

## Fall Call to Action for Schools:

### *Supporting Students of Color & Immigrant Students*

Now more than ever, students of color—especially undocumented students and students from mixed-status families—need to feel safe, supported, and seen in their school communities. This Call to Action urges Oregon school leaders to implement suicide prevention efforts that center culturally and linguistically responsive strategies this academic year.

Many students of color are experiencing increased fear that [may discourage school attendance and heighten mental health and suicide risk](#). School districts can actively create visible signals of safety, trust, and belonging this fall with these immediate steps:

**Deepen Partnerships, Build Trust, and Promote Attendance:** Reaffirm your school as a trusted space by proactively sharing updates about school safety policies. Ongoing, culturally infused communication and partnerships with home and community helps build trust, address fears related to immigration enforcement, and strengthen students' sense of belonging. These relationships are essential to improving attendance and sustained engagement throughout the school year.

**Include Staff Retention Supports as Part of Suicide Prevention Plans:** Educators of color often take on additional, unrecognized emotional labor in supporting students of color and immigrant communities. Address burnout, racial isolation, and culturally specific burdens by investing in mentorship, affinity spaces, and access to mental health supports for staff of color.

As required by [Adi's Act](#), school suicide prevention plans must be culturally and linguistically responsive and address the needs of youth most at risk—including LGBTQ2SIA+ students, students of color, and immigrant students. [Oregon law also protects undocumented students' information](#) and limits the use of public resources for immigration enforcement. Effective suicide prevention must go beyond compliance and become a foundation for fostering belonging in every Oregon school.

In this Call to Action, you will find updated **Checklists and Recommendations** for: **Administrators, Mental Health Staff, All School Staff, and Students and Families.**

We call on school leaders to review, share, and act on these tools throughout the fall to support comprehensive, inclusive suicide prevention plans – **because racial equity is suicide prevention.**

Together,

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## Suicide Prevention Checklist & Recommendations For Administrators

This fall review your school district [Adi's Act](#) suicide prevention, intervention, and postvention plan and protocol for your building. Connected to Adi's Act work, Oregon [student success plans](#) highlight strategies to increase student safety and belonging. If your district needs training or support with Adi's Act, contact your regional [School Safety and Prevention Specialist](#) or the [Safe and Inclusive Schools team](#) at ODE.

### ➤ **Undocumented and Immigrant Student and Family Support**

- What actions are you taking to ensure your community knows schools are a safe place for undocumented students and encouraging student school attendance? Example: [District Policy on Protecting Undocumented Student Rights](#)
- Do you know how [HB 3265](#) applies to Oregon schools and how to [report violations](#)?
- What efforts are being made to actively support immigrant and refugee students within your school district? Resource: [Immigrant and Refugee Children: A Guide for Educators and School Support Staff](#)

### ➤ **Staff wellness support**

- How can you formalize responsibilities for supporting students of color to ensure work does not fall disproportionately on educators of color? Can culturally-led partnerships help by offering training or collaborating on interventions with school teams?
- How are you building in [wellness](#) supports for you and your [staff](#) (especially staff of color and LGBTQ2SIA+ staff), both on a regular basis and in times of crisis (such as after responding to risk for suicide)? Option: [Educator Self-care Card](#) Resource: [No cost contracted educator well-being services through Oregon Wellbeing Trust](#).

### ➤ **Staff training (OHA recommended [trainings for schools by role](#) & [Oregon School Suicide Prevention Training Guidance](#))**

- What suicide prevention training do faculty and staff receive? When is that training scheduled? (See the above list for trainings that recognize and address equity.)
- What suicide prevention training do school counselors and other mental health staff receive? Do any of your staff need renewed training? Does the training equip staff to provide culturally responsive and culturally specific support to students?

### ➤ **Building-level process for referring students demonstrating risk or warning signs**

- What is your school process for connecting a student to help? Do all staff know where and how to refer a student? If not, what resources can you create or provide so staff have that information?
- In the event of risk for suicide, is there a backup plan in case trained staff are unavailable?
- How does discrimination affect who is at increased risk in your building? What is being done to intentionally increase belonging and connection?

### ➤ **Available resources on reaching out for help**

- Does your school have **visible and accessible resources for mental health support**, such as YouthLine or 988 posters, brochures, stickers, and wristbands? Consider ordering no-cost materials from [YouthLine](#) (shipping not included) or from [988](#) (free shipping).
- Consider encouraging a school-led or student-led campaign on reaching out to 988. There is specific support for [local Oregon 988 campaigns](#).

## Suicide Prevention Checklist & Recommendations For School Counselors, Mental Health Staff, & Other Licensed School Health Staff

- Do teachers and support staff at your school know how and when to refer a student to you? Do staff know when a student needs an immediate check-in for suicide risk or warning signs?
- Do you have the appropriate recommended training in suicide screening and basic safety planning? If not, consider taking [ASIST](#), [Youth SAVE](#), and [Suicide Prevention 201: Advancing Suicide Prevention & Management for Diverse Populations](#). For access to SP201 at no cost, contact Maria at [mpos@aocmhp.org](mailto:mpos@aocmhp.org).
- Do you know what forms to fill out if you receive a referral from staff about a student who may be at risk for suicide? Do you know where to submit or store the forms?
- Do you know where to refer a student demonstrating suicide risk after a screening? Do you know how to access crisis services for a student at imminent risk for suicide?
- Have you identified mental health staff to consult for complex situations that require support?
- Does your school have visible and accessible resources for mental health support, such as YouthLine or 988 posters, brochures, or stickers? Consider ordering no-cost materials from [YouthLine](#) (shipping not included) or from [988](#) (free shipping). Consider leading or supporting a school-led or student-led campaign on reaching out to 988. There is specific support for [local Oregon 988 campaigns](#).

### Resources

- [Immigration Counseling Service](#) is an Oregon based immigration law firm for lower income families.
- [Informed Immigrant](#) shares ways to help undocumented students with anxiety.
- [Immigrants Rising](#) provides wellness focused mental health resources for undocumented people.
- [Oregon Toolkit for Suicide Intervention in Schools](#) provides Oregon-specific tools for suicide screenings in schools.
- [OregonLGBTQResources.org](#) provides training and resources for increasing wellness and belonging for LGBTQ2SIA+ young people. Their website has free poster downloads, videos, and resources.
- [Affirming Students through Inclusive Staff Policies: Policies for Trans & Gender Diverse Staff Belonging](#)
- [Rural Educator's Toolkit](#) informs how to best support LGBTQ2SIA+ students at school.
- If your school lacks staff to provide suicide screening and safety planning, please call 988 or your [local crisis hotline](#) for screening and safety planning support.
- For grounding, try this 1 minute visual [breathing exercise](#). For building connection, try these check-in question [ideas](#).
- [Building Belonging](#) and [Finding Balance](#) are two Oregon-created series of tier II lessons developed to support students that experience challenges when processing emotions. Available at no cost.
- [Erika's Lighthouse](#) – Free mental health and suicide prevention curriculum. Includes family engagement and schoolwide climate and culture. In English and Spanish.
- [Work 2 Be Well](#) – Free mental health curriculum for use by educators. (Email sign-up.)

## Suicide Prevention Checklist & Recommendations For All School Staff

- Do you know how and when to refer a student to a school counselor or other school mental health staff? Do you know how to identify when a student needs an immediate check-in because of heightened suicide risk or warning signs?
- Do you have the recommended training to understand basic suicide prevention warning signs and how to refer to help? If not, consider taking [Be Sensitive, Be Brave \(BSBB\)](#) or [Question, Persuade, Refer \(QPR\)](#). For access to BSBB at no cost, contact [Learning@linesforlife.org](mailto:Learning@linesforlife.org).
- Do you have a school counselor or mental health staff that you can consult with if you have a complex situation and require support?
- Does your classroom or school space have visible and accessible resources for mental health support, such as YouthLine or 988 posters, brochures, stickers, and wristbands? Consider ordering no-cost materials from [YouthLine](#) (shipping not included) or from [988](#) (free shipping).

### Resources

- [Be Sensitive, Be Brave](#) – This culturally infused suicide prevention workshop prepares you to recognize conditions, what to do when students need support, and tools for maintaining good mental health. For access to this training at no cost, contact [Learning@linesforlife.org](mailto:Learning@linesforlife.org).
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- [Immigrants Rising](#) provides wellness focused mental health resources for undocumented people.
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- [Affirming Students through Inclusive Staff Policies: Policies for Trans & Gender Diverse Staff Belonging](#)
- [Rural Educator's Toolkit](#) informs administrators how to best support LGBTQ2SIA+ students at school.
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**Your wellness matters. Help is available to you as well.**

## For Students and Families

Have you been trained to understand basic suicide prevention warning signs and how to refer a loved one to help? If not, consider taking [Be Sensitive, Be Brave \(BSBB\)](#) (ages 14+) or [Question, Persuade, Refer \(QPR\)](#) (ages 16+). Young people as well as family members can take these community helper trainings. For access to BSBB at no cost, contact [Learning@linesforlife.org](mailto:Learning@linesforlife.org).



### **988 Suicide and Crisis Lifeline**

*For 24/7 support in English, Spanish, and ASL*

The suicide and crisis lifeline is always open for calls, texts, and chats. It is always free and always confidential. Specific support for Veterans and Spanish-speakers. [Learn more.](#)



### **YouthLine** *For older elementary, middle, or high school students*

Youthline, a teen-to-teen help, support, and crisis line is open daily from 4-10 pm PT via call, text, and chat. Adults answer phone calls at all other times for support 24/7. [Learn more.](#)

Call 877-968-8491, Text 'teen2teen' to 839863, or Chat the [youthline.org](https://youthline.org)



### **Immigrant Defense Project** 212-725-6422

*For advice & support with unfair treatment & free legal service referrals*

The Immigrant Defense Project offers a support call-back helpline that supports immigrants being targeted. [Learn more.](#)



### **SafeOregon Tip Line** 844-472-3367 (Call or Text)

*For students, families, staff, and community members*

SafeOregon was created to report and respond to student safety threats (including suicide risk). Note: This tip line is not for immediate emergency response. For crisis situations, call 911 or 988. [Learn more.](#)



### **Call BlackLine** 800-604-5841 (Call or Text)

A space for peer support, counseling, reporting of mistreatment, witnessing and affirming the lived experiences for folx who are most impacted by systematic oppression with an LGBTQ+ Black Femme Lens. Call BlackLine prioritizes BIPOC (Black, Indigenous, and People of Color). By us for us. [Learn more.](#)

Find a [comprehensive set of resources for undocumented students.](#)