



**American  
Foundation  
for Suicide  
Prevention**

## **AMERICAN FOUNDATION FOR SUICIDE PREVENTION**

### **PROGRAMS AND RESOURCES FOR LGBTQ+ COMMUNITIES & ALLIES**

AFSP is dedicated to preventing suicide among lesbian, gay, bisexual, transgender and queer (LGBTQ) people. As a public health organization, AFSP believes that it is our individual and collective responsibility to support the mental health and wellbeing of LGBTQ people.

AFSP's **LGBTQ and Suicide Prevention Resources** can be found at: <https://afsp.org/lgbtq-mental-health-and-suicide-prevention>

The website's sub-categories include:

- **Preventing Suicide in the LGBTQ Community:** <https://afsp.org/preventing-suicide-in-lgbtq-communities>
- **LGBTQ and Crisis Resources:** <https://afsp.org/lgbtq-crisis-and-support-resources>
- **AFSP funded LGBTQ and suicide research studies and publications:** <https://afsp.org/afsp-funded-lgbtq-research-studies-and-publications>

**Fact Sheet** about Mental Health and Suicide Risk among LGBTQ people: <https://www.datocms-assets.com/12810/1602772688-facts-about-mental-health-and-suicide-risk-among-lgbtq-people.pdf>

#### **Research Videos in Partnership with the Trevor Project:**

- Sexual Orientation, Gender Identity, and Suicide: <https://vimeo.com/553526557>
- No Single Risk Factor: <https://vimeo.com/553526563>
- Support for LGBTQ Teens: <https://vimeo.com/553526553>
- For Parents of LGBTQ Youth: <https://vimeo.com/553526548>

### **AFSP PROGRAMS - PREVENTION**

#### **Talk Saves Lives™: An Introduction to Suicide Prevention – LGBTQ**

Talk Saves Lives™ is a 60-minute education presentation that covers the general scope of suicide, the research on prevention, and what people can do in their communities to save lives. The Talk Saves Lives™ - LGBTQ discusses the many stressors that LGBTQ people face, and how these contribute to a higher suicide attempt rate among this population. It also covers protective factors that can help lower the suicide rate and what communities can do to support LGBTQ people.

- Suicide risk and its unique considerations in LGBTQ communities
- Recognizing suicide risk factors and warning signs for LGBTQ people
- Protective factors that can help lower the suicide rate
- The latest research related to LGBTQ suicide prevention
- How to seek and offer support for yourself or others
- Crisis resources and services for the LGBTQ community
- What communities can do to support LGBTQ people

We all have a role to play in preventing suicide, and those in the LGBTQ community may face additional challenges and barriers to help because of discriminatory factors. This new program informs more people of the best ways to provide caring and support to those who need it.

The presentation can be presented in-person or virtual by AFSP.

### **Talking about Suicide & LGBT Populations**

[Talking About Suicide and LGBT Populations](#) provides the media and LGBTQ organizations with detailed recommendations for discussing LGBT suicide safely and accurately. The guide informs the public conversation about LGBTQ wellness and encourages those who are at risk for suicide to seek help. The guide is also [available in Spanish](#).

## **PRINTED AND ELECTRONIC RESOURCES**

### **Printed Prevention Resources/Pamphlets**

- [Lifesaver Guide](#) (also available in Spanish)
- [Lifesaver Guide LGBTQ](#)
- [Talk Saves Lives](#) (also available in Spanish)
- [Seize the Awkward](#) (youth focused)
- [After a Suicide Attempt](#)
- [Supporting someone after a Suicide Attempt](#)
- More printed materials for seniors, military families, after a suicide etc. can be reviewed here <https://stores.kotisdesign.com/afspexternal/resources>

AFSP's **#RealConvo Campaign** has resources for how to start and continue a conversation about mental health [www.afsp.org/realconvo](http://www.afsp.org/realconvo). The **#RealConvo Guides** can be downloaded and printed. All guides are available in Spanish:

- [How to Start and \(Continue\) a Conversation About Mental Health](#)
  - [Spanish Version](#)
- [Reaching Out for Help](#)
  - [Spanish Version](#)
- [If someone tells you they are thinking about suicide](#)
  - [Spanish Version](#)

## **AFSP PROGRAMS – POSTVENTION**

**Providing Care and Support for the LGBTQ community** following a suicide:

<https://afsp.org/story/providing-care-and-support-for-the-lgbtq-community-following-a-suicide-death>

### **Healing Conversations**

Healing Conversations gives those who have lost someone to suicide the opportunity to talk with our experienced volunteers. These AFSP volunteers, who are themselves survivors of suicide loss, offer understanding and guidance in the weeks and months following a suicide death. Available on the phone or by video chat, our volunteers are familiar with the isolation that so often accompanies a death of this kind, and are able to show suicide loss survivors a way forward into a world of support, by creating an opportunity for the newly bereaved to speak openly with, and ask questions of, someone who has been there, too, and truly gets it. When someone contacts us to request a conversation, we will ask them some questions about their loss, so that we may match them with a suitable volunteer who has experienced a similar loss. Their peer support volunteer will contact them to schedule a conversation at a convenient time of the person's choice.

APSP Maryland can provide a [printed brochure](#) to help promote the program,

**Healing Conversations Request Form** (needs to be completed by loss survivor themselves):

<https://afsp.wufoo.com/forms/healing-conversations-request-form/>

### **International Survivors of Suicide Loss Day**

International Survivors of Suicide Loss Day is an event in which survivors of suicide loss come together to find connection, understanding, and hope through their shared experience. The event is always hosted the week before Thanksgiving. This event can be hosted virtually or in-person. Each event lasts between 3 to 4 hours and the program usually consists of a Survivor Day Documentary viewing, panel discussion, breakout sessions (by loss), craft activities etc.

All past **Survivor Day Documentaries** can also be accessed here:

<https://afsp.org/international-survivors-of-suicide-loss-day-documentaries>

The day before Survivor Day, we host a virtual event called “Día de Esperanza” that can be shared on social media or as a recording after the event. The event will be hosted on Facebook @afspnational. In 2021 we hosted the first virtual Survivor Day focusing on members of the LGBTQ community and we hope to continue and grow this event.

### **Digital Memorial Quilt**

A great way to honor a loved one who died by suicide: <https://afsp.org/quilt>

## **PRINTED AND ELECTRONIC RESOURCES**

**After a Suicide Loss** brochure (available as print or electronically)

- **English:** <https://stores.kotisdesign.com/afspexternal/resources/after-a-suicide-brochure-pack-of-25/54604>
- **Spanish:** <https://stores.kotisdesign.com/afspexternal/resources/after-a-suicide-brochure-spanish-pack-of-25/59871>

**Children, Teens and Suicide Loss** booklet (available as print or electronically)

- **English:** <https://aws-fetch.s3.amazonaws.com/flipbooks/childrenteenssuicideloss/index.html?page=1>
- **Spanish:** <https://stores.kotisdesign.com/afspexternal/resources/children-teens-and-suicide-loss-booklet-spanish/123257>

**Surviving a Suicide Loss: Resources and Healing Guide** (available as print or electronically)

- **English:** <https://aws-fetch.s3.us-east-1.amazonaws.com/flipbooks/survivingASuicideLoss/index.html?page=1>
- **Spanish (not available in print yet):** <https://aws-fetch.s3.amazonaws.com/flipbooks/sobreviviendoUnaPerdidaPorSuicidio/index.html?page=1>

**How to talk to a Suicide Loss Survivor - #RealConvo Guide**

- **English Download:** <https://www.datocms-assets.com/12810/1588687487-how-to-talk-to-a-suicide-loss-survivor.pdf>
- **Spanish Download:** <https://www.datocms-assets.com/12810/1594661115-how-to-talk-to-a-suicide-loss-survivor-spanish-v2.pdf>

## **OUT OF THE DARKNESS WALKS**

The AFSP Maryland Chapter hosts **11 Out of the Darkness Community Walks** and **7 Out of the Darkness Campus Walks** ([www.afsp.org/maryland](http://www.afsp.org/maryland)). The AFSP Delaware hosts **2 Out of the Darkness Community Walks** and **1 Out of the Darkness Campus Walks** ([www.afsp.org/delaware](http://www.afsp.org/delaware)). The walks raise awareness about mental health and suicide prevention, but also provide suicide loss survivors, those struggling with their mental health, and caretakers an opportunity to connect with others and to find hope. Registration is free and there is no fundraising requirement. All walks invite their local LGBTQ organizations (i.e. Pride, PFLAG, Free Mom Hugs) to join as resource vendors. We wear honor beads to show our connection to the cause and recently added “Rainbow Beads” to honor members of the LGBTQ community and show allyship.