


SUICIDE PREVENTION
PRESENTATION
2020-2021



AB2246

PUPIL SUICIDE PREVENTION POLICIES

California is the first state in the nation with a suicide prevention education policy!

Mandates school districts across California to adopt a policy on suicide education that addresses:

- Prevention, intervention, postvention
- At-risk groups
- Training to teachers/staff/administrators

Children and teens spend a significant amount of their young lives in school, therefore the personnel who interact with them on a daily basis are in a prime position to recognize the warning signs of suicide and make the appropriate referrals for help.

MISCONCEPTIONS ABOUT SUICIDE

- 1. People who talk about suicide are just trying to get attention and do not try to die by suicide.**
 - People who die by suicide usually talk about it first, and those who talk about it oftentimes kill themselves. Always take it seriously.
- 2. People who are suicidal want to die.**
 - Most people who are suicidal do not want to die; they just want to stop the pain.
- 3. Once people decide to die by suicide, there is nothing you can do to stop them.**
 - With the proper identification, support, and treatment, we can save lives.
- 4. You should never ask people who are suicidal if they are thinking about suicide because talking about it will give them the idea.**
 - This is false.
- 5. People who are suicidal do not seek help.**
 - This is false.
- 6. People who self-harm (e.g. cutting) want to die by suicide.**
 - This is a maladaptive coping skill.
- 7. Elementary school aged children do not seriously consider dying by suicide.**
 - Our elementary school Social Workers & Mental Health Specialists conducted a number of suicide assessments last year in our district.

THE TRUTH ABOUT SUICIDE IN OUR DISTRICT

- During the last 12 months, **26-43%** of our middle and high school students in **FCUSD** have felt *so sad or hopeless*, almost every day for two weeks or more, that they stopped doing some of their daily activities.
- **17-29%** of our middle and high school students in **FCUSD** have seriously considered dying by suicide.*
- Suicide is the 2nd leading cause of death for individuals ages 10-34 (Center for Disease Control and Prevention).

COVID-19/PANDEMIC

- During the pandemic people are experiencing; physical distancing, economic stress, barriers to mental health treatment, pervasive national anxiety, and a spike in gun sales (CDC).
- A federal emergency hotline for people in emotional distress registered a more than 1,000 percent increase in April compared with the same time last year (Washington Post).
- Symptoms of anxiety disorder and depressive disorder increased considerably in the United States during April–June of 2020, compared with the same period in 2019 (CDC).

WARNING SIGNS



WHAT DO I SAY?

- “I am very concerned about you.”
- “Your life matters.”
- “Your safety is my number one priority.”
- “I am going to bring you to someone who can help support you and keep you safe.”
- “I care about you and want you to be safe.”
- “It worries me to hear you talking like this. Let’s talk to someone about it.”
- “I’ve noticed that you haven’t been acting like yourself lately. Is something going on?”
- “I’ve noticed you’ve been (sad, withdrawn, agitated) lately. Is everything ok?”
- “Are you thinking about suicide”?

Students want you to notice them and tell them that you are concerned

WHAT'S MY ROLE?

It is **not** your responsibility to counsel at-risk students, but merely to identify and refer these students to an Administrator, School Counselor, Social Worker, Psychologist, or Mental Health Specialist.

If a student discloses any information to you

DO NOT...

- Be dismissive (You'll get over it, toughen up, you're fine, it's just a phase)
- Leave the at-risk student alone
- Promise the student confidentiality in exchange for their promise to stay safe

Teachers and other staff are the eyes and ears of the school

RESOURCES

**SUICIDE PREVENTION
RESOURCES**

- +** **Visit**
Your Primary Care Provider
Psychiatric Hospital
Walk-in Clinic
Emergency Department
Urgent Care Center
- 🗨️** **Find a mental health provider**
findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help
- 📞** **Suicide Prevention Lifeline**
1-800-273-TALK (8255)
Veterans: Press 1
- 📱** **Text TALK to 741741**
Text with a trained crisis counselor
from the Crisis Text Line for free, 24/7
- 💬** **CrisisChat.org**
- 📞** **Call 911 for emergencies**

Be a lifesaver.
Learn how you can stop suicide at afsp.org.

Text "TALK" to 741741

THE **TREVOR** *lifeline*
866.488.7386

**YOU ARE
NEVER
ALONE**

TheTrevorProject.org



PREVENTION RESOURCES

Employee Assistance Program:

Call (800) 227-1060 or visit members.mhn.com

(company code is: sia)

The Source Sacramento:

Support for all children and caregivers (24/7)

<https://thesourcesacramento.com/>

Crisis Text Line:

Text **HOME** to **741741** and a trained crisis counselor will respond (24/7)