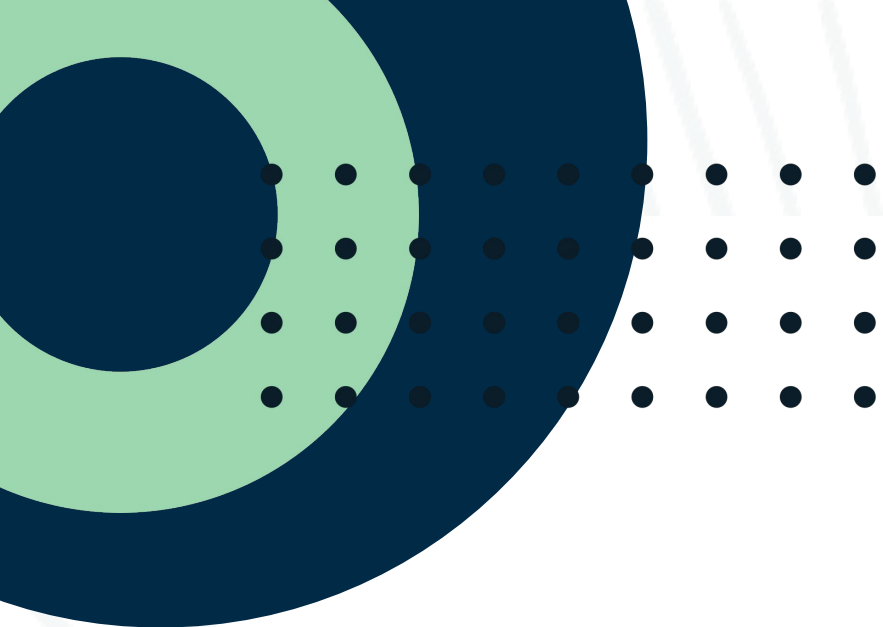


SUICIDE PREVENTION & INTERVENTION





LEARNING OUTCOMES



Students will understand the warning signs of suicide and how to recognize them.



Students will be able to identify a trusted adult and resources they can seek to help themselves or others.





EDUCATION IN SUICIDE PREVENTION IS NECESSARY



SUICIDE IS A LEADING CAUSE OF DEATH

1



The US loses an average of 125+ young people to suicide each week.

2



Suicide is the 2nd leading cause of death for youth ages 10-14.

3



For individuals ages 15-19, suicide is the 3rd leading cause of death.

GENERAL RISK FACTORS

- Previous suicide attempt
- Mental disorders
- Alcohol and substance abuse
- History of trauma or abuse
- Family history of suicide
- Access to lethal means: pills, guns, etc.
- Lack of social support and a sense of isolation
- Hopelessness



YOUTH-SPECIFIC RISK FACTORS



Separation/divorce of
parents or family crisis



Relationship break-up



Inadequate problem
solving/coping skills



harassment by peers or
bullying



Stress due to perceived
need to achieve



Sexual identity Issues

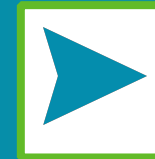
WARNING SIGNS



SITUATIONAL WARNING SIGNS



Persistent sadness



Change in eating or
sleeping habits



A crisis or traumatic
event



Change in mood

BEHAVIORAL WARNING SIGNS

Irritability / Anger

Writing / drawing about death / suicide

Withdrawal from friends / activities

Under the influence of drugs or alcohol

Giving things away

Relief or sudden improvement

VERBAL WARNING SIGNS

***“I’m going to
kill myself!”***

***“I wish I were
dead!”***

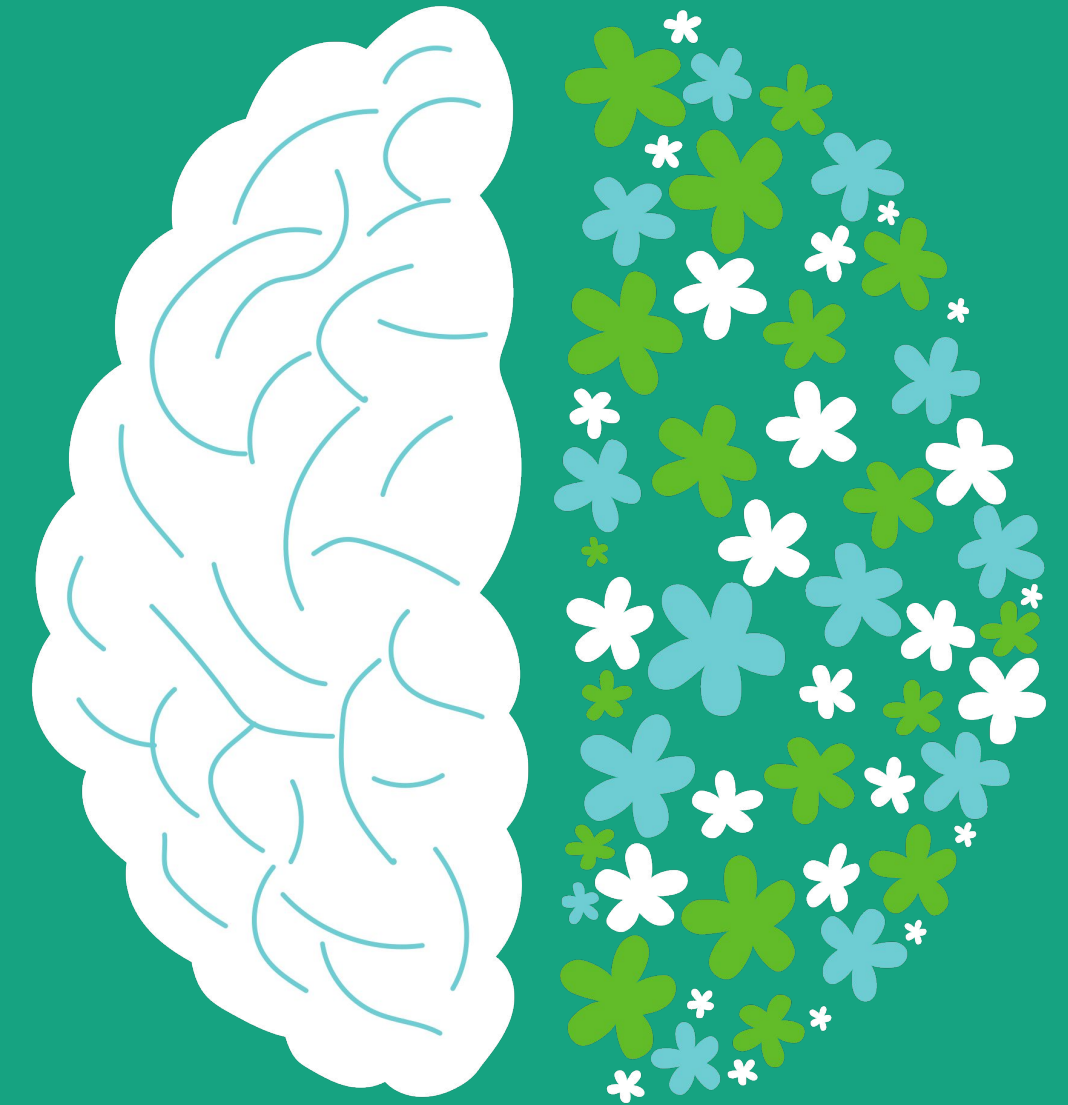
***“I can’t take it
anymore!”***

***“You’d be
better off
without me!”***

***“My parents won’t
have to worry about
me anymore”***

***Frequent physical
complaints***

SUICIDE IS PREVENTABLE





PROTECTIVE FACTORS

- Coping and problem-solving skills
- Cultural and religious beliefs that discourage suicide
- Connections to friends, family, school, and community support
- Supportive relationships with care providers
- Availability of physical and mental health care
- Limited access to lethal means among people at risk

RESILIENCE

Resilience is the ability to bounce back from setbacks and challenges, adapting and recovering quickly.

KEY POINTS

Resilience involves maintaining a positive mindset, perseverance, and the ability to learn and grow from adversity. Resilient individuals display mental and emotional strength, allowing them to navigate through difficult situations with determination and resilience.

EXAMPLES

People with resilience may have the following traits:

- Adaptability
- Optimism
- Self-confidence
- Problem-solving
- Flexibility
- Emotional regulation
- Determination

HELP IS AVAILABLE

If you need help or are looking for mental health support and resources, speak with a counselor or trusted adult.



SUICIDE HOTLINE NUMBERS



- ***988 Suicide & Crisis Lifeline:*** Dial or text 988
- ***The Harris Center Crisis Line:*** 713-970-8210

If an emergency, go to the nearest emergency room or call 911.

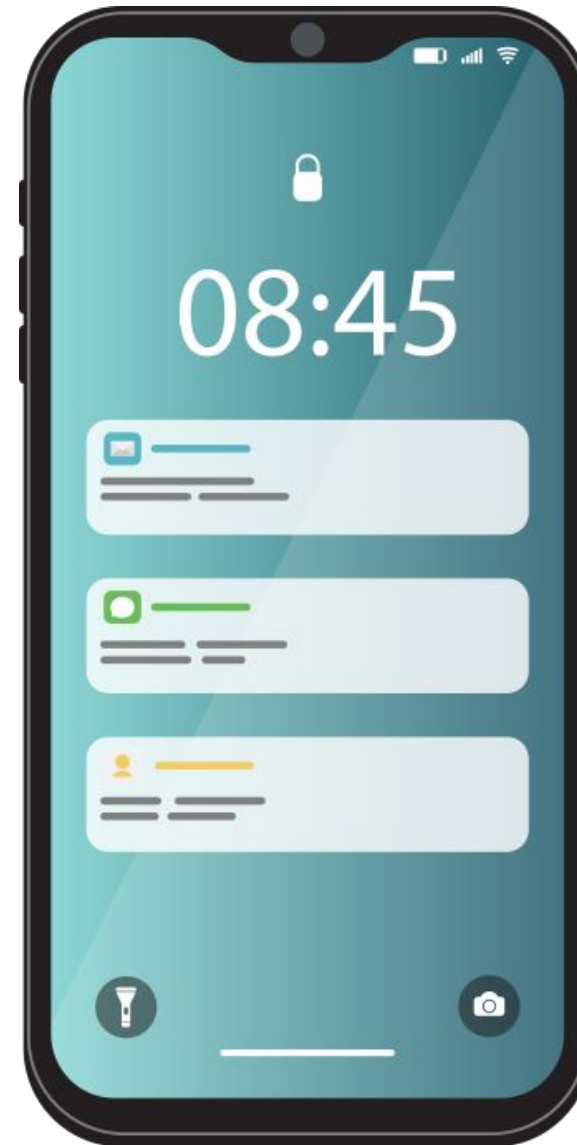
Suicide prevention and crisis support
contact information is also
listed on the back of your
student ID badge.



MOBILE APPLICATIONS



How We
Feel



YOU CAN HELP OTHERS

- Know the signs of an individual in distress.
- Listen and be there.
- Refer the friend to a counselor.
- Tell a parent, counselor, or other adult.



BROKEN IN A MILLION PIECES

VIDEO PRESENTATION



RESOURCES

- <http://prp.jasonfoundation.com/facts/youth-suicide-statistics/>
 - <https://www.nami.org/>
 - www.cdc.gov
 - <https://www.apa.org/>
 - <https://www.wikipedia.org/>
- *Helpful Professor*