



SUICIDE AWARENESS AND PREVENTION

A Guide for Parents, Staff, and Youth



- Suicide is the second leading cause of death in youth ages 10-24.
- Each day in our nation, there are an average of over 3,703 suicide attempts by young people grades 9-12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher.
- Four out of five teens who attempt suicide have given clear warning signs.

KNOW THE SIGNS



What might I See?

- Posting on social media about death
- Withdrawing from friends and family
- Starting/increase of substance abuse
- Acting anxious or agitated
- Reckless behavior
- Showing rage
- Extreme mood swings
- Sleeping too much or too little
- Visiting people to say a form of goodbye
- Returning borrowed items/giving away possessions



What might I hear?

- Talk about killing oneself
- Idolizing people who have died by suicide
- Having no reason to live
- Being a burden
- Feeling trapped
- Talking about seeking revenge
- A need to escape
- Statements like: I don't deserve to live, I suck. My family would be better off without me. I won't be a problem for you much longer



What stressful life situations might be occurring?

- Abuse
- Suicide experience (know someone who has died by suicide or previous suicide behavior)
- Life changes (Divorce, housing, etc.)
- Loss (of loved one/pet, relationship, etc.)
- Rejection



What might I sense?

- Something is not okay (trust your gut instincts)
- Unbearable pain
- Relief or sudden improvement in mood
- Shame
- Overwhelmed with no hope for improvement
- Feeling unaccepted

While this is a helpful list of common signs, it is not complete and youth may show other warning signs.

WHAT TO DO



Start a conversation, express concern



Listen and validate feelings, be nonjudgmental



Don't keep it a secret, don't promise secrecy



Don't leave them alone



Get Help

PROTECTIVE FACTORS



Effective Clinical Care: mental, physical, and substance abuse disorders



Self-worth: Self-esteem, sense of purpose, meaning in life, optimism, hope for future



Self-care: Hobbies, physical activity, creative outlet, mindfulness, giving self time to recharge



Supports: Cultural, personal, and religious



Connectedness: Family and community support, one caring adult/friend



Life Skills: Problem solving, coping skills, ability to adapt to change, flexibility



Reducing Stigma: Open and direct talk about suicide

RESOURCES

If you're seeing any of these signs, don't wait, reach out! It's better to get help early than to wait until there is a crisis.



We can all prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for your loved ones, and best practices for professionals.

1-800-273-TALK or 1-800-273-8255

Crisis Text line: 741741

Central Valley Suicide Prevention Hotline is an immediate and consistent support for individuals in crisis or experiencing a suicidal crisis. The hotline is available 24 hours a day, 365 days a year, and is confidential and free.

1-800-273-8255



GET HELP 24/7:



TrevorText

Text START to 678678



TrevorChat

TrevorChat.org



TrevorLifeline

866.488.7386



The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25. The Trevor Project has a lifeline, chat, and text line 24/7, 365 days a year.

Lifeline: 1-866-488-7386

Text: Text START to 678678 / Trevor Chat: trevorchat.org

ONLINE RESOURCES

For additional resources click the image below.



Click the above image to access MUSD's *social-emotional resources*.

We are here for you and want to help!