

# National Suicide Prevention Week

## 2021



Upper Darby School District is recognizing National Suicide Prevention week during the month of September. UDSD embraces the opportunity we have every day to support not only our students' academic needs, but their mental health needs as well. Suicide rates have been increasing across age groups and it is the second leading cause of death for people ages 15-34 according to the Suicide Prevention Guide 2020. We believe it is our role as educators to offer support to our students who are struggling by providing in-school supports as well as helping students and families connect with community supports. This is

especially true as we navigate all of the changes that the Coronavirus pandemic has brought to our lives. Our Pupil Services staff, including social workers, counselors, psychologists and nurses, are available every day in every school to help connect students and their families who are struggling to access the appropriate resources. If you are concerned about your student or your family, please reach out to the teacher or principal who will connect you with the right person.

*Here are some additional resources if you are concerned about a student or family member:*

### Hotlines and Helplines

#### **Delaware County Crisis Connections**

1-855-889-7827

#### **National Suicide Prevention Lifeline**

1-800-273-TALK (8255) or visit

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

#### **Crisis Text Line**

TEXT 741-741

or visit [www.crisistextline.org](http://www.crisistextline.org)

### Websites for More Information

American Association of Suicidology  
[www.suicidology.org](http://www.suicidology.org)

American Foundation for Suicide Prevention  
<https://afsp.org>

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

Jana Marie Foundation  
[www.janamariefoundation.org](http://www.janamariefoundation.org)

Aavidum  
<http://aavidum.com>

Prevent Suicide PA  
<http://preventsuicidepa.org>

Pennsylvania Network for Student Assistance Services  
<http://pnsas.org>