

SIGNS OF SUICIDE

MIDDLE SCHOOL - DAY 2
2026-2027



Meet Your Facilitators



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Today, we'll be learning about suicide prevention

This can be a tough topic.

**If you feel uncomfortable at any
time, reach out to a trusted
adult.**



TAKE
A DEEP
BREATH

Classroom Agreements

- **Be Respectful; No side conversations**
- **Confidentiality**
What's shared here stays here.
What's learned here leaves here.
- **Mandated Reporter**
- **Self-Care: Take breaks and check in with teacher or counselor.**



TAKE
A DEEP
BREATH

Agenda - Day 2

- **Mental Health Survey**
- **Social Media**
- **Review**
- **Video #3**
- **Signs of Depression & Anxiety**
- **How Do People Feel Better?**
- **Wellness Cards**



Social Media

What can be a warning sign you might notice about your friend's social media?



Social Media

What can be a warning sign you might notice about your friend's social media?

- **Social media posts that say things like, “There’s no point anymore” or “I want the pain to stop” or “I don’t want to try anymore.”**
- **A friend who used to post a lot suddenly disappears from social media with no explanation.**
- **You notice people posting mean things about your friend.**



Review

1. Work with the people around you and come up with as many warning signs as you can!

Hint - Think about the categories:

- **Talking about**
- **Feeling**
- **Behavior changes**
- **Mood**

2. What does ACT stand for?

3. What are some examples of trusted adults?

4. What's the 3 digit number of the hotline/textline you can call or text 24/7?





What does *ACT* stand for?



A.C.T.

A Acknowledge

That your friend is struggling.

C Care

Let them know you care about them and want to help

T Tell

A trusted adult.

Options for Telling

- **Tell a parent or guardian**
- **Tell a teacher**
- **Go to the counseling office**
- **Message counselor or teacher**
- **Hotlines/text lines: 988, text helpline to 898211, text ACT to 741741**

***In any medical emergency situation call 911**



Signs of Suicide

What are some signs someone might be showing when they're struggling with their mental health?



Suicide Warning Signs



Talking About

- Wanting to die
- Great Guilt or Shame
- Being A Burden to others



Feeling

- Empty, hopeless, trapped
- Unbearable emotional or physical pain
- Sudden change to calm and/or relieved

Suicide & Crisis Lifeline

9-8-8

Crisis Text Line

TEXT HELLO TO 741741



Behavior Changes

- making a plan or researching ways to die
- Increased use of drugs and/or alcohol
- Giving away items



Mood

- Depressed
- Anxious
- Withdrawn
- Extremely sad
- Full of rage

**SOCIAL
MEDIA**





Note: Video on the impact of social media on our mental health

Play

00:00





Depression

Mental health condition that causes persistent feelings of sadness, emptiness, and a loss of interest in activities.

These symptoms can vary slightly depending on the type and can range from mild to severe.

Source: Cleveland Clinic

Symptoms of Depression



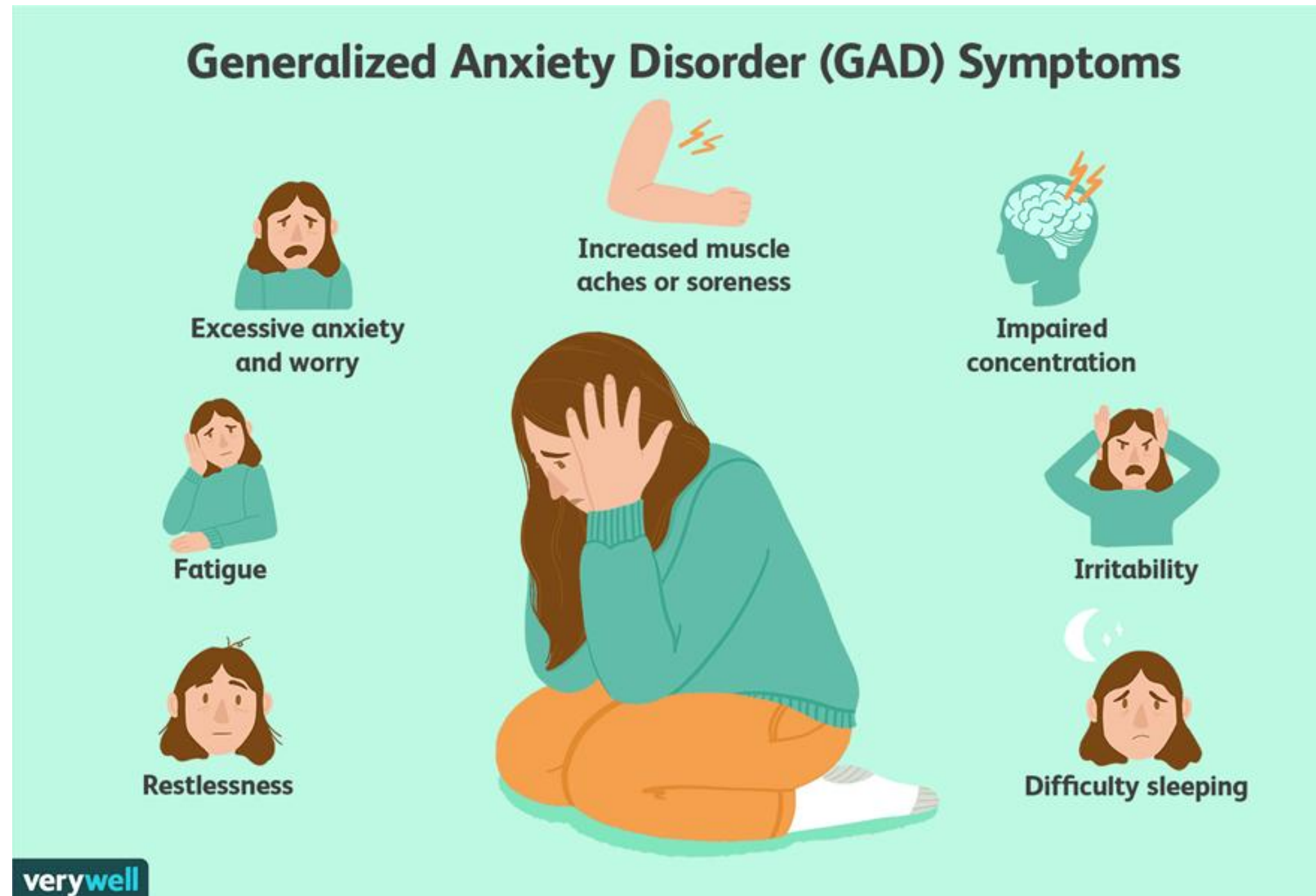
Source: Cleveland Clinic



Generalized Anxiety Disorder (GAD)

Generalized anxiety disorder (GAD) is a specific type of anxiety disorder. Most people worry at times about their health, job, money, or family, but people with GAD experience anxiety about these things and more, in a way that is persistent, excessive, and intrusive.

Symptoms of GAD





Healing Techniques

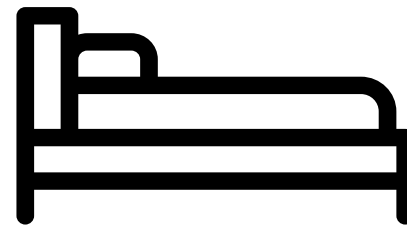
How do people start to feel better?

- **Medicine** - used to treat mental illnesses like depression, anxiety, bipolar, etc.
- **Counseling/Therapy** - help people learn to work through their problems and develop coping skills. Anyone can benefit from therapy.
- **Coping Skills** - healthy tools and strategies used to manage stress, uncomfortable emotions, and difficult life events.

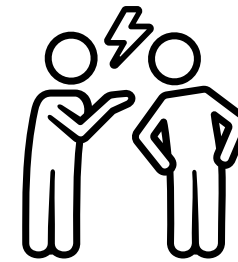


Wellness Plan

I'm not doing well when I....



sleep too little
or too much



argue or have
a breakup



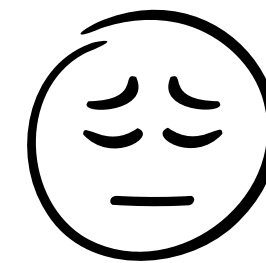
drink or use drugs



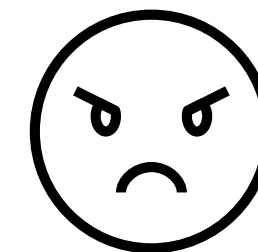
am in pain



feel stressed or
overwhelmed



feel down
or sad



feel angry or
want revenge



Identifying Struggles

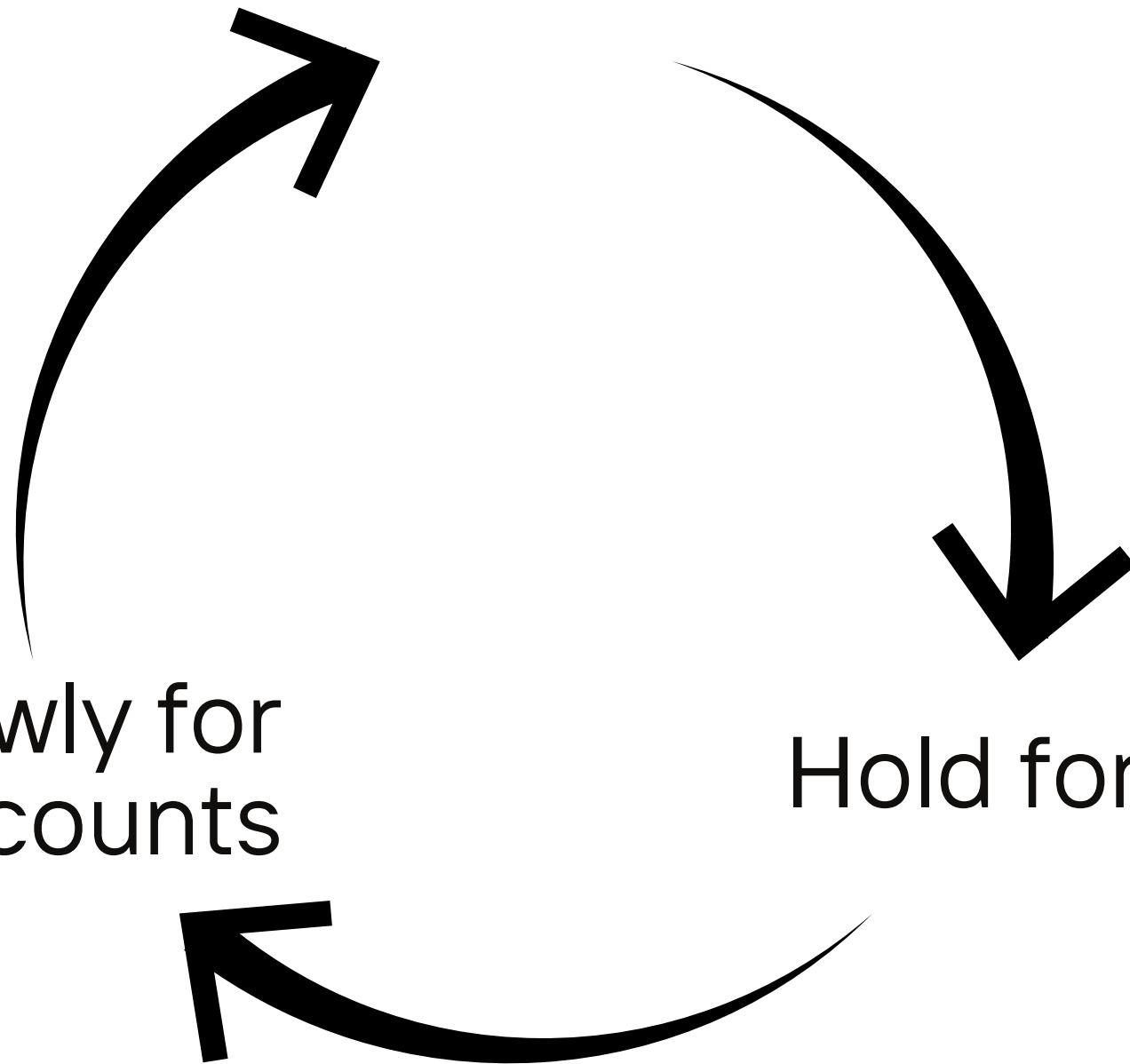
I know I'm struggling when....

4-7-8 Breathing

Inhale through your nose for
4 seconds

Hold for 7 counts

Exhale slowly for
8 counts

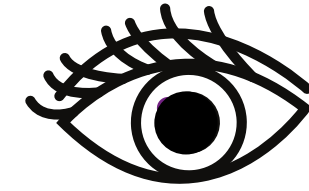


Grounding Exercise

5

Things you can

SEE



4

Things you can

FEEL



3

Things you can

HEAR



2

Things you can

SMELL



1

Thing you can

TASTE



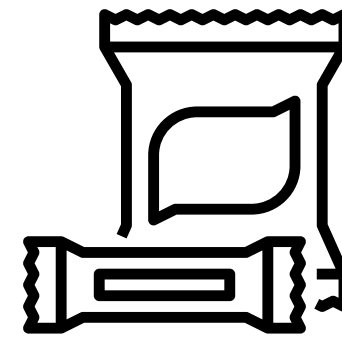
Self Care Ideas



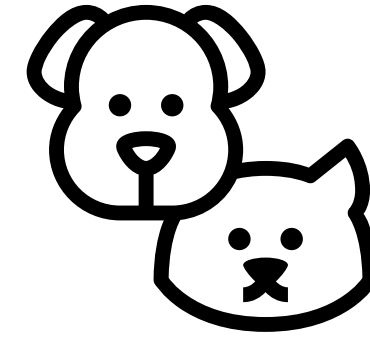
Listen to music



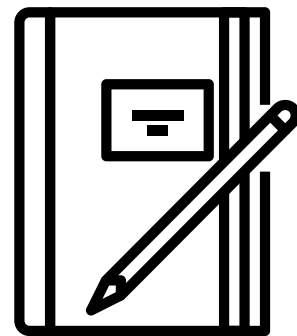
Take a walk



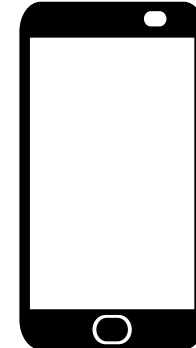
Eat a snack



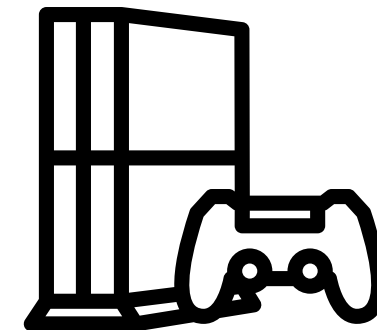
Pet an animal



Journal or
doodle



Call a friend



Play video
games



Self Care Ideas

Ways I like to practice self care....



Important Things

What are the things that are most important to you?

Ex. Family, Friends, Hobbies, etc.



Who Can I Talk to?

NAME: _____

NUMBER: _____

NAME: _____

NUMBER: _____

988 SUICIDE & CRISIS LIFELINE	<i>Ohio</i>
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Hotlines

988 Suicide & Crisis Lifeline: 988
(Veterans press 1, press 2 for Español)

HelpLine: 1.800.684.2324

National Sexual Assault Hotline: 1.800.656.4673

Childhelp National Child Abuse Hotline:
1.800.422.4453

Nacional de Prevención del Suicidio:
1.888.628.9454



Textlines

Crisis Text line: Text any message to 988

HelpLine: Text HELPLINE to 898211

Teen Line: Text TEEN to 839863 between 9 p.m. - 12 a.m. EST

The National Domestic Violence Hotline: Text START to 88788



Websites

www.988lifeline.org

www.psychologytoday.com

www.NAMI.org

www.themighty.com

www.AFSP.org

www.nowmattersnow.org

www.crisistextline.org

www.seizetheawkward.org



Apps

Happify: for Stress & Worry

CogniFit

Headspace

Calm

Woebot

Mindfulness Coach

Resources

Remember, help is always available:



CRISIS TEXT LINE |

Text **ACT** to 741741.



Questions?

THANK
YOU!

