SUICIDE is PREVENTABLE

Help Save a Life

Did You Know?

- Suicide is the second leading cause of death for youth.
- Most youth who are suicidal don't want to die; they are in pain and see no way out.
- A previous suicide attempt is the largest predictor of suicidal behavior.
- LGB youth are five times more likely to attempt suicide.
- 30-50% of transgender youth have made a serious attempt at suicide.
- **We MUST take every threat seriously.**

Risk Factors - *Factors that increase a student's risk for suicide. They DO NOT cause suicide.*

- One or more suicide attempts
- Loss of any kind
- Mental illness
- Alcohol or substance use
- Bullying or harassment
- Friend or family completed suicide
- History of abuse/trauma
- Access to guns or lethal weapons
- Lack of coping or problem solving skills
- Not getting needed services

Warning Signs - *What you might see or hear that indicates a student MAY be suicidal TODAY*

Makes a statement

"I wish I were dead," "If such and such doesn't happen, I'll kill myself," "What's the point in living?"

Talking/writing about death or suicide

In text messages, on social media/chat rooms, in school assignments, poems, or music.

Looking for a way to attempt suicide

Looking for a gun, pills, or other means. Having a realistic plan about where to get the means.

Giving their possessions away

Rapid shift in mood/affect

From sullen or depressed to being happy or "at peace."

Other behaviors

- Signs of depression or anxiety
- Feeling like a burden
- Feeling trapped—no way out
- Drug/alcohol use increases or is excessive
- Neglecting appearance
- Drop in grades
- Increased absences

What to Do

- **Listen to your Student.** Allow them to express their feelings and listen for warning signs.
- **Ask Direct Questions.** Talking about suicide or asking a student if they feel suicidal does not plant the idea in their head.
  - *Do you want to kill yourself?*
  - *Do you have a plan to kill yourself?*
  - *Do you have access to the means?*
- **Keep Student Safe.** Stay with them until someone else arrives. Ask the student if they have any weapons or objects that could harm them. If so, remove them.
- Immediately Notify your administrative team, mental health professional on campus, or school resource officer to assess the student for suicidality.

24 Hour Crisis Line

Suicide/Crisis Hotline: **Call or Text 988**
LGBTQ+ Support: Call 1-866-488-7386 or text 'START' to 678-678

Important Non-Emergency Phone Numbers

- My local Police Department: _____
- _____

LEARN MORE WAYS TO HELP

Sign up for Be Sensitive Be Brave, a 2-hour workshop designed to be the eyes and ears for suicidal distress awareness and support or Youth Mental Health First Aid, a 6-hour public education training program designed for any adult working with or assisting young people, ages 12-24.

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