

What is PROJECT LIFE?

The Delaware Suicide Prevention Coalition's (DSPC's) Project LIFE

is a comprehensive, statewide suicide prevention initiative targeting youth ages 10–24. Following the National Strategy for Suicide Prevention, DSPC is designed to be a catalyst for social change, with the power to transform attitudes, policies, and services.

The goals of Project LIFE are to prevent suicidal behaviors by enhancing resiliency, reducing the impact of suicide and suicidal behaviors, and improving access to and availability of prevention services for vulnerable, high-risk individuals. Literature suggests that using a system-wide community approach in recognizing and referring youth to appropriate services markedly reduces suicide rates. DSPC has mobilized over 30 state and community-based agencies to develop multiple strategies to prevent youth suicide.

Project LIFE focuses on using evidence-based best practices in the field because prevention programs that address risk and protective factors at multiple levels are more effective.

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Want more info on PROJECT LIFE?

www.getrightsideup.org

For more information on toolkits and trainings for your organization, please contact the Mental Health Association in Delaware (302) 654-6833 • www.mhainde.org

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK
www.suicidepreventionlifeline.org

DELAWARE'S
PROJECT
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(LIVING IS FOR EVERYONE)

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Suicide Prevention Coalition



GATEKEEPER TRAINING

Gatekeeper Training is designed to teach a network of responsible adults how to respond to youth and college students showing signs of suicidal behavior. These suicide intervention programs, located in youth-dominant areas, include:

UNIVERSITY OF DELAWARE'S CAMPUS CONNECT PROGRAM

Student leaders, Resident Assistants/Advisors and staff are trained in suicide prevention for all college students.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING PROGRAM (ASIST)

This two-day workshop teaches how to provide emergency first aid to persons at risk of suicidal behavior.

QUESTION, PERSUADE, REFER PROGRAM (QPR)

This two-hour course teaches a three-step intervention plan for individuals, family members and community members who want to help someone who may be considering suicide.



CHILD DEVELOPMENT COMMUNITY POLICING PROGRAM (CDCP)

CDCP offers statewide immediate post-trauma counseling and follow-up care to youth and their caretakers to help them cope with the aftermath of violent and traumatic experiences. For referral information, call (302) 576-3183.

YOUTH SUICIDE PREVENTION NETWORK (YSPN)

YSPN is a network of students and teacher-sponsors from high schools throughout Delaware that conduct suicide prevention activities in their own schools.

SUICIDE PREVENTION TOOLKITS

Suicide prevention toolkits are available for distribution to youths, families, educators, and community members throughout Delaware. The kit includes crisis intervention information, a video, and many resources aimed at saving the lives of teens.

"GET RIGHT SIDE UP" SOCIAL MARKETING CAMPAIGN

This campaign, developed by the Mental Health Association and the Delaware Suicide Prevention Coalition, is designed to bring about awareness and change attitudes and approaches towards suicide. To learn more, visit www.getrightsideup.org.

TEEN WEBSITE

The teen website will provide information on suicide intervention for those teens in need or who seek information on how to help others. To learn more, visit www.delteenspace.org.



Did you know?

Suicide is the third-leading cause of death for ages 15–24.

Suicide is overall the 11th-leading cause of death in Delaware and outnumbers homicides.

Male teens are almost five times more likely than females to die by suicide, even though females are more likely to attempt suicide.

19% of high school students had seriously considered attempting suicide, almost 15% had made plans to attempt suicide, and almost 9% had made a suicide attempt during the year preceding the survey.