

SIGNS OF SUICIDE

MIDDLE SCHOOL - DAY 1
2026-2027



Meet Your Facilitators



Jamie Fairfield



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What is SOS?

“SOS is an evidence-based youth suicide prevention program, created by SOS (Signs of Suicide), that has demonstrated an improvement in students’ knowledge and adaptive attitudes about suicide risk and depression.”

Goals



- **Increase your general knowledge about mental health, suicide, & depression.**
- **Increase your knowledge about where to go & what to do if you or a friend is struggling.**



**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.**

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.**



Agenda - Day 1

- **About HelpLine**
- **Myth vs. Fact Agenda**
- **Mental Health & Stigma**
- **ACT**
- **Warning Signs**
- **Video #1**
- **Video #2**
- **Social Media**



HELPLINE SERVICES

SUPPORT & INFO., 1.800.684.2324 OR 211
TEXT **HELPLINE TO 898211**
SUICIDE AND CRISIS LINE, 988
24/7 | FREE | CONFIDENTIAL



HelpLine



About HelpLine

- HelpLine provides 24/7, free, and confidential help to anyone in Delaware, Morrow, Wyandot, Crawford, and Union Counties.
- We provide connections to essential services like crisis and emergency counseling for mental health or addiction concerns, sexual assault, disaster, and food assistance.



Office of
Criminal Justice
Services



**FY2025
IMPACT**

54,248

**LIVES
IMPACTED**



HelpLine

Resources

Remember, help is always available:



CRISIS TEXT LINE |

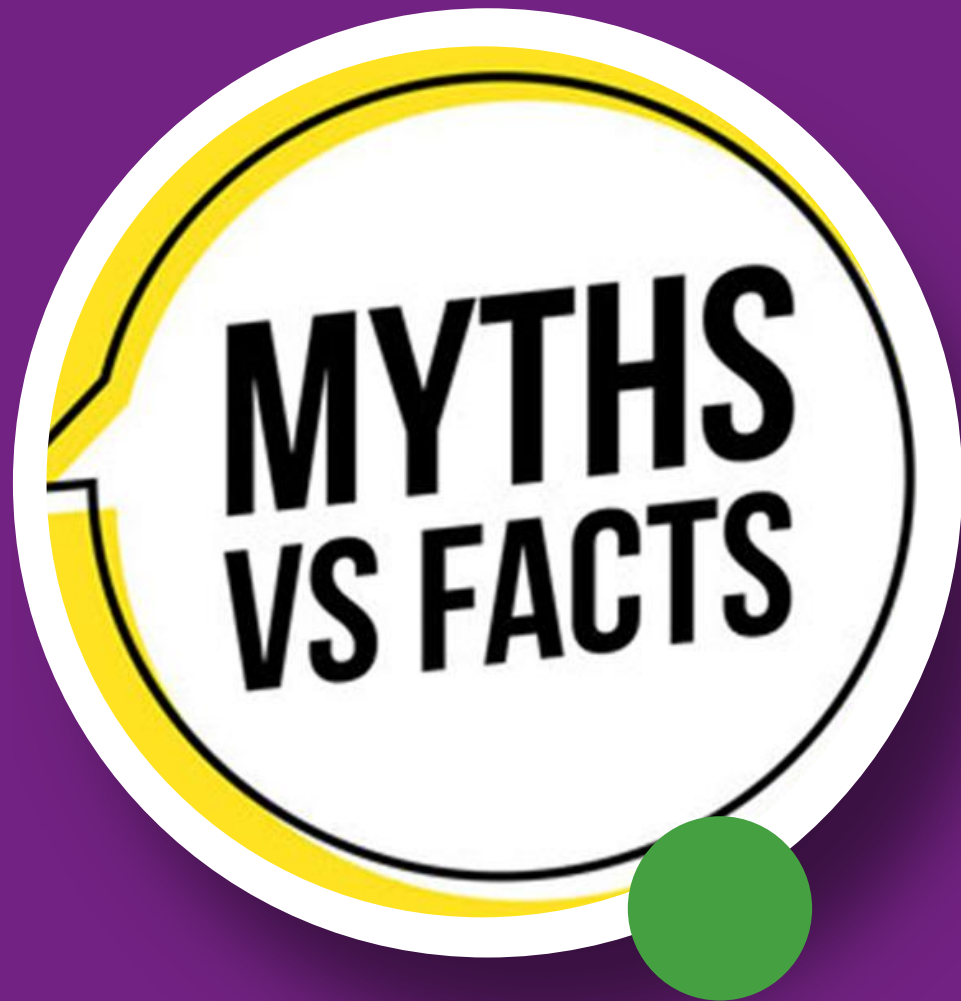
Text **ACT** to 741741.

What is suicide?

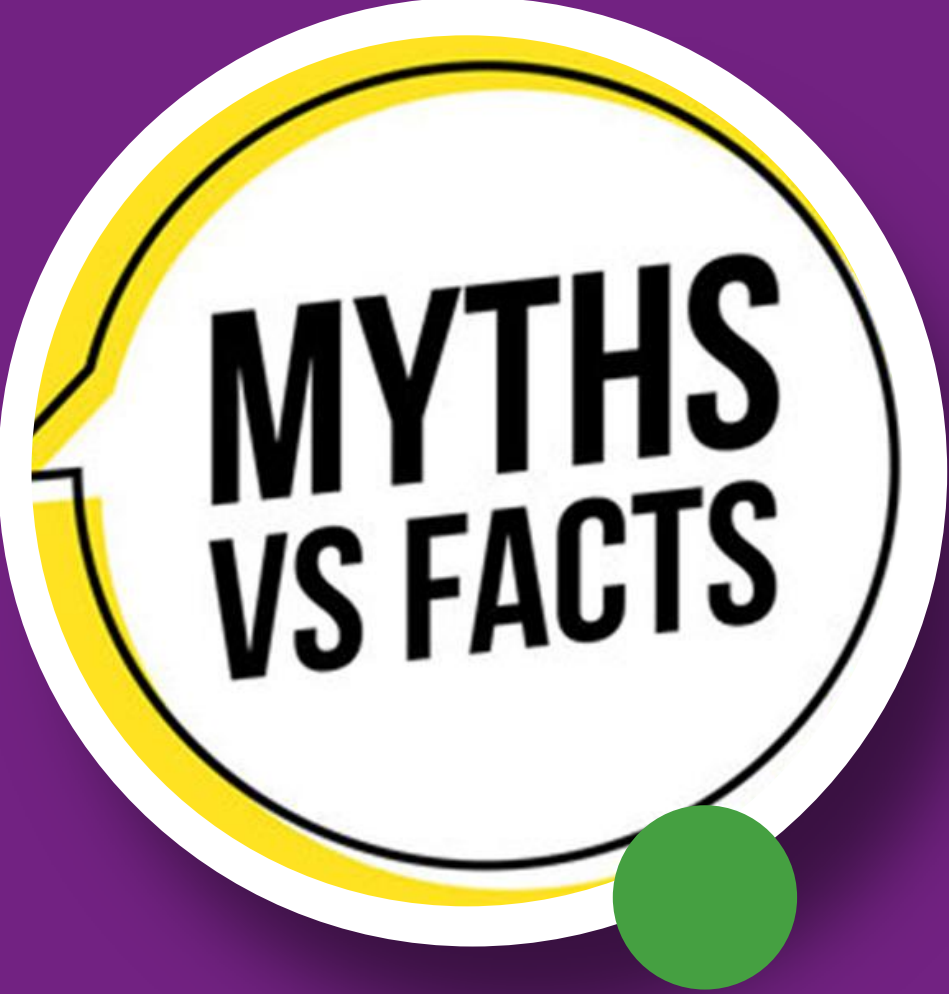
- **Suicide is death caused by injuring oneself with the intent to die.**
- **A suicide attempt is when someone harms themselves with any intent to end their life, but they do not die as a result of their actions.**

Source: CDC





Myths vs. Facts



MYTHS VS FACTS

Question #1

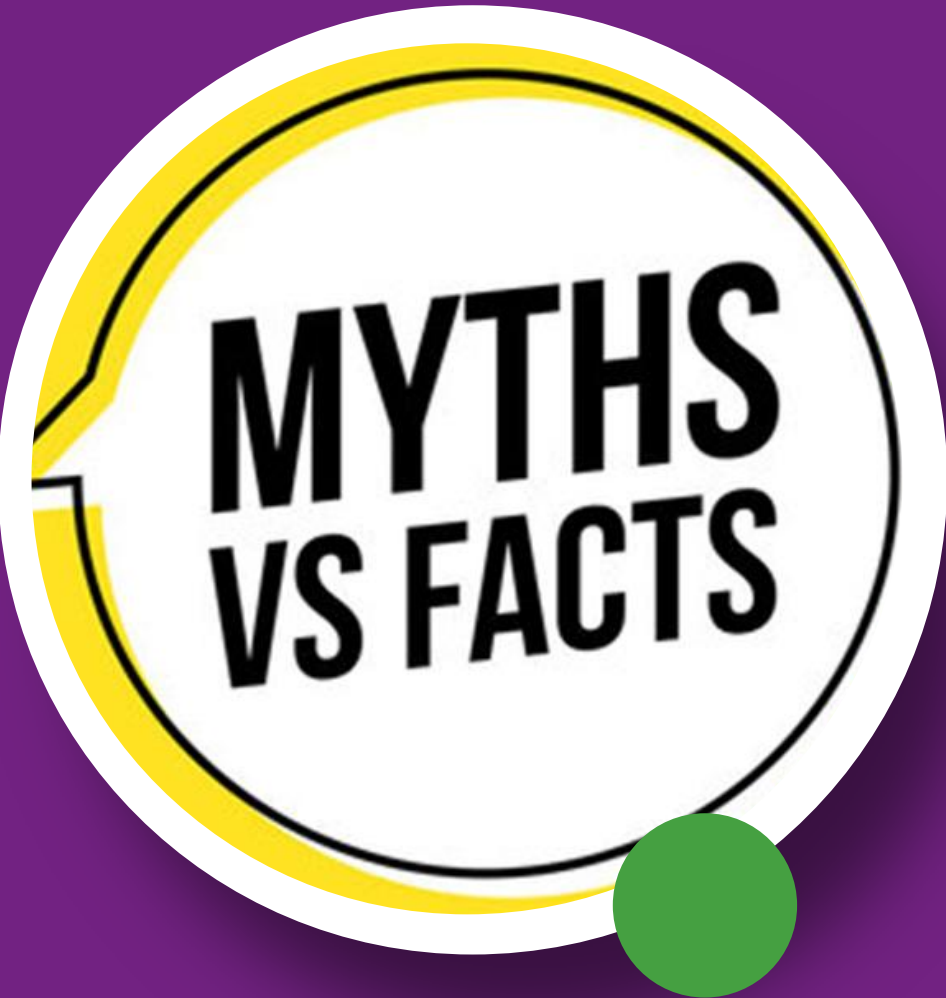
**People who joke about suicide
always want attention and wouldn't
actually do it.**

A

Myth

B

Fact

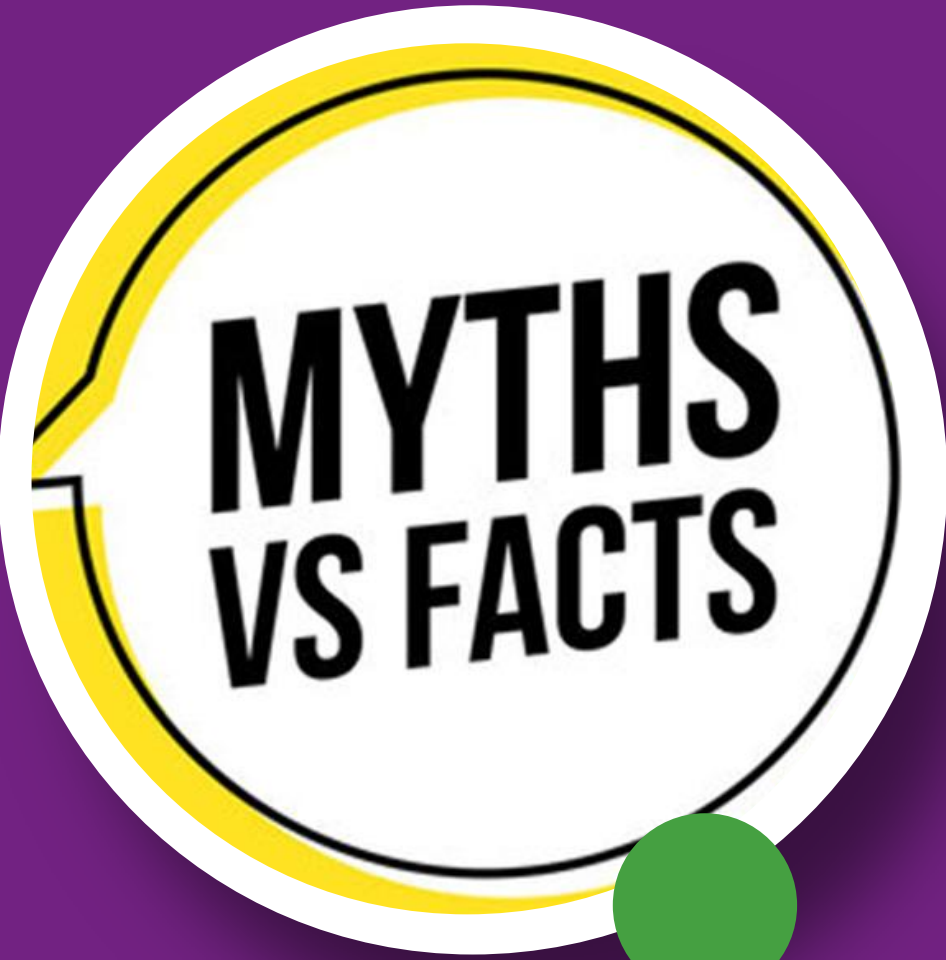


Question #1

**People who joke about suicide
always want attention and wouldn't
actually do it.**



Myth

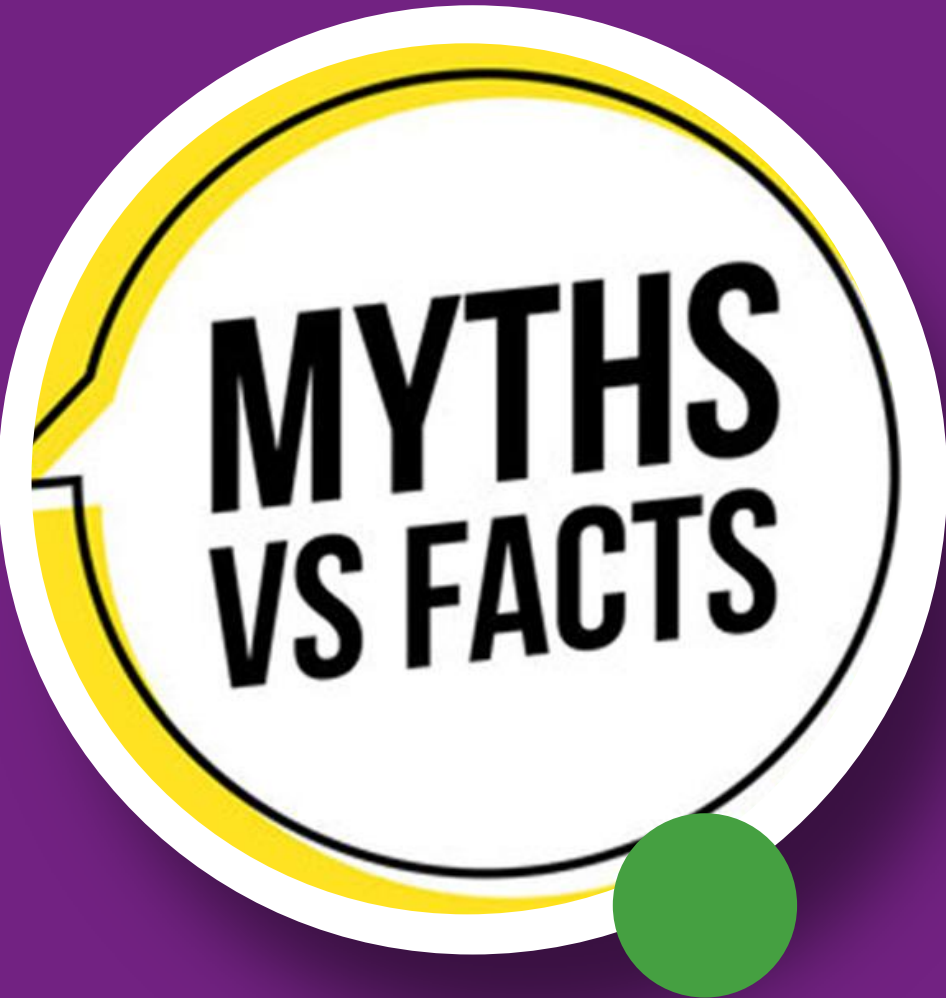


Question #2

The majority of people who die by suicide have a mental illness.

A Myth

B Fact



Question #2

The majority of people who die by suicide have a mental illness.



Myth

A circular logo with a yellow border and a white background. Inside the circle, the words "MYTHS" and "VS FACTS" are written in bold, black, sans-serif capital letters. The logo is positioned on the left side of the slide, overlapping a large purple curved shape.

MYTHS VS FACTS

Question #3

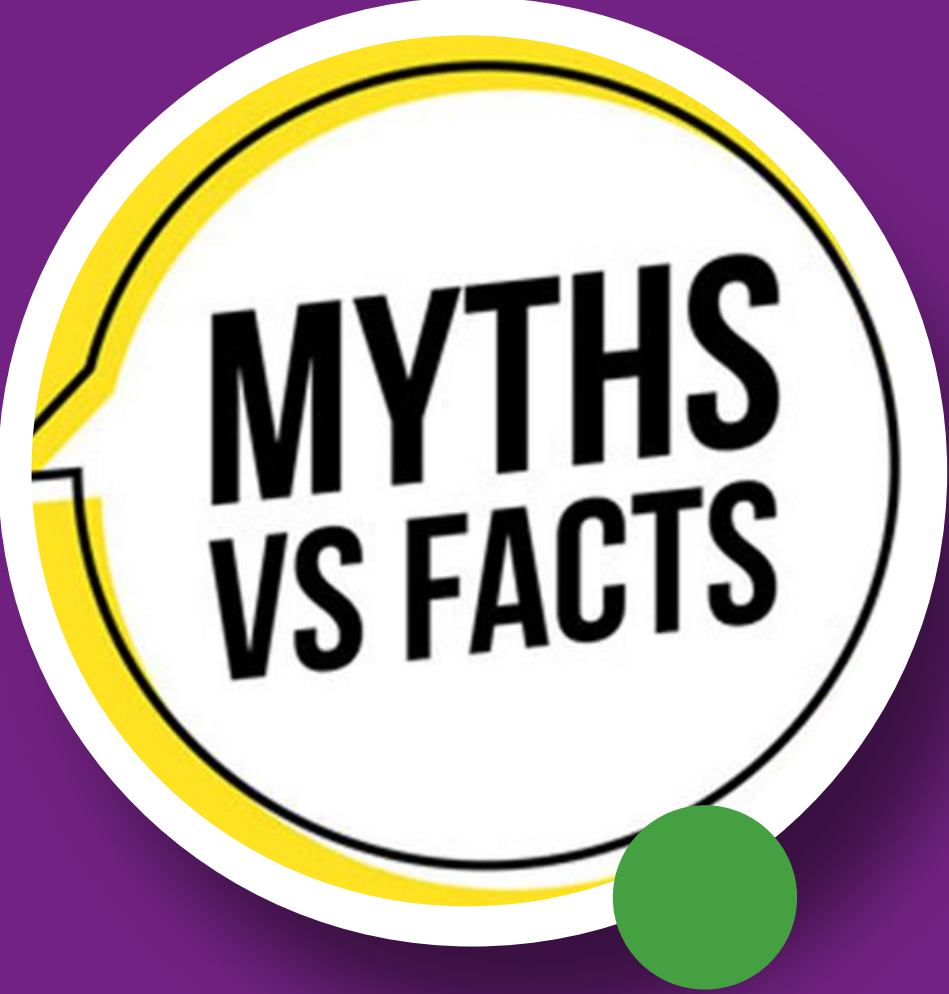
You should not ask a person if they are suicidal because they might get angry or feel encouraged to act.

A

Myth

B

Fact



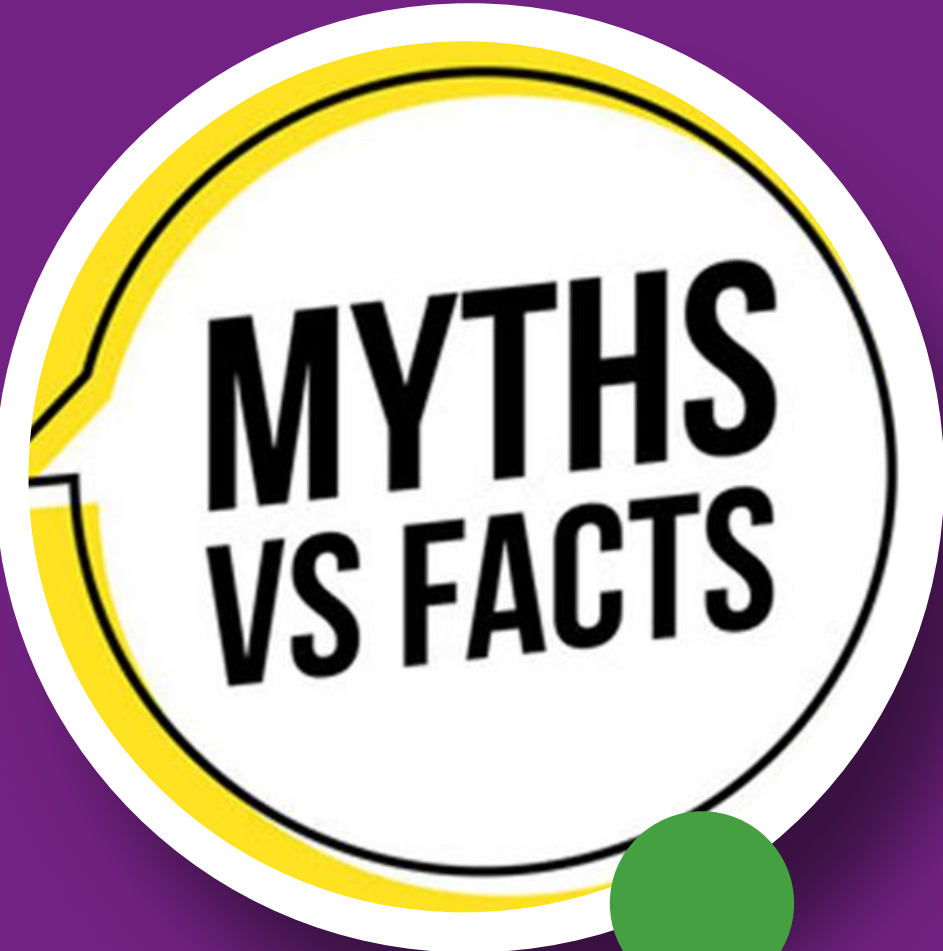
MYTHS VS FACTS

Question #3

You should not ask a person if they are suicidal because they might get angry or feel encouraged to act.



Myth



MYTHS VS FACTS

Question #4

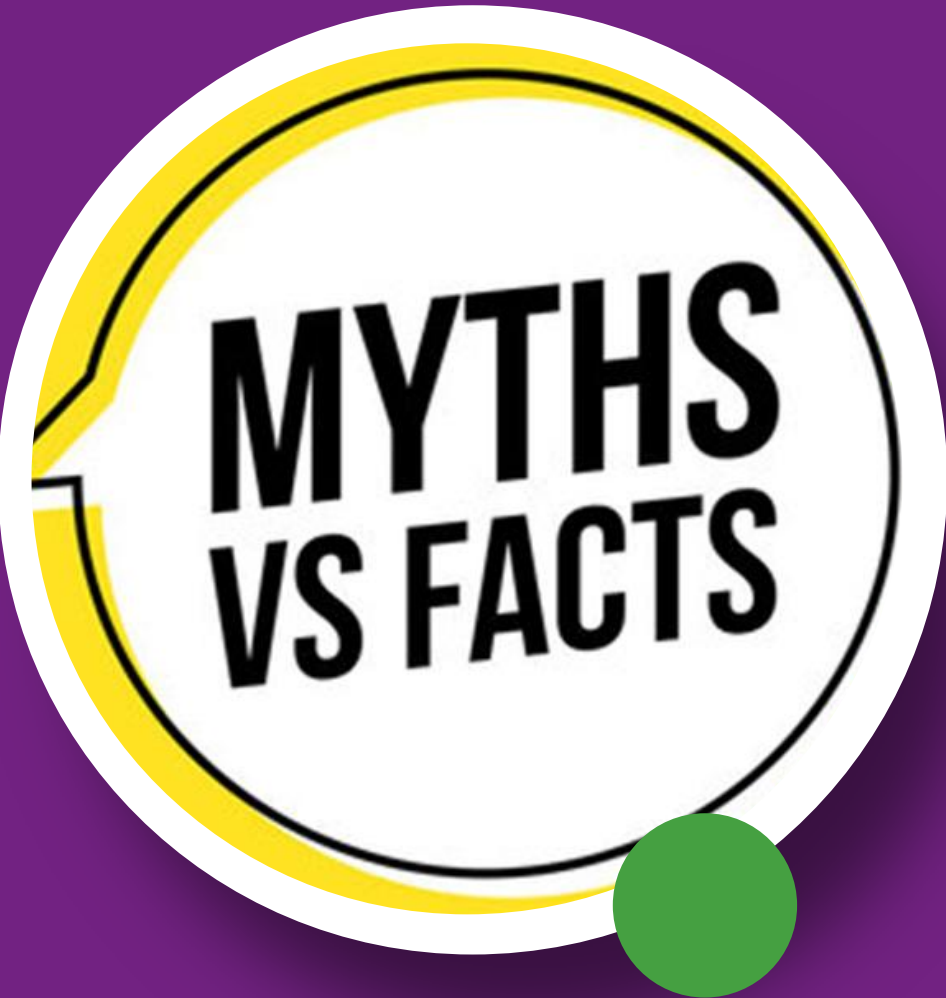
People often communicate that they are struggling or even thinking of suicide preceding an attempt.

A

Myth

B

Fact



Question #4

People often communicate that they are struggling or even thinking of suicide preceding an attempt.



Fact

#END
THE 
STIGMA

What's Stigma?



What's Stigma?

“a mark of disgrace associated with a particular circumstance, quality, or person.” -Dictionary.com



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Ex: "The stigma of having gone to prison will always be with me."



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Why might someone not reach out to get help if they're struggling?

What's Stigma?

“

A lot of people with a mental illness fear reaching out. Why? because we fear being a burden, being stigmatized, being seen differently, having others worry about us all the time, being misunderstood being treated differently etc... so many of us just end up suffering in silence.

”

@RealDepressionProject



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Ex: "the stigma of having gone to prison will always be with me"

Why might someone not reach out to get help if they're struggling?



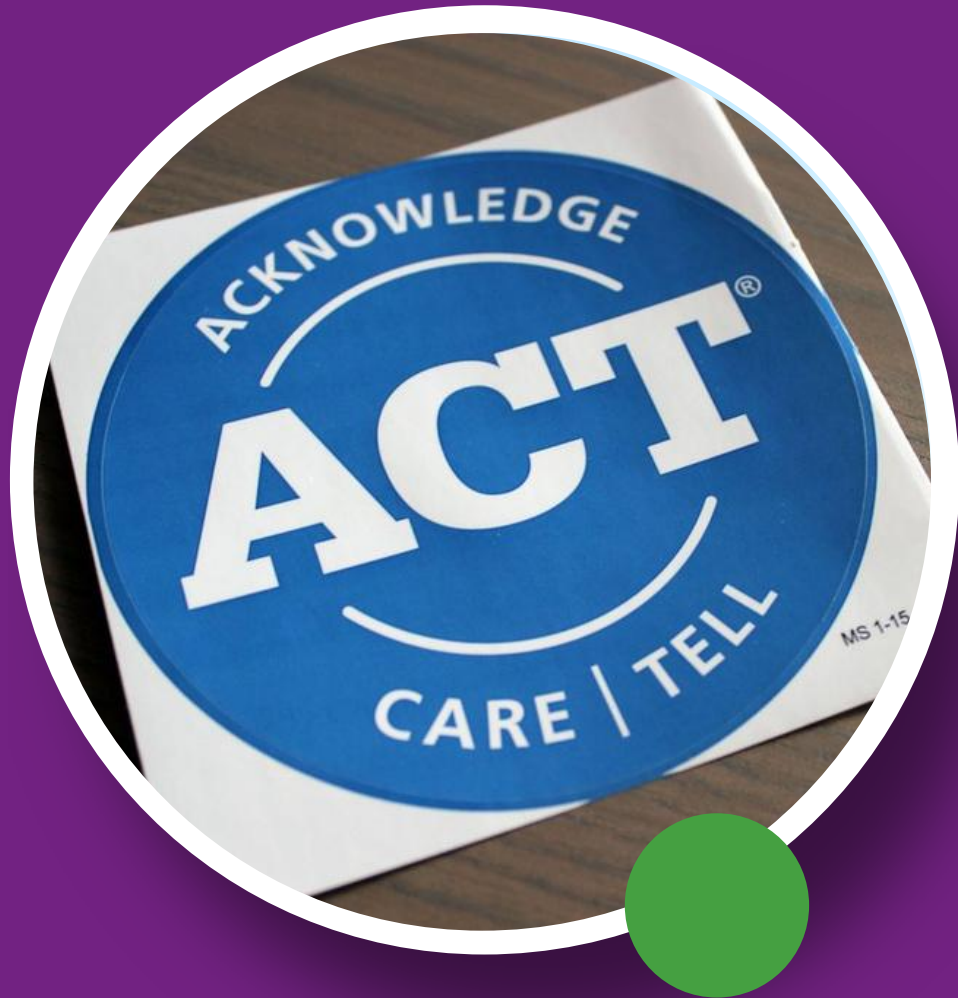
Stop the Stigma

- 1 Talk openly about mental health.
- 2 Educate yourself and others.
- 3 Be conscious of language.
- 4 Encourage equality between physical & mental illness.
- 5 Show compassion for those with mental illness.
- 6 Choose empowerment over shame.
- 7 Don't harbor self-stigma.

A.C.T.

A Acknowledge

That your friend is struggling.



A.C.T.

A Acknowledge

That your friend is struggling.

C Care

Let them know you care about them and want to help.



A.C.T.

A Acknowledge

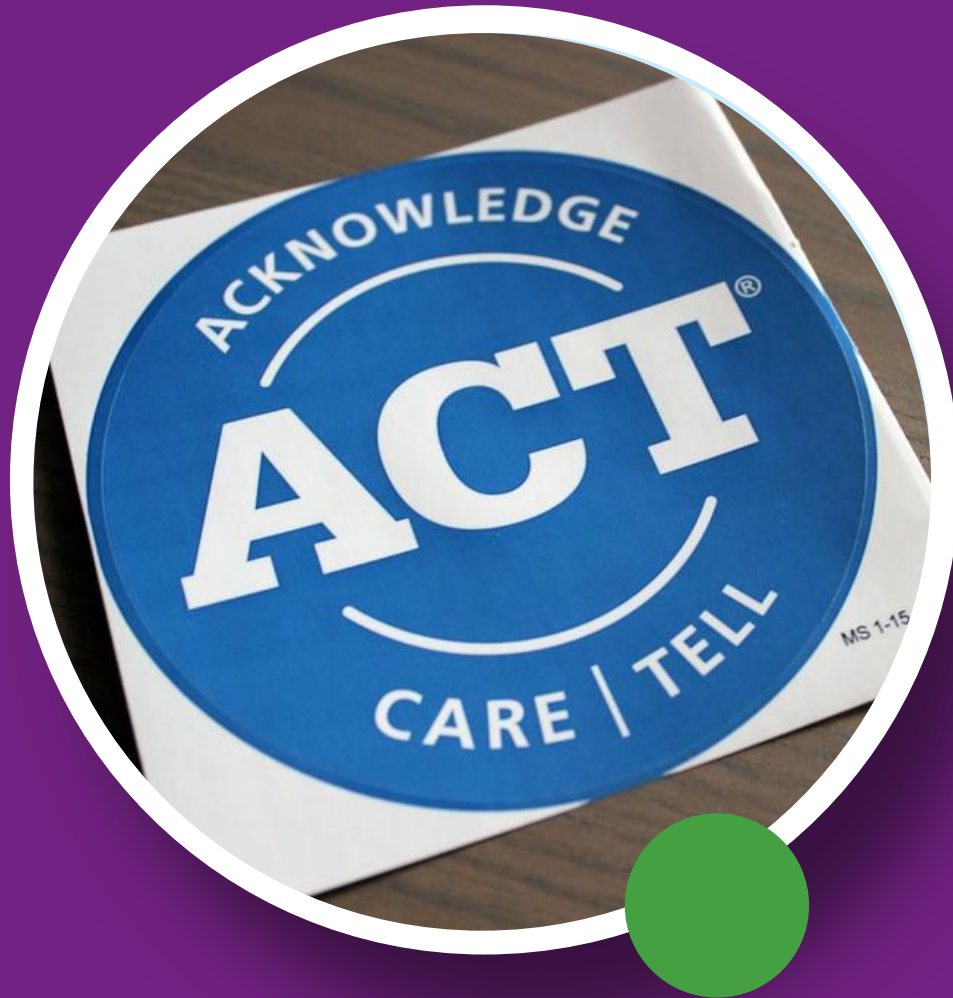
That your friend is struggling.

C Care

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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**

T- Tell a Trusted Adult

Think for a moment...

Which adult(s) in your life do you see as a trusted adult?



DAVID & AIDEN PART 1

Note: Video and scenario on the warning signs





**What's a sign someone
might be 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

DAVID & AIDEN PART 2

Note: Video and scenario on the warning signs



BELLA & KENNEDY

Note: Video and scenario on the warning signs



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.**



Social Media

What should you do if you notice warning signs online?



Social Media

What should you do if you notice warning signs online?





Questions?

THANK
YOU!

