

Suicide Prevention Action Plan for Schools

Education systems have a vital role in hope, help, and healing of all students and staff. Policies and practices that create safe, healthy, and supportive environments can prevent individuals from having suicidal experiences. Schools can help with teach coping and problem-solving skills and promote healthy connections among peers and positive community connections. Below are some opportunities for action as well as resources to learn more.

Sign up for the [Suicide Prevention Newsletter](https://public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271) (public.govdelivery.com/accounts/MNMDH/subscriber/new?topic_id=MNMDH_271). For additional support or guidance, complete the [Suicide Prevention TA form](https://redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN) (redcap.health.state.mn.us/redcap/surveys/?s=8RT4XKK7HH7EE3RN).

Opportunities for action



Participate in monthly learning collaborative opportunities with MDH, MDE for statewide networking, training, and technical assistance opportunities

- Email health.suicideprev.MDH@state.mn.us or more information about the learning collaborative.



Engage in a comprehensive approach to school mental health by engaging students, caregivers, and community in data-driven strategic planning.

- [National Center for School Mental Health](https://www.schoolmentalhealth.org) ([schoolmentalhealth.org](https://www.schoolmentalhealth.org)): Information to improve learning and promote success through strengthening policies and programs.
- [School Health Assessment and Performance Evaluation](https://www.theshapessystem.com) ([theshapessystem.com](https://www.theshapessystem.com)): A school mental health quality assessment and resource library to improve and sustain school mental health programming.
- [Minnesota Student Survey](https://education.mn.gov/mde/dse/health/mss) (education.mn.gov/mde/dse/health/mss): An anonymous statewide school-based survey conducted to gain insights into the world of Minnesota students and their experiences.
- [Comprehensive School Mental Health Systems](https://education.mn.gov/MDE/dse/safe/CSMHS) (education.mn.gov/MDE/dse/safe/CSMHS): Provides a full array of supports and services that promote positive school climate, social and emotional learning, and mental health and well-being, while reducing the prevalence and severity of mental illness.



Protect the health and well-being of students by having policies, procedures, and programming in place to promote mental health and prevent suicidal experiences. This should include identifying and helping students at risk, supporting students after mental health struggles or suicidal experiences, and responding to a death by suicide.

Ensure that policies and procedures are known by all staff.

- [Model School District Policy on Suicide Prevention](https://datocms-assets.com/12810/1576931010-13820afspmmodelschoolpolicybookletm1v3.pdf) (datocms-assets.com/12810/1576931010-13820afspmmodelschoolpolicybookletm1v3.pdf): Provides model language, commentary, and resources for school policy.

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- **Social Emotional Learning** (education.mn.gov/MDE/dse/safe/social): Overview of social emotional learning by the Minnesota Department of Education.
- **Preventing Suicide - A Toolkit for High Schools** (store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669): A toolkit that assists high schools and districts to design and implement strategies to prevent suicide and promote behavioral health.
- **Whole School, Whole Community, Whole Child a Centers for Disease Control and Prevention model** (cdc.gov/healthyschools/wsc/index.htm): A framework for addressing health in schools, that is student-centered and emphasizes the role of the community in supporting the school, the connections between health and academic achievement and importance of evidence-based school policies and practices.
- **Suicide Prevention Resource Center - After a Suicide: A Toolkit for Schools** (sprc.org/resources-programs/after-suicide-toolkit-schools): Assists schools in implementing a coordinated response to a suicide death of a student.
- **Suicide Prevention Resource Center- Postvention: A guide for response to suicide on college campuses** (sprc.org/resources-programs/postvention-guide-response-suicide-college-campus): A guide for colleges and universities to respond to a suicide on campus.



Prioritize cultural inclusiveness and health equity strategies to promote student well-being.

- **Classroom WISE** (Well-Being Information and Strategies for Educators) - Cultural Inclusiveness and Equity (classroomwise.org/cie-wise-companion-course): A companion training for K-12 educators and staff to learn how inequities in education impact students' mental health and how implicit bias influences perceptions and responses.
- Promote connectedness, resilience, and wellness activities for students and school staff.
- **Suicide Prevention Resource Center - Promote Social Connectedness and Support** (sprc.org/comprehensive-approach/social-connectedness): Resources and programs that promote social support and connection for a comprehensive approach to suicide prevention.
- **#StayConnectedMN Education Guide** (health.state.mn.us/communities/suicide/documents/mhmeducators22.docx): Safe messaging for Mental Health Awareness Month that can be implemented by students and school staff.

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To obtain this information in a different format, call: 651-201-5400.