

Stuttering and Suicide: our experiences and responsibilities

**panel - Judith Kuster, Lisa Scott, Scott Palasik, Rodney Gabel,
Joseph Donaher, E. Charles Healey**

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The following materials are not meant to imply any direct role in counseling a person who is suicidal, but to provide information of what anyone should do when someone is threatening suicide. Some URL may have changed since this handout was uploaded.

- Preventing Suicide: A Toolkit for High Schools - a 229 page PDF from the U.S. Department of Health and Human Services (<http://store.samhsa.gov/shin/content//SMA12-4669/SMA12-4669.pdf>)
- Preventing Suicide - from the Centers for Disease Control and Prevention (<http://www.cdc.gov/violenceprevention/suicide/index.html>) and (<http://www.cdc.gov/features/preventingsuicide/>)
- The Yellow Ribbon Campaign - a suicide prevention training program "dedicated to preventing youth suicide and attempts." (<http://www.yellowribbon.org/>)
- Paul Quinette's Suicide: the Forever Decision: For those thinking about suicide and for those who know, love and counsel them - free PDF book that describes QPR (question, persuade, refer), Quinette's helpful information of what to do when someone expresses suicide ideation, directly or indirectly. (http://www.qprinstitute.com/pdfs/Forever_Decision.pdf)
- Stop a Suicide Today provides good information about suicide and describes another short acronym, ACT (Acknowledge, Care, Get Treatment) (<http://www.stopasuicide.org/index.aspx>)
- Suicide Prevention Resource Center is dedicated to "promoting a public health approach to suicide prevention" with good information about prevention basics, freely-available online training and webinars, and a huge library of resources. (<http://www.sprc.org/>)
- American Foundation for Suicide Prevention - has education resources including PowerPoint presentations and excellent information about suicide including what to do "When You Fear Someone May Take Their Life" (<http://www.afsp.org/>)
- Suicide from Teens Health - has good information for teens, also available in Spanish. (http://kidshealth.org/teen/your_mind/mental_health/suicide.html)
- Youth Suicide Prevention Curriculum from the Wisconsin Department of Public Instruction includes two free downloads Suicide Prevention Grades 6-8 and Suicide Prevention Grades 8-10 and a free Middle/High School Suicide Prevention Curriculum Webinar (<http://dpi.wi.gov/sspw/suicideprevcurriculum.html>)
- Suicide Prevention Advice By Lisa Firestone, Pd.D. from PsychAlive (<http://www.psychalive.org/2013/01/suicide-prevention-advice-2/>)

- Suicide.org: Suicide prevention, awareness and support has excellent and extensive information on suicide warning signs, causes, depression, bipolar disorder, rape, myths, statistics, bullying, gay/lesbian issues, teens, helping a suicidal person, suicide hotlines, and much more (<http://www.suicide.org/>)

Crisis Hotlines and online support resources

- Befriender's International Network - in Arabic, Chinese, German, Spanish, French, Japanese, Dutch, Russian, Suomi, Portuguese, Danish. This site also provides Helpline Information from countries around the world. (<http://www.befrienders.org>)
- Samaritans - provides "confidential support for suicide, suicidal thoughts, feelings of despair or distress" in the UK and Ireland and has good information on how to initiate a conversation with someone you suspect is suicidal. (<http://www.samaritans.org/>)
- San Francisco Suicide Prevention - America's oldest community crisis hotline (<http://www.sfsuicide.org/index2.htm>)
- Suicide Forum - a support forum for people in crisis Quick links show how to contact the forum leaders (<http://www.suicideforum.com/>).
- National Suicide Prevention Helpline - 1-800-273-TALK (8255) (CALL FOR HELP for yourself or a loved one) (<http://www.suicidepreventionlifeline.org>)

Depression resources - "The following have some inappropriate language in them but a pretty spot on." Lisa Scott

- Adventures in Depression from Hyperbole and a Half (<http://hyperboleandahalf.blogspot.com/search?updated-min=2011-01-01T00:00:00-07:00&updated-max=2012-01-01T00:00:00-07:00&max-results=5>)
- Depression Part Two from Hyperbole and a Half - (<http://hyperboleandahalf.blogspot.com>) - the post that you land on now called Depression Part Two.

Postvention Resources

- Helping Survivors of Suicide: What Can You Do? (http://www.suicidology.org/c/document_library/get_file?folderId=229&name=DLFE-77.pdf) and Suicide Survivor Resources (<http://www.suicidology.org/suicide-survivor-resources>) includes fact sheets, personal stories, and more from the American Association of Suicidology
- Hope and Healing: A Practical Guide for Survivors of Suicide - a 44 page online book "to help you through the first few moments then the first few hours then the first few days then the first few years after the suicide of someone you love." (<http://www.sfu.ca/content/dam/sfu/carmha/resources/hope-and-healing-a-practical-guide-for-survivors/HopeandHealing.pdf>)

- Suicide Postvention in the School Community - by Frank J. Zenere, Ed.S., School Psychologist (http://www.helppromotehope.com/documents/Zenere_Postvention.pdf)
- Guidelines To Assist Clinical Staff After the Suicide of a Patient by Onja Grad, clinical psychologist, psychotherapist, Slovenia focuses on clinical staff that has interacted with a patient who has completed suicide. SLPs are not mentioned, but information is still relevant (http://www.iasp.info/pdf/postvention/guidelines_to_assist_clinical_staff_after_suicide_patient_grad.pdf)
- Helping a Survivor Heal (http://www.survivorsofsuicide.com/help_heal.shtml)
- Alliance of Hope for Suicide Survivors - "provides healing support for people who have lost loved ones to suicide." Includes several online opportunities for connect with others, a blog, bookstore, and more (<http://www.allianceofhope.org/>). Similar organization from around the world are listed at (http://www.iasp.info/resources/Postvention/National_Suicide_Survivor_Organizations/)
- United States Suicide Support Groups - by state (<http://www.suicide.org/suicide-support-groups.html>)