

Live On!



Suicide Prevention



dare to be different

Suicide Prevention & Awareness

2019

Introduction

? **Counselor role at school**

? **Addressing concerns/comments**

Life can be a rollercoaster

- ? What types of things do people experience in life that can be hard?
- ? What about teens?
- ? Show of hands

Warning Signs & Risk Factors



Suicide Warning Signs

Talking about suicide	Any talk about suicide, dying, or self-harm, such as "I wish I hadn't been born," "If I see you again..." and "I'd be better off dead."
Seeking out lethal means	Seeking access to guns, pills, knives, or other objects that could be used in a suicide attempt.
Preoccupation with death	Unusual focus on death, dying, or violence. Writing poems or stories about death.
No hope for the future	Feelings of helplessness, hopelessness, and being trapped ("There's no way out"). Belief that things will never get better or change.
Self-loathing, self-hatred	Feelings of worthlessness, guilt, shame, and self-hatred. Feeling like a burden ("Everyone would be better off without me").
Getting affairs in order	Making out a will. Giving away prized possessions. Making arrangements for family members.
Saying goodbye	Unusual or unexpected visits or calls to family and friends. Saying goodbye to people as if they won't be seen again.
Withdrawing from others	Withdrawing from friends and family. Increasing social isolation. Desire to be left alone.
Self-destructive behavior	Increased alcohol or drug use, reckless driving, unsafe sex. Taking unnecessary risks as if they have a "death wish."
Sudden sense of calm	A sudden sense of calm and happiness after being extremely depressed can mean that the person has made a decision to commit suicide.

Suicide warning signs in teens

Additional warning signs that a teen may be considering suicide:

- Change in eating and sleeping habits
- Withdrawal from friends, family, and regular activities
- Violent or rebellious behavior, running away
- Drug and alcohol use
- Unusual neglect of personal appearance
- Persistent boredom, difficulty concentrating, or a decline in the quality of schoolwork
- Frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc.
- Not tolerating praise or rewards

Source: *American Academy of Child & Adolescent Psychiatry*

How you can help

- ? **Speak up if you're worried**
 - ? Talk to your friend
 - ? Don't keep it a secret
- ? **Respond quickly in a crisis**
 - ? Get your friend help
- ? **Offer help and support**
 - ? Be there



Where to turn

- ? Where can you get help?
 - ? School
 - ? Counselors, teacher, coach
 - ? Church
 - ? Family
 - ? Friends
 - ? Doctor
 - ? Hotline



Options for help

- ? Text "**SAFE**" to **741 – 741**
 - ? Free & 24/7
 - ? Confidential
- ? North Texas Behavioral Health Authority
 - ? 24 hr hotline: 1-866-260-8000
 - ? ntbha.org
- ? The Suicide and Crisis Center of North Texas
 - ? 24 hr hotline: 214-828-1000
 - ? scccenter.org



Form available on my website

Concern about a LISD student

This form can be completed without indicating your name. Please give truthful information and as much detail as possible. If you are willing to put your name, the school counselor will only use the name given to follow up on a concern.

We care about our students and want to make sure we are checking on students that may be having a hard time.

What is the name of the student? Please give first name and last name if possible. If you don't know their name....give details of who their teacher is, a description, etc.

Short answer text

What grade is the student in?

Short answer text

What school do they attend?

Lipan Elementary (Grades PreK - 5)

Be a difference maker

- ? What can you do that will make somebody's day?
- ? Simple acts of kindness go a long way
- ? Show support and understanding in hard times
- ? Let people know you care

Every situation in life is temporary. So, when life is good, make sure you enjoy and receive it fully. And when life is not so good, remember that it will not last forever and better days are on the way.

-Jenni Young