Positive youth development and strength-based prevention can go a long way in reducing suicide risk for youth.

**Professional Recommendations:**
- Become familiar with the local resources and services available for persons at risk
- Develop strategies for communicating with family or guardians during a crisis situation
- Develop transition plans for individuals returning to agency services after a suicide incident
- Know how to interface with police, EMTs and mental health professionals
- Learn national best practices in restricting access to lethal means, safe messaging and communications about suicide

Based on NAMI NH’s Connect model, www.TheConnectProject.org

**UmatterUCanGetHelp.com**
**UmatterUCanHelp.com**
For crisis intervention:
Dial 2-1-1 in VT or 1.800.273.8255

Umatter is brought to you by the VT Department of Mental Health, the VT Youth Suicide Prevention Coalition and the Center for Health & Learning. For further information on prevention trainings and activities: 802.254.6530 or info@healthandlearning.org.

This poster was developed under a grant number SM058383 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.