

MENTAL HEALTH NEWSLETTER

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988 IS THE NATIONAL SUICIDE HELPLINE



USE THIS QR CODE TO
ACCESS RESOURCES AND
INFORMATION ON THIS
MONTH'S TOPIC

HOW CAN YOUR TEEN HELP?

Whether or not your teen ever deals with suicidal thoughts themselves, it is likely they will encounter a friend or peer who struggles, at some point. Talk to your teen so they know how to get help for their friend, and so they know it is never their responsibility to save anyone's life.

Ask your teen to download the free app, **A Friend Asks**, by the Jason Foundation. Sit down together and look through the tabs so you all know how they might be able to help a friend who is talking about suicide.

SUICIDE MYTHS

MYTH: Talking about suicide increases the chance someone will act on it.

- An open dialogue about suicide is the best way to allow a teen to be comfortable asking for help.

MYTH: Suicidal talk is attention seeking.

- When someone talks about suicide or harms themselves, they need help. They may be at a heightened risk for suicide.

MYTH: Only depressed people take their own lives.

- There are usually warning signs before suicide, but it doesn't always look like depression. Extreme mood swings, unusual risky or impulsive behavior, sudden and drastic personality changes are three lesser known suicide warning signs.

CONVERSATION STARTERS

These are questions for parents to ask teens about suicide.

- Have you ever heard any of your friends or classmates talking about suicide?
- What would you do if you heard about someone planning to take their own life?
- Who would you tell if you were feeling suicidal? (There is no wrong answer.)
- Do you know where to find help quickly if you are feeling suicidal? What about if a friend tells you they are?