September is National Suicide Prevention Month. Suicide is the 2nd leading cause of death for youth ages ten to twenty-four and according to the Center for Disease Control, the rates continue to rise. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. In an effort to support schools and districts within Los Angeles County, The Los Angeles County Office of Education (LACOE) will be supporting your efforts by continuing to provide workshops, resources and technical support that promote best practices in suicide prevention. Many of you may have already received the letter of support for the American Foundation for Suicide from our State Superintendent of Public Instruction, Tom Torlakson. On that letter he provides a link to the After a Suicide: A Toolkit for Schools and other resources. We would also like to highlight other local resources that may assist you in your suicide prevention efforts. Please see links below:

- After a Suicide: A Toolkit for Schools:
- Contact the National Suicide Prevention Lifeline for help: 1-800-273-TALK (8255). [https://suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
- Los Angeles County Youth Suicide Prevention Project: [preventsuicide.lacoe.edu](http://preventsuicide.lacoe.edu)
- The Trevor Project: [https://www.thetrevorproject.org](https://www.thetrevorproject.org)
- Know the Signs: [https://emmresourcecenter.org/initiatives/know-signs](https://emmresourcecenter.org/initiatives/know-signs)
- Suicide Prevention Resource Center: [www.sprc.org](http://www.sprc.org)

Please contact the Division of Student Support Services, Community Health and Safe Schools Unit if you need additional resources or assistance. 562 922-6377 chss@lacoe.edu