

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK or the Crisis Text Line (text “HOME” to 741741).

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

## Risk Factors



- Hopelessness
- Non-suicidal self injury (e.g., cutting)
- Mental illness, especially severe depression, but also post traumatic stress, ADHD, and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

## Warning Signs



- Suicidal threats in the form of direct (e.g., “I want to die”) and indirect (e.g. “I wish I could go to sleep and not wake up”) statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

## What to Do



- Remain calm, nonjudgmental and listen.
- Ask directly about suicide (e.g., “Are you thinking about suicide”).
- Focus on your concern for their well-being
- Avoid being accusatory (e.g., don’t say, “You aren’t going to do anything stupid are you?”).
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- **Get help!** Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional.

## Reminders for Parents



After a school notifies a parent of their child's risk for suicide and provides referral information, parents must:

- **Continue to take threats seriously.** Follow through is important even after the child calms down or informs the parent “they didn't mean it.”
- **Access school supports.** If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- **Maintain communication with school.** After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.