

## Research shows...

Research shows that suicide is ranked as the third leading cause of death for young people (ages 15-19 and 15-24).

While suicides accounted for 1.4% of all deaths in the U.S. annually, they comprised 12.2% of all deaths among 15-24-year-olds.

Source: American Association of Suicidology

## Enter Lifelines®...

Lifelines is an evidence-based and comprehensive suicide prevention and traumatic loss response program for schools.

The program is designed as a whole-school approach that is comprised of three components: Postvention, Intervention, and Prevention.

Backed by 20 years of suicide-in-youth research, the Lifelines Trilogy emphasizes the essential role a school community can have in preventing at-risk youth from ending their lives.



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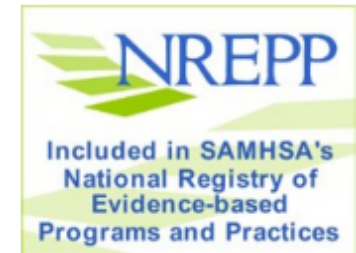
EmPoWER Somerset is a non-profit organization serving Central New Jersey. Established in 1974, EmPoWER Somerset works in the community to provide protective factors to help individuals navigate life's challenges in a proactive and healthy way.

We deliver evidence-based programs that effectively provide individuals with prevention education, resources, and life skills needed to reach their full potential. We serve a wide range of individuals and organizations. Our work is only possible through strong connections with partner organizations and the communities we serve.

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Lifelines  
A Suicide Prevention Program

co-developed by



## Overview

Lifelines® is a whole-school program that educates administrators, faculty and staff, parents/guardians, and students on the facts about suicide and their roles in suicide prevention, intervention, and postvention.



## Program Goal

The goal of Lifelines is to create a caring, competent school community in which help-seeking is encouraged and modeled and suicidal behavior is recognized as an issue that cannot be kept secret.

Lifelines aims to increase the likelihood that:

- members of the school community can more readily identify students at risk for suicide, know how to initially respond to them, and know how to rapidly obtain help for them.
- troubled students are aware of and have immediate access to helping resources and seek such help.

## Lifelines Components



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### ***Lifelines **Postvention:*****

#### ***Responding to Suicide and Other Traumatic Death***

Postvention Training, 6.5 hours

Attended by: PreK – 12 crisis teams, community stakeholders, key faculty or staff from all schools

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### ***Lifelines **Intervention:*****

#### ***Helping Students At Risk for Suicide***

Intervention Training, 6.5 hours

Attended by: PreK – 12 school counselors from all schools and key faculty or staff

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### ***Lifelines **Prevention:*****

#### ***Building Knowledge and Skills to Prevent Suicide***

Prevention Training, 6 hours

Attended by: Grades 5 – 12 school counselors and health/PE teachers

## EmPoWER Somerset and your Lifelines trainer will provide:

- A yearlong partnership to support the implementation and training of Lifelines from start to finish.
- Consultation to support the sustainability of Lifelines in your district.

EmPoWER Somerset provides Lifelines to schools free of charge. Funding for the Lifelines Trilogy (Postvention, Intervention, and Prevention) includes planning, training, curriculum materials, and program roll-out.

## The school district is responsible for:

- Completing Lifelines implementation and trainings.
- Ensuring participation of administration, faculty and staff in appropriate trainings.
- Completing pre and post Readiness Surveys.
- Providing current relevant policy and procedures.
- Conducting faculty/staff and parent/guardian trainings.
- Teaching the student curriculum.

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## For more information about Lifelines:

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