

# SUICIDE PREVENTION

KNOW THE SIGNS

## SIGNS OF SUICIDAL THINKING SHOULD BE RECOGNIZED.

- *Trouble focusing, lower grades, withdrawing, neglectful appearance, risk-taking behaviors*

## ASK THE MOST IMPORTANT QUESTION OF ALL

1. "Are you thinking about killing self?"
2. It seems like things are pretty difficult for you right now ...
3. Are you feeling hopeless?
4. Have you had thoughts about taking your life? What are you thinking about?

*Validate what the person is going through.*

*Ask what is causing the hopelessness*

## VALIDATE THE PERSONS EXPERIENCE

1. Talk openly about suicide. Be willing to listen and allow your student to express his or her feelings.
2. Ask what is causing the hopelessness, and recognize the situation is serious
3. Do not pass judgement, reassure that help is available.
4. "I'm really worried about you, and unless I hear back from you,
5. I am going to call the police or \_\_\_ to make sure you stay safe"
6. Safety plan: Intervene in whatever ways necessary if they might harm themselves or someone else

## ENCOURAGE TREATMENT AND EXPEDITE GETTING HELP

- Call JCMH, 541-774-8201 (suicide prevention specialists are available)
- Call 911
- National crisis line: 1-800-273-8255
- Online: suggest finding a text and chat service like BetterHelp
- Create with them ~ Hope Box / Joy Box
- Respite program for youth through JCMH.
- Have students fill out the safety plan with you or your school psychologist, use their words and their scenario, don't ask them to promise you anything.

*if they're not engaging, use open-end questions*

**SOURCE: GATE KEEPER TRAINING**