-24, with a focus on responding to youth at risk of suicide.

[Aboriginal Youth: A Manual of Promising Suicide Prevention Strategies](#)

This manual provides user-friendly information to facilitate the development of successful suicide prevention programs. Also highlighted are recommendations around a number of prevention strategies that follow the best evidence about what works.

[A Guide to Suicide Prevention for American Indian and Alaska Native Communities](#)

The guidebook is intended for tribal and community leaders, schools, religious institutions, mental health agencies, law enforcement, and other organizations working on suicide prevention. The guide includes community strategic planning information and technical assistance strategies and referral resources.



TRIBAL PERSPECTIVES

[Deep Thinking on Tribal People Taking Their Own Lives](#)

This brief resource from the Native Wellness Institute encourages tribal and urban programs to consider healing language and becoming trauma- and healing-informed.

[Transforming Tribal Communities: Indigenous Perspectives on Suicide Prevention](#)

These four 6-8 minute webinar clips from the Suicide Prevention Resource Center feature advice from experts on addressing the root causes of suicide and mental health issues in tribal communities. Links to the examples presented by the speakers are also shared.

[Preventing Suicidal Behavior in American Indian and Alaska Native Communities: A Health Equity Issue](#)

Hosted by the Centers for Disease Control and Prevention, in this webinar recording, Dr. Phoebe Thorpe and Dr. Spero Manson discuss initiatives that use evidence-based methods to detect and prevent suicides within Native communities.

[Project Trust: Report and Recommendations for Enhancing the Well-being of Native American Youth, Families, and Communities](#)

This report gathered community responses about how the aftermath of colonialism, including historical trauma and current institutional inequalities, has resulted in numerous health disparities for Native American youth. Developed by the Project Trust Partnership, with support from the New Mexico Department of Health's Office of School and Adolescent Health, this brief document provides policy, provider, and research recommendations.