

Suicide Prevention and Awareness

Procedures, Information and Resources



GLTHS Suicide Concerns Procedures

All staff will:

- Personally escort the student or call the Main Office (ext. 4418 or 4420) to get an adult to escort the student to the School Counseling Department, if he/she believes that a student is displaying suicidal behaviors.
- Find the details page on X2 which lists the students adjustment counselor if they have one.
- If the student does not have an adjustment counselor, their School counselor should be contacted.
- The School Counselor will contact the Director of School Counseling (ext. 4955) or the Administrative Assistant (ext. 4952). If the student is on an IEP, contact the Director of Special Education (ext. 4850) or the Administrative Assistants (ext. 4854 or 4853).
- **DO NOT** allow the student to remain without adult supervision.

The Adjustment Counselor/School Counselor/Main Office will:

- Contact the adjustment Counselor and/or the School Nurse, and or the School Counselor.
- Notify the Director of School Counseling if hospitalization is appropriate.

The Adjustment Counselor will:

- Meet with the student to make a preliminary determination of risk.
- Contract for safety if possible and follow the Medical/Behavioral Health Emergency Protocols.

Risk and Protective Factors

Risk Factors include:

- Loss of a loved one, a relationship or job
- Family history of child maltreatment or neglect
- Traumatic experiences, such as witnessing or experiencing violence
- A sense of isolation
- Lack of social support
- Feelings of hopelessness
- Access to lethal means like guns and pills
- Family history of suicide
- A history of mental health problems
- Barriers to accessing mental health treatment
- Stigma associated with seeking help

Protective factors make it less likely that someone will consider or attempt suicide and also increase resiliency.

Some examples are:

- Family and community support
- Skills in problem solving, conflict resolution and nonviolent ways of handling disputes
- Easy access to a variety of supports for mental health issues
- Effective care and support for mental, physical and substance abuse issues
- Cultural and religious beliefs that discourage suicide and support self-preservation

Warning Signs of Suicide

If you suspect, notice, or a student discloses any of warning signs immediately refer to the Suicide Concerns Procedures in this presentation and in the flipchart.

Common Warning Signs:

- Individual discloses feeling unbearable pain
- Death or recent fascination with death
- Individual discloses feeling hopeless, worthless or trapped
- Individual discloses feeling guilt, shame or anger
- Individual discloses feeling like they are a burden to others

Changes in behavior or mood

- Increased alcohol or drug use
- Losing interest in personal appearance or hygiene
- Withdrawing from family, friends, or community
- Saying goodbye to friends and family
- Giving away prized possessions
- A recent episode of depression, emotional distress, and/or anxiety
- Changes in eating and/or sleeping patterns
- Becoming violent or being a victim of violence
- Expressing rage

National Statistics Official Final Data 2023

	<u>Number</u>	<u>Per Day</u>	<u>Rate</u>	<u>% of deaths</u>
Nation	49,316	135.1	14.7	1.6
Males	39,046	107	23.6	2.4
Females	10,270	28.1	6.1	0.7
Older Adults (65+ years)	10,437	28.6	17.6	0.5
Middle Aged (45-64 years)	15,469	42.4	18.8	2.8
Young (15-24 years)	5,936	16.3	13.5	17.6

2023 Final Data: Understanding the numbers

Fatal Outcomes (Suicides): a 0.7% rate decrease was seen from 2022 to 2023 • most groups decreased; increases for Black/African American both sexes

- Average of 1 person every 10.7 minutes died by suicide –1 male every 13.5 minutes, 1 female every 51.2 minutes
- Average of 1 older adult every 50.4 minutes died by suicide; Average of 1 middle aged adult every 34.0 minutes
- Average of 1 young person every 1 hour and 28.5 minutes died by suicide. (If the 487 suicides below age 15 are included, 1 young person every 1 hour and 21.8 minutes
- Suicide ranks 11th as a cause of death; Homicide ranks 16th

Impact on today's teens and pre-teens:

11th ranking cause of death in U.S.— 2nd for young

Leading Causes of Death 15-24 years:

Cause	Number	Rate
All causes	33,711	76.8
Accidents	14,126	32.2
Suicide	5,936	13.5
Homicide	5,745	13.1

Suicide by age groups	Number	Rate
10-14 years	481	2.3
15-19 Years	2,156	9.8
20-24 years	3,780	17.3

Local/Regional Statistics

- Massachusetts ranks 48th for Suicide deaths 658/9.4% of the National statistics of 49,316/14.7%
- New England as a whole reports 1,746 deaths by Suicide, 11.5%
- It should be noted that the number on this slide as well as previous slides reflect fatal outcomes and do not include nonfatal outcomes/attempt survivors

All data on these and previous slides has been retrieved from the National Council for Suicide Prevention Issued January 14, 2025

Citation: Drapeau, C. W., & McIntosh, J. L. (2025). U.S.A. suicide: 2023 Official final data. Washington, DC: National Council for Suicide Prevention (NCSP), dated January 14, 2025, downloaded from [<https://www.thencsp.org/suicidestatistics>]

Why information and education matters and how you can help

Why Information and Education Matter

- Early Intervention: Recognizing warning signs can save lives.
- Reducing Stigma: Open conversations encourage help-seeking behavior.
- Providing Support: Offering understanding and resources can make a difference.

How You Can Help

- Listen without judgment, show empathy and concern
- Take it seriously: Never dismiss or ignore statements that suggest suicidal or concerning thoughts
- Follow the GLTHS Procedure for Suicide Concerns
- Stay connected and offer support
- Know the resources available for crisis intervention

Resources in Massachusetts

- [988 Suicide and Crisis Lifeline](#)
24/7 call or text 988 (Veterans: Press 1, Spanish Line: Press 2)
- [The Trevor Project \(For LGBTQ Young People\)](#)
24/7 call 1-866-488-7386 | text 678-678 | [chat](#)
- [Riverside Trauma Center](#)
For help after a traumatic event, call (781) 433-0672, 24 hours a day, 7 days a week, ask to speak to a Riverside Trauma Center Manager.
- [Hey Sam](#)
Peer-to-peer texting service for people up to 24 years old. Text 1-877-832-0890. Available 9 a.m.-9 p.m.
- [Massachusetts Coalition for Suicide Prevention](#)
- [Massachusetts Department of Mental Health Resource Guides](#)
- [Massachusetts Department of Veterans' Services Statewide Advocacy for Veterans' Empowerment \(SAVE\)](#)
- [Massachusetts Department of Elementary and Secondary Education Suicide Awareness and Prevention Training Guidance](#)
- [Massachusetts Substance Abuse Information and Education Helpline](#) (800) 327-5050
- [Massachusetts Council on Gaming and Health](#) (800) 426-1234
- [Regional Center for Poison Control and Prevention](#) (800) 222-1222
- [National Alliance on Mental Illness \(NAMI\) of Massachusetts](#) (800) 370-9085
- [Massachusetts Transgender Political Coalition](#)
- [MassMEN](#)
- Recommended reading: [Center for Mindful Psychotherapy Booklist](#)

Mental Health Matters for All.

If You or Someone You Know Are Experiencing Mental Health Concerns: It's important to remember that help is available. Reach out to a trusted friend, family member, or mental health professional who can provide support and guidance. You can also contact mental health hotlines or local clinics for immediate assistance. Asking for help is a sign of strength, and taking that first step can make a life-changing difference.