



Sources of Strength is...

A best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on.

Sources of Strength is one of the first suicide prevention programs that uses Peer Leaders to enhance protective factors associated with reducing suicide at the school population level

Sources of Strength has been shown to:

1. Increase youth-adult connectedness
2. Increase in Peer Leader's school engagement
3. Peer Leaders in larger schools were four times more likely to refer a suicidal friend to an adult
4. Increase positive perceptions of adult support for suicidal youth and the acceptability of seeking help

For more information, please visit <https://sourcesofstrength.org/>