

SIGNS OF CONCERN

Suicide Awareness

Corsicana ISD



AWARENESS.....



The first step to
prevention



Let's Talk Statistics.....



*It is estimated
that.....*

Each year we will lose 5,000
young people to suicide.



That means.....

We lose approximately
100+ young people
EACH WEEK in our
nation to suicide.



That means.....

In a typical week, there are
more than 19,000 suicide
attempts nationally-

Almost two attempts *each*
minute!



That means.....

Every HOUR and 40 MINUTES, a
person under the age of 25
completes suicide.....



That means.....

Approximately 14 young people
between the ages of 15-24 die
every day by suicide.



Fact

Suicide rates have
tripled for our youth
in the past forty
years.



Fact

In Ages 10-14...
We have seen an
alarming 128 % increase
in Suicides since 1980.



Fact

Suicide is the **THIRD**
leading cause of
death for youth ages 15-24.



Fact

Suicide is now the **SECOND** leading cause of death for college-age youth.



Fact

For every completed suicide, there are between 8 and 20 attempted suicides.

Adolescent girls *attempt* suicide three times as often as boys.

Adolescent boys *complete* suicide four times as often as girls.



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Dallas, Texas

Myths versus Facts about Suicide



1. People who talk about suicide don't commit suicide.



Myth



Approximately 80% of those who attempt or commit suicide give many clues and warnings of their intentions.



Fact



2. Suicidal people are fully intent on dying.



Myth



Most suicidal people are undecided about living or dying, and they “gamble with death”, hoping that others will save them. They do not want death; they want the pain to stop.



Fact



Myths versus Facts about Suicide



3. Once a person is suicidal, he is suicidal forever.



Myth



Individuals are suicidal only for a limited period of time.



Fact



4. Suicide is inherited or "runs in the family".



Myth



Suicide does not run in families however, individuals who have experienced a suicide within the family or of a close friend might be at greater risk.



Fact



TEENS AND DEPRESSION



SYMPTOMS of TEEN DEPRESSION

Depressed or irritable mood

Decreased interest or pleasure in activities

Substance abuse

Change in appetite or weight

Sleeping more or less than usual

Feeling restless or slowed down



SYMPTOMS of TEEN DEPRESSION (cont.)

Feelings of guilt Feelings guilt or worthlessness

*especially following an incident at home or school

Decreased concentration

Sense of hopelessness

Recurrent thoughts of suicide

Fatigue or loss of energy

NOTE: Not all children or teens show signs of fatigue or lack of energy when depressed. In some situations, a suicidal teen may actually have an increase in energy or increase in happiness or feelings of well being.



DECREASED SCHOOL
PERFORMANCE IS A COMMON
"RED FLAG" FOR
DEPRESSION.

Dr. Karen Swartz
Department of Psychiatry
Johns Hopkins University
School of Medicine



**TEENAGE GIRLS REPORTED
MORE SYMPTOMS OF
DEPRESSED MOODS THAN
TEENAGE BOYS.**

National Institute of
Mental Health



What are the risks of failing to treat teen depression?

The most serious risk is the potential for suicide.



WARNING SIGNS

A suicide warning sign is a detectable observation that is associated with, hence suggests, heightened risk for suicide in the near-time (i.e., within hours or days).



Warning Signals

Talking directly or indirectly about dying or suicide

Depression, sadness

Change in eating or sleeping habits

Lack of energy

Boredom & loss of interest in activities

Mood shifts



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Warning Signals

(cont.)

Recent lack of concern about physical health or hygiene

Preoccupation with death through poetry or artwork

An increase in alcohol or drug use

Isolation

Taking unusual risks

Withdrawal from social contact



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Warning Signals

(cont.)

Acquiring the means of suicide guns, drugs, etc.

A previous suicide attempt

Family history

Discouragement about the future

Self criticism

Giving away prized possessions



Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as 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 feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope

Listed are some of the warning signs; this list is not exhaustive. The biggest thing to watch for is a change in behavior.



AVERTING TEEN SUICIDE



The DO's....

DO get involved

DO be willing to listen

DO allow them to express their feelings

DO discuss suicide openly and frankly

DO be a non-judgmental listener



The DO's.....(cont.)

DO show interest and support

DO get help from agencies and professionals

DO notify a parent or guardian if the student has acknowledged having access to drugs and lethal weapons



The DO's.....(cont.)

Take them seriously:

Some people feel that kids who say they are going to hurt or kill themselves are “just doing it for attention.” But if someone confides thoughts of suicide, **believe them and get help immediately.**

Listen with empathy and provide support:

A fight or breakup might not seem like a big deal, but for that person it can feel immense. Sympathize and listen. Minimizing what the child is going through can increase his or her sense of hopelessness.

Don't keep suicide a secret:

If someone is considering suicide, don't promise to keep it a secret. Tell him or her you can help, but you need to involve other people. Neither of you have to face this alone.



Listen UP!

You will not cause someone to attempt suicide just by talking about it.



You can help someone who is thinking about suicide by asking them about it and getting help!

By asking, you can use the opportunity to reiterate that you care about that person.



Who can students talk to at school?

Counselors



Teachers

School
Nurse

Principals



The DON'T's....

DON'T refuse to talk about it

DON'T offer platitudes or glib answers

DON'T "dare" a suicidal person to commit suicide (this may come from their peers on social media and/or text messaging)








When there is reason to believe that a child has been abused and/or neglected and the child's health and safety is at immediate risk if he or she remains in the home, the Child Protective Services (CPS) Division of the Texas Department of Protective and Regularly Services (DPRS) can take custody of the child.



SUICIDE RESOURCES



Resources

	<p>Suicide Prevention Life Line</p>	<p>Life Line: 1(800) 273 TALK (8255) http://www.suicidepreventionlifeline.org</p>
	<p>Texas Suicide Prevention</p>	<p>http://www.texassuicideprevention.org/</p>
 <p>Suicide Prevention Resource Center</p>	<p>Suicide Prevention Resource Center</p>	<p>http://www.sprc.org</p>
 <p>AMERICAN ASSOCIATION OF SUICIDOLOGY <small>Suicide Prevention is Everyone's Business AAS is a charitable, nonprofit membership organization</small></p>	<p>American Association of Suicidology</p>	<p>http://www.suicidology.org</p>
 <p>AMERICAN FOUNDATION FOR Suicide Prevention</p>	<p>American Foundation for Suicide Prevention</p>	<p>http://www.afsp.org</p>





The **“A Friend Asks”** App is free and contains the following information:

- * warning signs of suicidal ideation
- * how to help a friend
- * how to get help now
- * what to do and what not to do



Crisis Text Line

Text a trained crisis counselor, 24/7.

Always **CONFIDENTIAL**.

Always **FREE**.



Need Help Now?
TEXT "START" TO 741-741

Crisis Text Line has processed over 10 million texts to date!

www.AllianceforSafeKids.org



Texting to this line is free and is available for texts 24/7, and their goal is to reach each text within 5 minutes. You can also reach them through Facebook Messenger and Kik. Any person in a crisis can text this line – not just for suicide. (Medical emergencies should always call 911).



When you call the lifeline, you'll hear an automated message featuring additional options while your call is routed to your local Lifeline network crisis center; you may hear a little music while you are being connected. Then, a trained crisis worker at your local center will answer the phone. This person will listen to you, understand how your problem is affecting you, provide support and get the help you need.

NATIONAL

SUICIDE

PREVENTION

LIFELINETM

1-800-273-TALK (8255)

suicidepreventionlifeline.org



Additional Helpline Contacts

National Suicide Help Line:

1-800-784-2433

Teen Help Line:

972-233-TEEN (8336)



References :

The National Institute for Trauma & Loss In Children:
www.starr.org/training/tlc.

American Academy of Suicidology: www.suicidology.org.

Suicide and Crisis Center, Dallas Texas: www.sccenter.org.

The Jason Foundation: www.jasonfoundation.com.

