

Suicide Prevention and Awareness

Ingenuity Charter School
2024-2025



Suicide awareness

- Suicide is the second leading cause of death for ages 10–14 and the third leading cause of death for ages 15–24 in the United States.
- **Suicide is preventable.** You can recognize warning signs in yourself or a loved one and take appropriate action. Speak up about your concerns, let the person know you care, and offer your support.





Suicide awareness

- Four out of five individuals considering suicide give some sign of their intentions either verbally or behaviorally.
- LGBTQ+ youth are more than four times as likely to attempt suicide than their peers.

Risk Factors

- Feeling depressed or hopeless
- Deliberate self-injury
- Prior suicidal thinking and behavior
- Having family members or friends who have attempted or died by suicide
- Loss of an important relationship (i.e. break up)
- Being isolated or alone
- Having been traumatized or abused
- Drug and alcohol use



Warning Signs

- Loss of interest
- Personality change
- **Withdrawal**
- Neglect of personal appearance
- Changes in sleep
- **Sudden mood changes**
- Reckless behavior
- Physical pain
- Substance abuse/Increased substance abuse
- **Giving away belongings/possessions**
- **Talking about wanting to die or suicide**
- Feeling hopeless, desperate, trapped
- **Anxiety or agitation**
- Uncontrolled anger
- No sense of purpose
- **Talking about being a burden to others**
- Putting affairs in order

Tips for Family and friends



1. **Connect** – Listen, be accepting and non-judgmental
2. **Confirm** – Ask if they have thoughts of dying or of suicide.
3. **Protect** – Take any threats they make seriously. Do not keep it a secret, tell someone.
4. **Stay** – Do not leave if a person your are concerned about could be at imminent risk. You might be thier lifeline.

Coping Strategies

- Stay connected and avoid isolation.
 - Identify trusted adults at school and home, or spend time with supportive friends
- Avoid drugs and alcohol.
- Consider downloading helpful apps like Virtual Hope Box, MY3, or A Friend Asks.
- Get help! You don't have to do this alone.
- Call 911 or text "Home" to 741-741.



Help Seeking Strategies

AT SCHOOL:

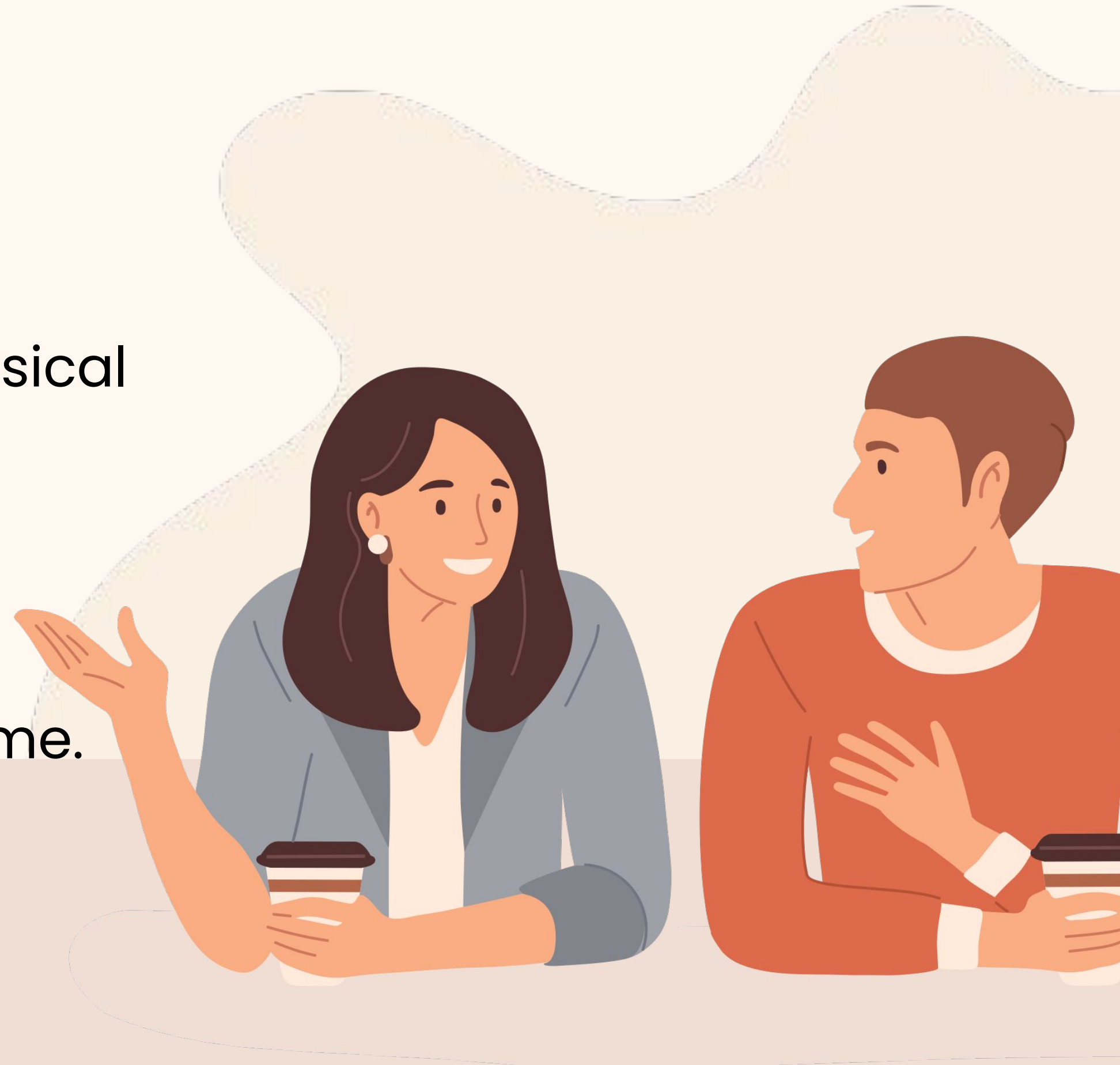
- Contact your teacher, school counselor, school psychologist, or other trusted staff member for support.

COMMUNITY RESOURCES:

- 988 (24/7)
 - If you or someone you know needs support now, call or text 988 or chat at 988lifeline.org to connect with a trained crisis counselor who can help.
- Crisis Text Line "HOME" to 741741 (24/7)
 - Crisis Text Line serves anyone, in any type of crisis, by providing access to free support.
- **San Diego Access and Crisis Line** 888-724-7240 (24/7)
 - Call or Live chat if you or someone you care about is experiencing a suicidal or mental health crisis and needs immediate help. Trained and experienced counselors are available.
- The California Peer-Run Warm Line 855-845-7415

Reducing the Stigma about mental health

- Talk openly about mental health.
- Educate yourself and others
- Be conscious of language.
- Encourage equality between physical and mental illness.
- Show compassion for those with mental illness
- Choose empowerment over shame.
- Be honest about treatment.
- Don't harbor self-stigma.





Remember: Early prevention reduces the risks!

Talking is the first step to preventing suicide.

- *Be direct if you suspect someone is thinking about suicide.*
- *let them know you're willing to talk and that you're listening.*
- *Show your support and help them connect to resources and services.*