

# SUICIDE PREVENTION

**Moore Public Schools**





**01.**    **OVERALL MENTAL WELLNESS**

**02.**    **STRATEGIES TO AID COPING**

**03.**    **SUICIDE PREVENTION**

**04.**    **SELF CARE**



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# PRE-TEST

Please indicate your current level of understanding and comfort with:

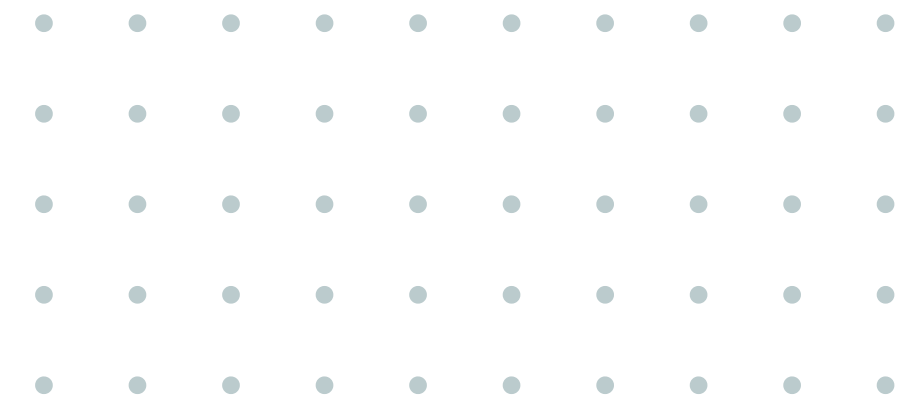
- Noticing when your friends are struggling with their mental health
- You or others receiving mental health support and services when needed
- Talking to your friends about their mental health
- Talking to your friends about suicide
- Telling an adult if you are concerned about a friend
- Practicing strategies to manage your stress and emotions
- Reaching out to an adult if you need help

Scaling:

1 = Not at all 2 = Slightly 3 = Moderately 4 = Very 5 = Extremely

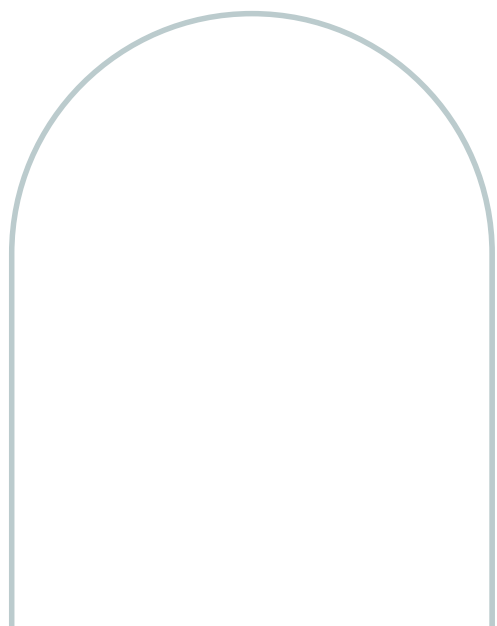


# TAKE CARE OF YOURSELF



The content of this training can be emotionally triggering for some people. If you notice yourself having strong emotional reactions in any way during the training or you just want to talk with someone, reach out to your school counselor or mental health professional.

Although this training is important, if the topic of suicide causes too much distress, please take care of yourself by taking breaks as necessary.






# MENTAL HEALTH

**Mental health** refers to your **emotional, psychological, and social well-being**. It affects how you think, feel, and act. Just like physical health, everyone has mental health.

Sometimes, people face mental health challenges like stress, anxiety, depression, or other conditions. It is important to know that **you are not alone**, and there is help available. Just like you would seek help for a physical health issue, you can seek support for your mental health.



# Strategies to Maintain Wellness

## COPING SKILLS CAN HELP INCREASE OVERALL WELLNESS

**Mindfulness:** Be present where you are and notice your body and feelings, as well as the environment around you.

**Deep breathing:** Slowly breathe in through your nose and out through your mouth.

**Physical activity:** Movement has been shown to improve mood and decrease symptoms of stress.

**Sleep:** Your body needs 8-10 hours of sleep per night to recharge.

**Healthy relationships:** Stay connected with supportive people.

**Seek help when needed:** Tell a trusted adult, talk to your doctor about mental health symptoms, and reach out to a counselor or therapist.



**WE CAN ALL HELP  
PREVENT SUICIDE**



## **STIGMA SURROUNDING SUICIDE CAN DISCOURAGE REACHING OUT FOR HELP.**

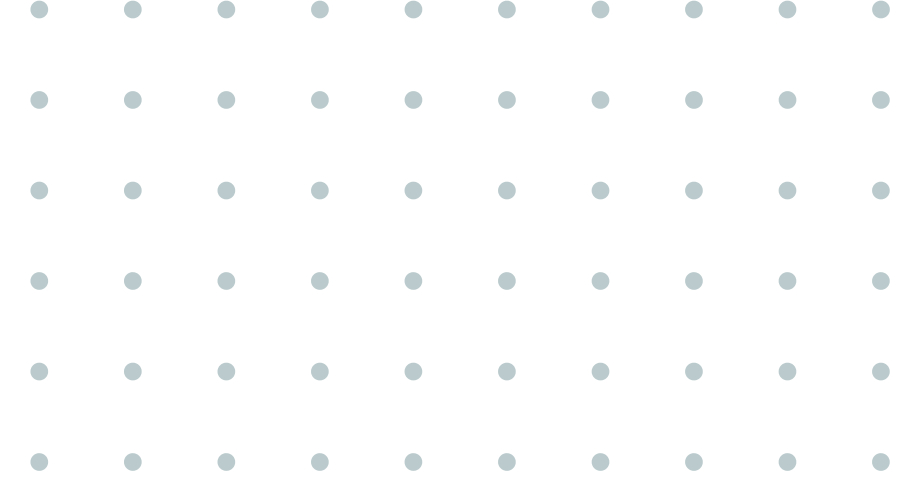
Sometimes individuals can feel overwhelmed, hopeless, and don't feel they can cope. Others might feel angry, ashamed, guilty, or like they are a burden to others. Some people may feel unloved or be worried about disappointing friends or family members. When people feel this way they may think about dying or ending their life to escape these overwhelming feelings.

There is a difference between thoughts and actions. Thinking about suicide doesn't mean you will act on it, but it can seem like the only way to end the pain or suffering.

## **TALKING ABOUT SUICIDE AS A NORMAL REACTION CAN HELP PREVENT SUICIDE.**



# STATISTICS



- Suicide is the third leading cause of death of young people between the ages of 15 to 19.
- More than 20% of teens have seriously considered suicide
- Those aged 10–24 account for 15% of all suicides



# Protective Factors

**SUICIDE IS PREVENTABLE AND SOME THINGS CAN HELP REDUCE THE RISK OF SUICIDE**

Access to mental health care

Feeling connected to family and community support

Problem-solving and coping skills

Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem



**LEARNING THE WARNING  
SIGNS OF SUICIDE IS A HUGE  
PART OF PREVENTING A CRISIS.**

# Warning Signs

## MOOD/FEELINGS

Extreme sadness or loneliness

Anxiety or worry

Humiliation/ Guilt /Shame

Worthlessness

Irritable

Fear of losing control

Feeling overwhelmed

## BEHAVIOR

Changes in personality

Increased use of alcohol or drugs

Losing interest in their favorite things

Eating or sleeping more or less than usual

Visiting or calling people to say goodbye

Giving away important items

Social withdrawal or isolation

Acting recklessly

Relief/Sudden Improvement

# Verbal Warning Signs

**Doesn't care about their future:** *"It won't matter soon anyway."*

**Puts themselves down – and think they deserve it:** *"I don't deserve to live. I suck."*

**Expresses hopelessness:** *"Things will never get better for me."*

**Says goodbye to important people:** *"You're the best friend I've ever had. I'll miss you."*

**Has a specific plan for suicide:** *"I've thought about how I'd do it."*

**Talks about feeling suicidal:** *"Life is so hard. Lately I've felt like ending it all."*



**THOUGH ALL WARNING SIGNS SHOULD BE TAKEN SERIOUSLY,  
SOME ARE MORE CONCERNING THAN OTHERS.**

**Get immediate help if someone is:**

**Threatening to hurt or kill themselves**

**Looking for a way to end their life, such as searching online for methods**

**Talking or writing about ending their life**



# IF YOU NOTICE ANY WARNING SIGNS ASK ABOUT SUICIDE

## YOU CAN BE INDIRECT

“Do you ever wish you could go to sleep and never wake up?”

“When people are as upset as you seem to be, they sometimes wish they were dead. Do you feel that way to?”

## OR VERY DIRECT

“Are you thinking about suicide?”

“Do you have a plan to attempt suicide?”

**REMEMBER: HOW YOU ASK THE QUESTION IS LESS IMPORTANT THAN ASKING IT.**

# AVOID STATEMENTS THAT PASS JUDGEMENT OR CAUSE GUILT/SHAME



**“YOU’RE NOT THINKING ABOUT  
SUICIDE ARE YOU?”**

**“ARE YOU THINKING OF DOING  
SOMETHING STUPID?”**

**“YOU’RE JUST KIDDING,  
RIGHT?”**

**“YOU HAVE SUCH A GOOD LIFE-  
WHAT DO YOU HAVE TO BE UPSET  
ABOUT?”**



**“THINK OF WHAT THAT WOULD  
DO TO YOUR PARENTS!”**



# WHAT IF SOMEONE ACTUALLY SAYS THEY ARE NOT OKAY?

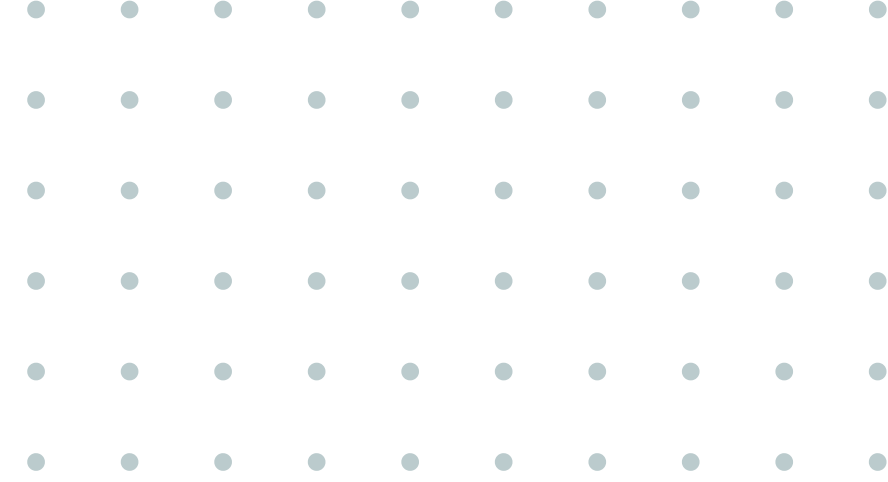
## STAY CALM.

Take the time to calmly **listen** to what they have to say and then **get help**.

Remember, suicidal thoughts can happen when someone hasn't figured out how to deal with a problem, yet.

Make sure they know help is available. Remind them, ***"You're not alone."***

# Listen



The key to listening is to hear someone.

You **do not need**:

**TO FIX THEIR PROBLEM**

**TO OFFER ADVICE**

**OR TAKE AWAY THEIR PAIN**

**DO NOT PROMISE TO KEEP  
THOUGHTS OF DYING A SECRET**



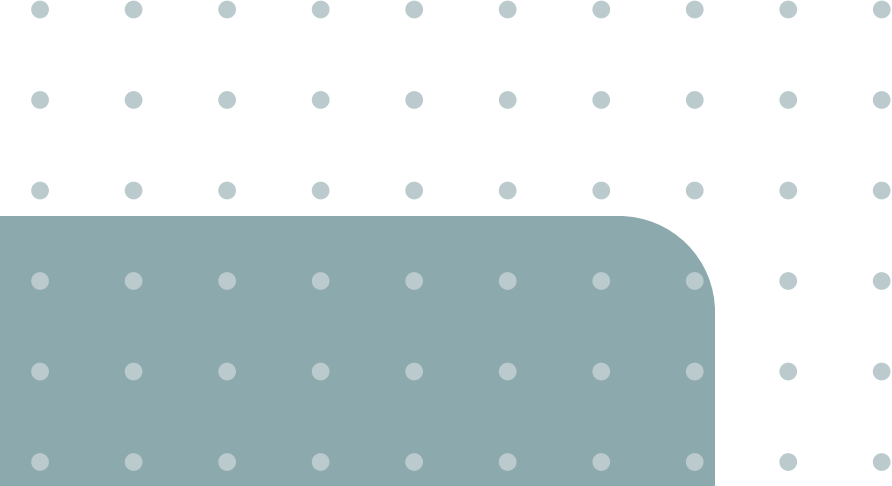
**TAKE THEM SERIOUSLY**

*and*

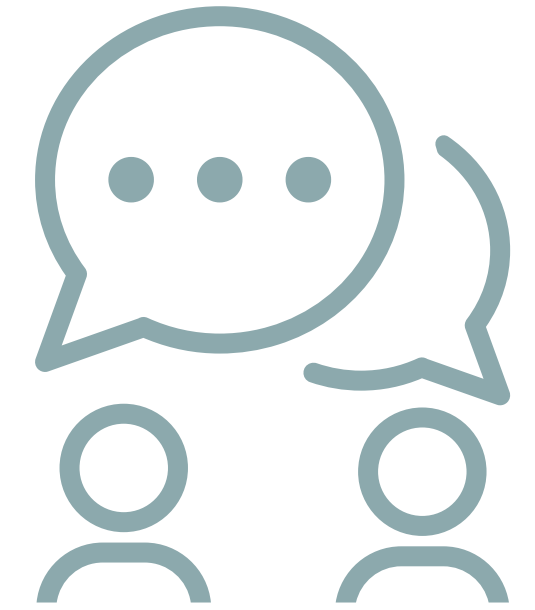
**ENCOURAGE THEM TO GET HELP**



**YOU NEVER HAVE  
TO BE ALONE  
WHEN HELPING  
SOMEONE WHO IS  
IN CRISIS.**

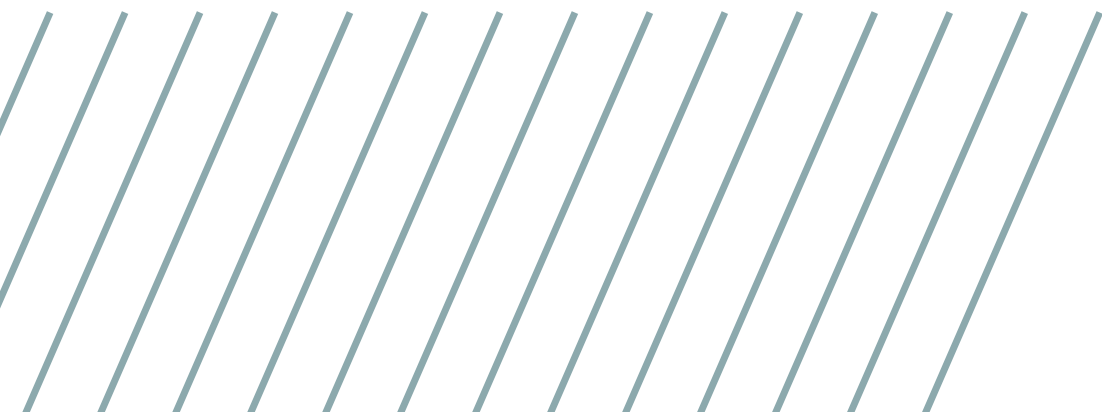


# Tell Someone



**THIS STEP IS ABOUT KEEPING OTHERS SAFE.**

**Immediately let a school counselor, principal, or teacher know when someone says they are thinking about suicide, even if they are not in active danger.**



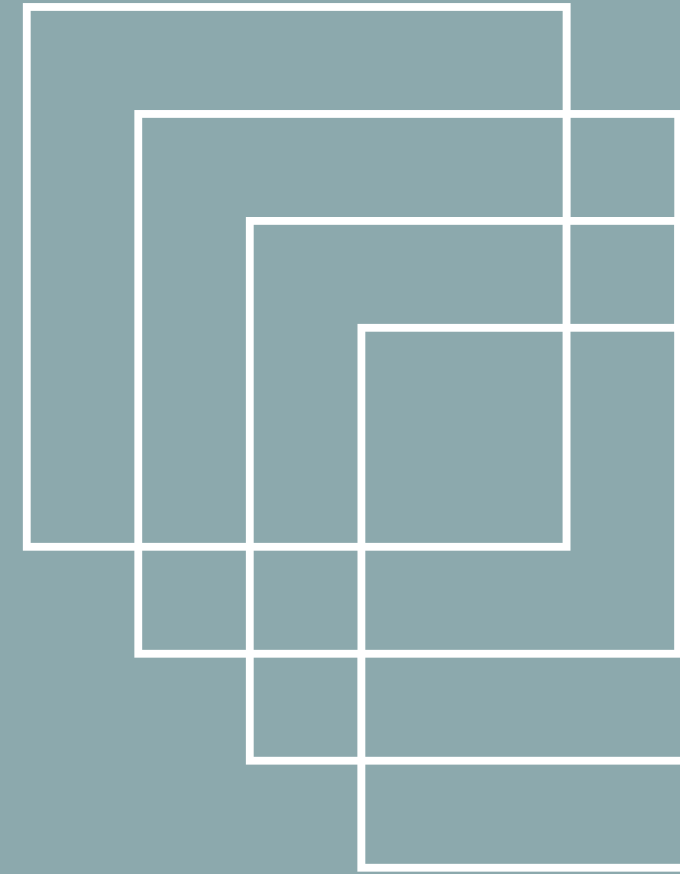
# WHAT IF I CAN'T TELL SOMEONE AT SCHOOL?

*“It’s the weekend or middle of the night”*

**If someone tells you they are suicidal and have a plan to hurt themselves, get with a trusted adult and call 911 for a welfare check. Let them know why you are worried. The goal is safety.**

# You want to tell, “*But what if..?*”

- Your friend becomes upset
- Your friend denies it to others
- You lose that friendship
- They feel like you betrayed trust
- Other friends get upset that you shared private information



**It is better for a friend to be upset than to worry about their safety. By telling others, you are showing them that you value them and their life. A good friend gets help.**



# HEALTHY BOUNDARIES

Setting and keeping boundaries with others is important to take care of yourself and others well.

Be aware of your own feelings and needs.

Take care of yourself.

You matter too.

Stay connected with supportive relationships.

**YOU ALONE ARE NOT RESPONSIBLE FOR SOMEONE ELSE'S MENTAL HEALTH.**





**If you are feeling suicidal, you are not alone and there is support available. You matter and asking for help is a sign of strength.**

I don't want to die, but I don't know how to live. Talking with you may help me feel safe. Are you free to talk?

I am feeling overwhelmed and upset. I think talking about it might help. Are you free to listen to me?

When you get a chance can you contact me? I feel really alone and suicidal, and could use some support.

**TALKING ABOUT HOW YOU ARE FEELING COULD HELP REDUCE SOME OF YOUR DISTRESS.**

**You might want to talk to someone close to you.**

**OR**

**You can contact a helpline and speak to someone trained to listen.**

# Help is Available

**YOU CAN TEXT, CALL, OR TALK TO SOMEONE IN PERSON**



**VISIT YOUR:**

- PRIMARY CARE PROVIDER
- LOCAL PSYCHIATRIC HOSPITAL
- LOCAL WALK-IN CLINIC
- LOCAL EMERGENCY DEPARTMENT
- LOCAL URGENT CARE CENTER

# Self-Care



- **Active listening and talking about suicide is difficult, and we all need to set healthy boundaries and take good care of ourselves.**
- **Self-care is about meeting your basic needs so you can be physically and mentally healthy.**
- **When we feel stressed, overwhelmed, or burnt out, we can start to neglect the basics of looking after ourselves.**

# CHECK OUT THESE APPS



how we feel



BREATHE2RELAX



SMILINGMIND

# Works Cited

<https://www.iasp.info/suicidalthoughts/>

<https://jedfoundation.org/resource/how-to-help-a-friend-who-is-suicidal/>

<https://www.cdc.gov/suicide/suicide-data-statistics.html>

<https://www.cdc.gov/nchs/faststats/adolescent-health.htm>

<https://www.cdc.gov/mentalhealth/learn/index.htm#:~:text=What%20is%20mental%20health%3F,others%2C%20and%20make%20healthy%20choices.>

<https://www.cdc.gov/suicide/facts/disparities-in-suicide.html>

<https://www.apa.org/monitor/2023/07/psychologists-preventing-teen-suicide>

<https://www.mind.org.uk/information-support/helping-someone-else/supporting-someone-who-feels-suicidal/how-to-help/of>



# POST-TEST

Please indicate your current level of understanding and comfort with:

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