

Mental Health Resources

Prepared by the College & School Counseling Department

Warning Signs of Suicidal Ideation or Thoughts

Four out of five teens who attempt suicide give clear warning signs.

Warning Signs of suicidal ideation include, but are not limited, to the following:

- Talking about suicide, death, “going away”
- Making statements about feeling hopeless, helpless, or worthless
- Taking unnecessary risks or exhibiting self-destructive behavior (driving recklessly, taking drugs, drinking alcohol, for example)
- Out of character behavior
- A loss of interest in the things one cares about
- Pulling away from friends and family
- Having trouble concentrating, thinking clearly
- Experiencing changes in sleep or eating patterns

Support Resources in School

- College & School Counselors

Mrs. Carroll, Mrs. Christ, & Ms. Smith

- School Nurse
Ms. Shea
- Advisor
- Any trusted adult at SJP (teachers, coaches, etc)

Phone or Text Support

- **National Suicide Prevention Lifeline**
 - 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved one.
 - Call 1-800-273-TALK (8255)
 - <https://suicidepreventionlifeline.org/>
- **Crisis Text Line**
 - Free, 24/7 crisis support in the U.S.
 - Text “HOME” to 741741
 - <https://www.crisistextline.org/>
- **The Trevor Project**
 - Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth. Call 1-866-488-7386
 - TrevorChat is for online crisis chat 6 hours a day at www.thetrevorproject.org/chat
 - Trevor Text is for texting on Fridays late afternoon to early evening. Text “Trevor” to 202-304-1200
 - <https://www.thetrevorproject.org>
- **Your Life Your Voice**
 - For pre-teens, teens, and young adults who are in crisis or feeling overwhelmed
 - Free and 24/7, you can call, text, chat, or e-mail.
 - Call 1-800-448-3000 or Text “VOICE” to 20121
 - <http://www.yourlifeyourvoice.org>

#askingforafriend

What to do if you are worried about a friend

ASK

- If you have a friend who is talking about suicide or showing other warning signs, it is okay to ask them if they are considering suicide. Asking does not put the idea of suicide in someone's head.
- Starting the conversation with someone you think may be considering suicide helps in many ways.
 - First, it allows you to get help for the person.
 - Second, just talking about it may help the person to feel less alone, less isolated, and more cared about and understood — the opposite of the feelings that may have led to suicidal thinking, to begin with.
 - Third, talking may provide a chance to consider that there may be another solution.

LISTEN

- Listen to your friend without judging and offer reassurance that you're there and you care.
- If you think your friend is in immediate danger, stay close — make sure he or she isn't left alone and find an adult.

TELL

- Even if you're sworn to secrecy and you feel like you'll be betraying your friend if you tell, you should **ALWAYS** still get help.
- You do not need to have the answer, and you do not need to be the one to save your friend. Know that you are not alone and there are many people ready to help you navigate this.
- Share your concerns with an adult you trust as soon as possible, Mrs. Carroll, Mrs. Burns, Ms. Shea, your Advisor, any teacher, and/or trusted adult.
- You can also call the toll-free number for a suicide crisis line 1-800-273-TALK (8255) or a local emergency number (911).
- Letting a trusted adult know shows that you care. It is always better to be safe than sorry.