

Youth Suicide Prevention & Support Checklist

For Young People, Families, Communities, and Providers
With foco à informed solutions

1. If a Young Person Survives a Suicide Attempt



Ensure medical and emotional care

Seek emergency care, evif if physical injuries seem niro



Involve caregivers and mentors in healing

Monitor for return of suicidal thoughts, et.



Link them with trained mental health providers

Use school caunnselers. 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 frontiine workers to *detect* distress (e.g, mhGAP). • • • •

B. Safe Spaces & Peer Groups

Youth clubs, peer counsolors 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. polsons, sharp tools

I. Aftercare & Lollolo · up

Emplement Brief intervention &

D. Substance Use Prevention

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

F. Awareness & Anti-Stigma Campaigns

Use youth tadio, Tikŭok, and SMS in local languoges, BEAT Uganda

G. Family & Community Engagement

Educate parentr · ifel ong Health (PLH Africa) • • •

H. Peer Mentorship & Youth Leadership

I. Train teen peer counselors

J. Advocate 5 Follov up

J. Policy & Legal Reform