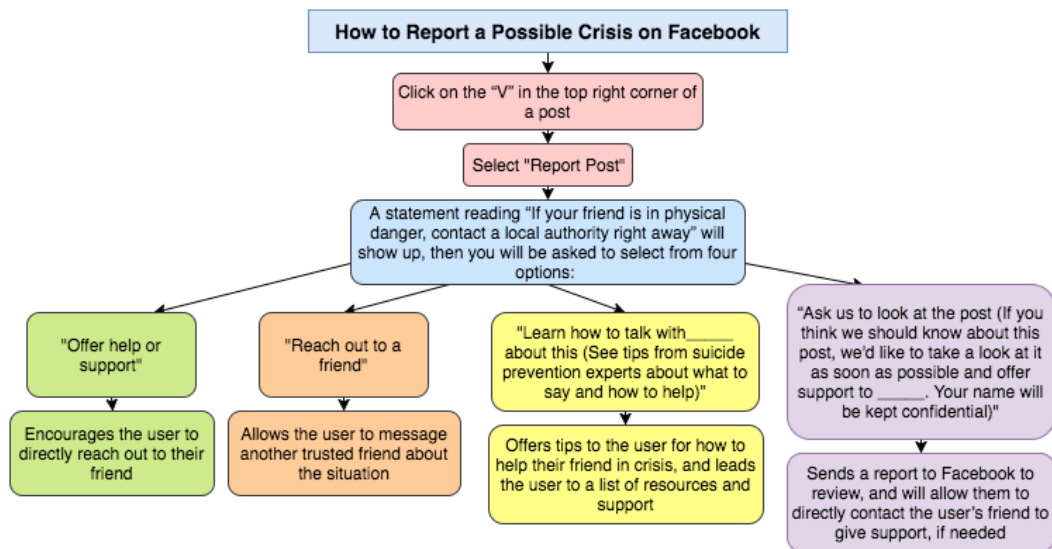


Intervention

Many social media websites and apps have begun to consider the mental health of their users, and have implemented intervention resources. Facebook has an anti-bullying/harassment protocol, in which moderators can remove content that is making a user feel uncomfortable. Reddit has a suicide watch page, in which users offer peer support to one another. Twitter offers a way to alert their team if someone is indicating self harm or suicidal intent. Facebook and Instagram both have options to intervene if a user feels as if another user is in crisis. Individuals can report others, and trained moderators will assess the situation and can step in if necessary.



Several social media companies have come together to share and rank best practices for online technologies responding to users' cries for help with www.preventtheattempt.com.

The movement by these popular technology companies toward providing some monitoring and support is encouraging. Social media is a place in which people in distress sometimes express their feelings, and peers are in a position where they can see it. Tools and resources are out there, but youth and adults must be made aware of them for them to be helpful. In order to increase usage of the resources that are available, educators can inform and train youth to maintain open communication with administrators, so that they are equipped with the knowledge needed to report any instances through trusted adults or by themselves.

Postvention

After a crisis, preventing suicide contagion is a top priority. How suicide is reported can help save lives. Sensationalizing or romanticizing suicide can contribute to more deaths. Thus, sensitive media reporting is a necessary consideration for postvention. This is critical for preventing contagion and