#### Effective School Solutions

### Having Hope: Suicide Prevention for Parents

## **Participants Guide**

#### **OBJECTIVES**

By the end of this training, you will know

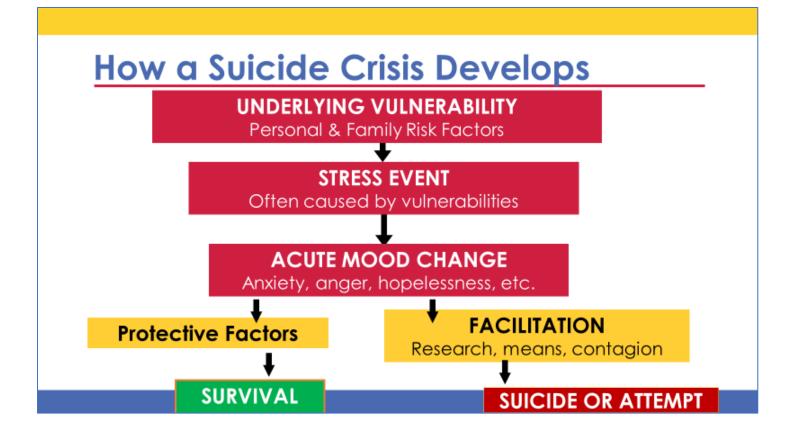
- Why it is important to talk about suicide.
- Common signs and symptoms of students vulnerable to suicide.
- How you can help support a student at risk for suicide.

RISK & PROTECTIVE FACTORS FOR SUICIDE		
Life Event Risks	Environmental Risk Factors	Individual Risk Factors
	Protective Factors	
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#### Warning Signs and Red Flags of Suicide Vulnerability

TALK	BEHAVIOR	MOOD
<ul> <li>Talk about suicide, no reason to live</li> <li>Talk of being a burden to others</li> <li>Talk of feeling trapped</li> <li>Talk of feeling ashamed or humiliated</li> <li>Frequent complaints of physical illness</li> <li>Saying goodbye</li> </ul>	<ul> <li>Increased use of alcohol or drugs</li> <li>Acting recklessly</li> <li>Temper outbursts, aggression</li> <li>Extreme sensitivity to rejection or setbacks</li> <li>Frequent school absences or tardiness</li> <li>Sudden withdrawal from activities</li> <li>Sudden isolation from friends</li> <li>Researching suicide or methods</li> <li>Giving away prized possessions</li> <li>Decrease in school performance</li> </ul>	<ul> <li>Depression</li> <li>Loss of interest</li> <li>Extreme anxiety</li> <li>Impulsiveness</li> <li>Anger, irritability, rage</li> <li>Shame, humiliation</li> </ul>
REQUIRES IMMEDIATE ATTENTION	<ul><li>Anything in red above</li><li>An increase in any warning signs or</li></ul>	r behavior



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#### 5 Steps to Preventing Student Suicide

- 1. Ask
- 2. Keep them safe
- 3. Be there
- 4. Connect them to resources
- 5. Stay connected

#### Step 1: Ask

- Are you okay?
- Are you thinking about killing yourself?
- Are you thinking about suicide?
- How can I help?
- Acknowledge feelings.
- Promise help not confidentiality.



- 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 other family members.

# e-e 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. <u>www.SuicidePreventionLifeline.org</u>

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: <u>https://www.surveymonkey.co</u> <u>m/r/82CCV8Z</u>



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