

# **Suicide Awareness and Prevention**



**Corona del Mar High School  
2019**

# **Purpose of Presentation**

- 1) Bring awareness to the subject of depression and suicide**
- 2) Provide resources on how to approach the subject if it comes up**
- 3) Help you understand that depression is a treatable illness and that suicide is not a normal response to stress and depression.**

**4) Inform you of the risk associated with alcohol and substance use**

**5) Teach you the steps you can take if you are concerned about yourself/others.**

**6) Advise you to speak with parents, teachers, school counselors, coaches or any trusted adult.**

# Signs of Suicide Video



# **New Health Report for California 2019**

**Teen suicides among California youth between the ages of 15 -19 has increased 34% over the past 3 years.**

**One in five California students surveyed have thought about killing themselves.**

# **Factors contributing to these statistics:**

**Social Isolation**

**Social Media Replacing Friend And Family Connection**

**Bullying And Cyberbullying**

# **Statistics of Suicide**

**Suicide is the 3rd leading cause of death among young people.**

**For every teen suicide there are at least 100 suicide attempts.**

**Over 14% of high school students have considered suicide.**

**Almost 7% have attempted suicide.**

# **Bullying and Suicide**

**Bully victims are between 2 - 9 times more likely to consider suicide than non victims.**

**160,000 kids stay home from school every day because of fear of bullying.**



# **Risk Factors**

**Depression**

**Substance abuse disorder**

**Certain medical conditions**

**Chronic pain**

**A prior suicide attempt**

**Being exposed to others' suicidal behavior, such as that of family members, peers, or celebrities**

# **Other Factors**

**Family history of a mental disorder or substance abuse**

**Family history of suicide**

**Family violence, including physical or sexual abuse**

**Having guns or other firearms in the home**

# **True or False**

**Know the Facts**

# TRUE or FALSE

“People who talk about suicide really want to die”

*“People who talk about suicide really want to die”*

**FALSE**

People do not usually want to die, but they see no other options. It may seem like the only option they have left to make things better. Suicide is contemplated with a great deal of mixed emotions and contemplation.

# TRUE or FALSE

“Talking to a troubled person about suicide will put ideas into  
that person’s head”

*“Talking to a troubled person about suicide will put ideas into that person’s head”*

**FALSE**

It's highly unlikely that you will plant an idea into somebody's head if you bring up the topic of suicide. However, if they have been thinking about it and you ask, it is likely to provide a great deal of relief to the person. Trying to avoid the topic will likely be embarrassing to the person and they will begin to feel guilty that they are having thoughts.

# **TRUE or FALSE**

People who think about completing suicide usually give one or more warnings of their intention



*“People who think about completing suicide usually give one or more warnings of their intention”*

**TRUE**

80% of people who complete suicide told at least one other person that they were thinking about it.

# **TRUE or FALSE**

Once a person has survived a suicide attempt,  
he or she will never try again

*“Once a person has survived a suicide attempt, he or she will never try again”*

**FALSE**

With each attempt a person's chance of completing suicide increases

# **TRUE or FALSE**

When a suicidal person's depression improves and spirits lift,  
he or she is out of danger

*“When a suicidal person’s depression improves and spirits lift, he or she is out of danger”*

**FALSE**

Oftentimes, a person’s depression decreases and spirits lift once the person has made up their mind to complete suicide and they have their plan in place, almost as if a large burden has been lifted off of them.

# **WARNING SIGNS**

**Feeling like a burden**

**Being isolated**

**Increased anxiety, mood swings, anger or rage**

**Feeling trapped or in unbearable pain**

**Increased substance use**

**Looking for a way to access lethal means**

# **Warning signs continued**

**Expressing hopelessness**

**Sleeping too little or too much**

**Talking or posting about wanting to die**

**Making plans for suicide**

# Warning Signs for Immediate Action

Threatening or talking about wanting to hurt or kill oneself.

Looking for ways to kill oneself by seeking access to firearms, pills or other means

Talking or writing about death, dying or suicide

*(Connect, 2018)*



# **If you hear or read a message that says:**

**“I’m going to end it all.”**

**“I wish I were dead.”**

**“I’ve decided to kill myself.”**

**“Everyone would be better off without me.”**

**“Pretty soon you won’t have to worry about me.”**

**“Who cares if I am dead anyway?”**

# **What you need to do**

**Inform an adult (parent, teacher, school staff, family member, coach, etc) IMMEDIATELY!**

**Call 911 or get them to the emergency room**

**Do not leave the person unattended, even briefly!**



# School Resources

- School Counselors (**High School**)
  - A-Dav - Mrs. Rybaczyk
  - Daw-Hol - Mrs. Gerjets
  - Hom-Moa - Mrs. Madden
  - Mob-Sev - Ms. Reid
  - Sew-Z - Mrs. Nyeholt
- School Counselors (**Middle School**)
  - A-Q - Mrs. Rahmatulla
  - R-Z - Ms. Garcia
  - School Psychologists
  - Mrs. Stelman
  - Mrs. Maraffi
- Teachers
- Coaches
- School Staff
- Administration (Principal, assistant principals)
- School Nurse
- G.W. Mix
- ONE

# School Resources contd.

## Community Mental Health Centers

- Mental Health Association Orange
  - (949) 646-9227
- Mind Health Institute, Newport Beach
  - (949) 891-0307
- Anxiety and Depression Center
  - (949) 222-2848
- NAMI OC -Children and Youth Services
  - (714) 544- 8488
- TeenRehab
  - (866) 651-8913
- With Hope
  - (714) 524-1996

# Suicide Hotlines

## National Suicide Prevention Lifeline

- 1-800-273- TALK (8255)
  - 24/7 hotline

## Suicide Prevention Center Hotline

- 877-7CRISIS (727-4747)

## CRISIS TEXT HOTLINE

- Text 741741

\*Keep your wallet card with you to keep these numbers handy.

# **Mental Illness.....**

**.....is nothing to be ashamed of,**

**but stigma and bias shame us all.**