

After a Crisis: Long-term Strategies to Help Youth at Risk of Suicide

Maintaining a healthy approach to life is an ongoing journey. Caregivers can continue to support youth after the crisis and into the future. Using the adolescents' own strengths and innate abilities, we can help them learn and develop positive strategies for long-term success.

Continue the conversation...

Gather more information about the youth

- ◆ How have things changed for you since the crisis?
- ◆ What have some of your successes been?
- ◆ Who have you identified as potential sources of support?
- ◆ Are these supports easily accessible to you?
- ◆ What are some positive words you would now use to describe yourself?
- ◆ What are some positive words you think others would now use to describe you?
- ◆ What do you now see as your place in the community?

Plan for the future

- ◆ What do you see your life looking like in five years?
- ◆ Do you have a life plan?
- ◆ What are some of the things you may need to accomplish this plan?
- ◆ Have you set some goals for yourself? Can you share these?
- ◆ How would you see your life in the future if you were confidently able to say: "I can," "I matter," "I make a difference," and "I care"?

Overall strategies

Objective	Suggested Strategies
Help youth make a plan for the future	Work with youth to write out a life plan, including goals, resources needed to achieve the goals, and indicators of success. Identify opportunities in the home, school and community to help youth work towards their goals. Suggest meeting with informal support people (family and friends) to get feedback on the life plan and support for it.
Turn developed strengths into assets	Explore ways in which youth can further develop coping skills. Identify ways in which youth can maintain and expand peer support networks. Continue relationship with mentors. Continue volunteer work, possibly expanding efforts to advocacy.
Develop self-identity and autonomy	Help youth explore their purpose or meaning in life. Instill an interest and enthusiasm for life-long learning. Explore avenues for creativity. Help youth discover ways to become independent while maintaining supportive relationships with family and friends.