

## APPENDIX H

### Partial list of Resources Utilized by the PSN Community Task Force

1. The American Foundation for Suicide Prevention (AFSP), a 501(c)(3) organization, has been at the forefront of a wide range of suicide prevention initiatives in 2010 -- each designed to reduce loss of life from suicide. We are investing in groundbreaking research, new educational campaigns, innovative demonstration projects and critical policy work. And we are expanding our assistance to people whose lives have been affected by suicide, reaching out to offer support and offering opportunities to become involved in prevention  
<http://www.afsp.org/>
2. School based Youth Suicide Prevention Guide - provides a framework for schools to assess their existing or proposed suicide prevention efforts (through a series of checklists) and provides resources and information that school administrators can use to enhance or add to their existing program<http://theguide.fmhi.usf.edu/>
3. "National Strategy for Suicide Prevention" and "California Strategic Plan on Suicide Prevention"]

### Related websites that support the PSN Goals

- [Depression Bipolar Support Alliance](http://www.dbsalliance.org) (www.dbsalliance.org)
- [Project Corner Stone](http://www.projectcornerstone.org) (www.projectcornerstone.org)
- [Child and Adolescent Bipolar Foundation](http://www.bpkids.org) (www.bpkids.org)
- [Anxiety Disorders Association of America](http://www.adaa.org) (www.adaa.org)
- [American Academy of Child and Adolescent Psychiatry, E-Resource Center](http://www.aacap.org) (www.aacap.org)
- [NIMH, Depression in Children & Adolescents](http://www.nimh.nih.gov) (www.nimh.nih.gov)
- [American Psychological Association: The Road to Resilience](http://www.apahelpcenter.org) (www.apahelpcenter.org)
- [Mayo Clinic: Resilience](http://www.mayoclinic.com) (www.mayoclinic.com)

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[American Foundation for Suicide Prevention \(AFSP\)](http://www.afsp.org) (www.afsp.org)

[The Suicide Prevention Resource Center](http://www.sprc.org) (www.sprc.org)

### Books and Relevant Documents

- Youth Suicide Prevention Guidelines for California Schools 2005 – Department of Education, State of California
- “Out of the Darkened Room: When a Parent is Depressed: Protecting the Children and Strengthening the Family”, Beardslee, Little Brown, 2002
- “Helping your anxious child: A step by step guide”, Rapee et al, New Harbinger, 2000
- “Helping your teenager beat depression: A problem-solving approach for families”, Manassis & Levac, Woodbine House, 2004
- “Night Falls Fast – understanding suicide”, Kay Redfield Jamison, Vintage Books 2000
- “Eight Stories Up: An Adolescent Chooses Hope over Suicide”, Levine & Brent, Oxford University Press, 2008 (From the Adolescent Mental Health Initiative, of the Annenberg Public Policy Center)
- “The Anxiety & Phobia Workbook”, Bourne, New Harbinger, 2005
- “Uncommon Sense for Parents with Teenagers”, revised ed., Michael Riera, PhD, Celestial Arts, 2004
- “Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 year olds”, 2nd ed. Thomas Phelan, PhD, CMI, 1998
- “The Good Enough Child: How to Have an Imperfect Family and Be Totally Satisfied”, Brad Sachs, PhD, Quill, 2001
- “The Confident Child: Raising Children to Believe in Themselves”, Terri Apter, PhD, Bantam, 1997