

# "Take 2" to Prevent Suicide



## Just the Facts....



- Suicide is the second leading cause of death among young people ages 10-19.
- In a typical high school, it is estimated that three students will attempt suicide each year.
- On average, a young person dies by suicide every two hours in the U.S.
- For every young person who dies by suicide, many more youth make suicide attempts or are thinking about suicide (Suicide Ideation).

## Most Importantly:

- Suicide is preventable! Students, teachers and schools are *key to prevention*.

# "Take 2" Minutes

- To help yourself
- To help a friend
- To be a friend
- To listen
- To act
  
- To *Save a Life*



“Take 2”

# Know the Signs



Right click and open YouTube video in new browser.

## **10 Common Warnings Signs of Mental Health Conditions** 1 in 5 Youth and Young Adults

Presented by **NAMI**



# “Take 2” Minutes



- To see the signs
- To talk to your teacher
- To visit your counselor
- To tell an adult
- To say it out loud
  
- *To Save a Life*

# "Trapped"

by Laura Celis, Rosie Galvez, Annette Baeza, Brianna Espino (KHS advisor Fabian Montagut)



Right click and open Google video in new window.

**Title:** Trapped

**Filmmakers:** Laura Celis, Rosie Galvez,  
Annette Baeza, Brianna Espino

**School/Org:** William J. Pete Knight High School

**County:** Los Angeles



**Advisor:** Fabian Montagut

**Category:** Suicide Prevention

"Take 2"

# 8 Reasons Why

decision

Suicide is NOT the right



- Suicide is NOT noble, brave or courageous
- Suicide does NOT punish the people you may be angry with
- Suicide lets people who don't care about you win
- Suicide hurts the people you don't want to hurt
- Suicide attempts can leave you paralyzed, brain-dead or worse
- There are people who can help you get through tough times
- Horrible and hopeless situations can and do get better
- The world is better with you in it!!!

"Take 2"

## Keepin it Real

reality

Others expectations of you are their

Society shouldn't dictate what you look like - what's important is the way **YOU** feel about yourself

- We come in all shapes and sizes
- Our looks are only a small part of who we are
- Focus on being the best person you can be
- Take pride in your health and well being
- Choose role models who seem to have a healthy balance



"Take 2"

# Keepin it Real

In diversity there is beauty and strength



- Some people are straight and some are gay
- Some people live with their mom and dad, some live with their relatives, some live with legal guardians or foster parents
- Some people have their own home to go to, some people live with their relatives or in other people's homes, some people live in an RV or in a hotel or shelter
- Everyone has different levels of physical and intellectual ability

We are all the same and we are all different but we all deserve to be loved and respected!

# “Take 2” Minutes

- To be a good friend
- To take threats of suicide seriously
- To have the courage to ask if your friend is thinking of ending their life
- To never promise to keep a threat of suicide secret
- To avoid being judgmental and overly critical
- To think about what you post on Instagram or other social media
- To get your friend the help they need

*To Save a Life*





# Resources



- Preventing Suicide: A toolkit for High Schools – U.S. Department of Health and Human Services <http://store.samhas.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>
- Trevor Resource Kit - The Trevor Project: [www.thetrevorproject.org/resourcekit](http://www.thetrevorproject.org/resourcekit)
- National Suicide Prevention Lifeline: 1-800-273-8255  
<http://www.suicidepreventionlifeline.org>
- American Foundation for Suicide Prevention: <https://afsp.org/>
- National Association of School Psychologists: [www.nasponline.org](http://www.nasponline.org)
- American School Counselors Association: [www.schoolcounselor.org](http://www.schoolcounselor.org)