

SUICIDE PREVENTION INFORMATION

Hope Can Happen

Suicide is preventable. By starting the conversation, providing support, and directing help to those who need it, we can prevent suicides and save lives.

We Can All Take Action

Evidence shows that providing support services, talking about suicide, reducing access to means of self-harm, and following up with loved ones are just some of the actions we can all take to help others.

Know the Risk Factors

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of. These include:

- Alcohol and other substance use
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

Know the Warning Signs

Recognizing warning signs may help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

These include:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

Find the Words

Check in with the people around you, especially if you notice that something may be wrong, or their behavior has changed. Avoid rushing to judgement and instead find a time to have a real conversation with them. Lead with open ended questions. Let them know you are available to listen and to help. Ask them directly if they are thinking about suicide. This can be difficult to do, but being direct provides an opportunity for them to open up and talk about their distress and will not suggest the idea to them if they aren't already thinking about it. The "Find the Words" section of the Know the Signs website www.suicideispreventable.org suggests ways to start the conversation.

Reach Out

You are not alone in this. Before having the conversation, become familiar with some resources to offer to the person you are concerned about. If you or someone you know is thinking about suicide, help is available 24/7 by calling any of the following:

- Crisis Text Line Text BAY to 741741
- Marin Suicide Prevention and Crisis Hotline 1-415- 499-1100
- California Youth Crisis Line 1-800-843-5200
- National Suicide Prevention Hotline 1-800-273-8255 or text ANSWER to 839863
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If you or someone you know exhibits any of these behaviors, seek help by calling 415-499-1100 or 1-800-843-5200.

Resources For Youth

[You Matter](#)

[Active Minds](#)

[The Trevor Project](#)

[Love Is Respect](#)

[StopBullying.gov](#)

[Ditch the Label](#)

The above was taken and adapted from:

<https://suicidepreventionlifeline.org/help-yourself/youth/>

The links below provides for more information about how you can best help support someone in need:

<https://www.suicideispreventable.org> Spanish: www.elsuicidiodoesprevenible.org

[American Foundation for Suicide Prevention](#)

If you are worried about your student, please contact you [School Counseling and Wellness Programs](#) to refer your student for extra support. We have a wide range of services and supports available for all students.