

Youth Suicide Prevention & Support Checklist

For Young People, Families, Communities, and Providers
With focus on informed solutions

1. If a Young Person Survives a Suicide Attempt



Ensure medical and emotional care

Seek emergency care, even if physical injuries seem minor



Involve caregivers and mentors in healing

Monitor for return of suicidal thoughts, etc.



Link them with trained mental health providers

Use school counselors, health clinics, or telehealth



Monitor for return of suicidal thoughts

Early signs: withdrawal, hopelessness, giving away belongings, etc.

2. Core Prevention Actions for All Youth

A. Mental Health Support

Train frontline workers to detect distress (e.g., mhGAP).

B. Safe Spaces & Peer Groups

Youth clubs, peer counselors and art-based expression

C. School-Based Programs

Teach emotional regulation & life skills

D. Restrict Access to Harmful Means

Lock pesticides, regulate sales. Remove access to rooftops, poisons, sharp tools

I. Aftercare & Follow-up

Implement brief intervention &

D. Substance Use Prevention

Youth programs on drug/alcohol harm (e.g., Ke Moja)

F. Awareness & Anti-Stigma Campaigns

Use youth radio, TikTok, and SMS in local languages, BEAT Uganda

G. Family & Community Engagement

Educate parents. Lifelong Health (PLH Africa)

H. Peer Mentorship & Youth Leadership

I. Train teen peer counselors

J. Advocate & Follow up

J. Policy & Legal Reform