

Suicide Prevention Week

September 9 - 13, 2019

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the page.

Talking Points

- Suicide is a permanent solution to a temporary problem...the ONLY irreversible choice.
- It is the result of a person who is unable to see any other solutions to the problems that are consuming him/her.
- Suicide is PREVENTABLE.
- Suicidal people do not really want to die; they want their problems to end.
- Most individuals considering suicide give warning signs...LISTEN and TAKE ACTION!

Myths and Facts

Myth: People who talk about suicide won't really do it.

Fact: Almost everyone who attempts suicide has given some clue or warning. Don't ignore even indirect references to death or suicide. Statements like "You'll be sorry when I'm gone," "I can't see any way out,"— no matter how casually or jokingly said — may indicate serious suicidal feelings.

Myth: Anyone who tries to kill him/herself must be crazy.

Fact: Most suicidal people are not psychotic or insane. They are upset, grief-stricken, depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

Myths and Facts

Myth: If a person is determined to kill him/herself, nothing is going to stop them.

Fact: Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

Myths and Facts

Myth: People who die by suicide are people who were unwilling to seek help.

Fact: Studies of suicide victims have shown that more than half had sought medical help in the six months prior to their deaths.

Myth: Talking about suicide may give someone the idea.

Fact: You don't give a suicidal person morbid ideas by talking about suicide. The opposite is true—bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

Warning Signs

Look out for possible warnings signs of increased suicide risk:

- Changed or new behavior related to a painful event, loss or major change
- Talking about harming or killing oneself
- Expressing feelings of hopelessness, feeling trapped
- Increased alcohol or drug use
- Withdrawing from activities, isolating from family and friends
- Feelings of depression, anxiety, loss of interest, humiliation or rage.

It isn't always easy to reach out to someone who may be struggling with mental health, but just having a conversation can make a difference.

GET HELP if you see any of these!

Conversation Starters



CONVERSATION STARTERS ABOUT

MENTAL HEALTH

MENTALHEALTHFIRSTAID.ORG



"ARE YOU OKAY?"

Ask the question and mean it. Show you are listening by sitting alongside the person, maintaining an open body position and maintaining comfortable eye contact.



"ARE YOU THINKING ABOUT SUICIDE?"

If you are concerned that someone is considering suicide, ask the question directly. Asking a person if they have been thinking about suicide or have made plans will not increase the risk that they will complete suicide.



"I'VE NOTICED THAT..."

Open the conversation by explaining behavior changes you have noticed. For example, "I've noticed you have been showing up to work late a lot lately." Then, express genuine concern.



"DO YOU WANT TO TAKE A WALK?"

Engaging a friend, family member or loved one you are concerned about in a healthy activity like taking a walk together can be a great way to start a conversation. Doing an activity while you talk can take some of the nerves and discomfort out of the conversation.



"HOW ARE YOU, REALLY?"

Sometimes when someone says they're fine, they're not. Know the warning signs to look for so you can know when to offer extra support.

BE THE **1** TO MAKE A **DIFFERENCE**

Connectedness as a Solution

Many times suicidal thought patterns and ideation occur in isolation. Teens who are not well connected are often targets of bullying, depression, and anxiety. All of these can be related to thoughts and expressions of suicidal behavior.

Creating positive connections can increase feelings of well-being and mental health. In youth, we look at connectedness:

- Between individuals
- Between individuals to their families and families to community organizations

Low levels of social isolation and loneliness are found to be protection against suicidal ideation.

Focus should be on creating positive social connections, eliminating painful social interactions, and involving community organizations to employ aid when needed.

Be KIND and
GET HELP!

School-wide Activities:



Use a post-it note to describe a way or why one of your schoolmates matters to you. Students will like to see the many ways in which YOU ALL MATTER!

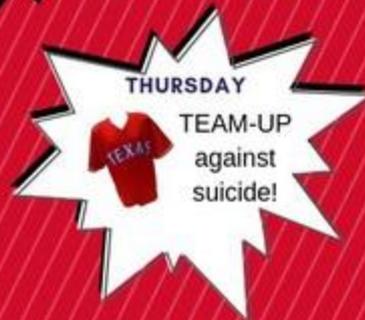


PAUSE and let it PASS:

Take a few minutes to brainstorm some of the ways in which you pause to think through decisions. Identify 5 things you can access to help move you through negative emotions and reactions to triggers.



SUICIDE PREVENTION WEEK: SEPT. 9 – 13



WEAR JEANS WITH THEME DAY SHIRTS.

All students will adhere to Garland ISD dress code guidelines. Students not participating in theme day dress will follow standardized dress code.

Theme Days for Suicide Prevention Week

Resources

Videos for Parents:

https://www.youtube.com/watch?v=tXQB7Mu5_BM

<https://www.youtube.com/watch?v=3BByqa7bhto>

Online Resources:

<https://www.mentalhealthfirstaid.org/2018/06/5-tips-conversation-mental-health/>

<https://www.bethe1to.com/bethe1to-steps-evidence/>

<https://afsp.org/if-someone-tells-you-theyre-thinking-about-suicide-a-realconvo-guide-from-afsp/>

https://www.cdc.gov/violenceprevention/pdf/suicide_strategic_direction_full_version-a.pdf

Need Help? Suicide Lifeline 1-800-273-8255 Text HELLO to 741741 Information: AskCounseling@garlandisd.net