

Assembly Play-by-Play

During a suicide cluster, it's important to pull together and share resources, stories and hope to navigate grief and trauma.

When planning an assembly, consider this content outline and list of talking points. You can also find recommended videos and a list of expert speakers with professional or lived experience to reach out to.

Assembly Agenda & Talking Points

- First, ensure people know this is a safe, non-judgmental space to talk about suicide, depression and suicidal ideation. There is no judgment or stigma here.
- Address and acknowledge the suicide cluster, reflecting on the tragic loss of life.
- Invite a speaker to share their lived experience on the topic, along with a professional provider to share guidance.
- Share facts about suicide including:
 - Warning signs to look for.
 - Myths and facts (from fact sheet).
 - Ways to start a conversation if you're concerned about someone.
 - It's okay to directly ask if someone is thinking about suicide.
 - Let the person know they matter and that you're here to listen.
 - Keep them safe and connect them with help by talking to an adult, a professional or calling 988.
 - Follow up by checking in often, going on walks, sending notes and letting them know you care.

Resources & Videos

- SDSuicidePrevention.org
- SDBehavioralHealth.org
- HelplineCenter.org/9-8-8/
- Stories available through the Helpline Center: HelplineCenter.org/Suicide-and-Crisis-Support/.
- Emma Benoit: "My Ascension" film, a story of suicide survival: MyAscension.us/.
- Kevin Hines: "Suicide: The Ripple Effect" film and podcast, highlight a personal journey: KevinHinesstory.com/Suicide-The-Ripple-Effect.

Recommended Speaker List

For assistance and a list of recommended speakers, contact the Helpline Center by calling 211 or emailing help@helplinecenter.org.

Learn about suicide at SDSuicidePrevention.org.
Find more reporting tips at ReportingOnSuicide.org/.

