

Having Hope: Suicide Prevention

Participants Guide: 1HR

OBJECTIVES

By the end of this training, you will know

- **Why it is important** to talk about suicide.
- Common **signs and symptoms** of students vulnerable to suicide.
- **How you can help** support a student at risk for suicide.

RISK & PROTECTIVE FACTORS FOR SUICIDE

Life Event Risks	Environmental Risk Factors	Individual Risk Factors
Protective Factors		



Warning Signs and Red Flags of Suicide Vulnerability

TALK	BEHAVIOR	MOOD
<ul style="list-style-type: none"> • Talk about suicide, no reason to live • Talk of being a burden to others • Talk of feeling trapped • Talk of feeling ashamed or humiliated • Frequent complaints of physical illness • Saying goodbye 	<ul style="list-style-type: none"> • Increased use of alcohol or drugs • Acting recklessly • Temper outbursts, aggression • Extreme sensitivity to rejection or setbacks • Frequent school absences or tardiness • Sudden withdrawal from activities • Sudden isolation from friends • Researching suicide or methods • Giving away prized possessions • Decrease in school performance 	<ul style="list-style-type: none"> • Depression • Loss of interest • Extreme anxiety • Impulsiveness • Anger, irritability, rage • Shame, humiliation
REQUIRES IMMEDIATE ATTENTION	<ul style="list-style-type: none"> • Anything in red above • An increase in any warning signs or behavior 	



5 Steps to Preventing Student Suicide

1. Ask
2. Keep them safe
3. Be there
4. Acknowledge feelings
5. Promise help--- Not confidentiality.



How to Refer a Student for Help

- Provide SPECIFIC details of the behavior or signs that precipitated the referral.
- Describe the student's previous performance/behavior.
- Share information about absences, tardiness, change in classroom performance, concerns voiced by peers or family members.



Resources

Go Ask Alice – Mental & Social Health Helpline for teens. www.GoAskAlice@Columbia.edu

Jason Foundation – National leader in youth suicide education. www.JasonFoundation.com

American Foundation for Suicide Prevention – www.AFSP.org

Suicide Prevention Lifeline – National network of local crisis centers with 24/7 support.
www.SuicidePreventionLifeline.org

The Trevor Project – Crisis services for LGBTQ youth ages 13-24. www.theTrevorProject.org

Crisis Text Line – 24/7 crisis counselors available by text. Text CONNECT to 741741.

Trans Lifeline – Support for trans people. (877) 565-8860, www.TransLifeline.org

A Friend Asks App – an app from the Jason Foundation to help users recognize & support those at risk for suicide.

My3 App – A safety plan tool that helps people at high risk for suicide.

Safety Plan App – A safety plan app to help prevent suicide.

3-2-1 Reflection

3 Things I learned:

2 Strategies I will try:

1 Thing I want to learn more about: _____

Take the Survey

- Please give us feedback.
- Scan the icon in your handout.
- Or go to:
<https://www.surveymonkey.com/r/JXHRD9J>

