

## Participants Guide

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



## Warning Signs and Red Flags of Suicide Vulnerability

TALK	BEHAVIOR	MOOD
<ul style="list-style-type: none"> <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 style="list-style-type: none"> <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 style="list-style-type: none"> <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>
<b>REQUIRES IMMEDIATE ATTENTION</b>	<ul style="list-style-type: none"> <li>• Anything in red above</li> <li>• An increase in any warning signs or behavior</li> </ul>	

## How a Suicide Crisis Develops



## 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.



## 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 other family members.



## Resources

Go Ask Alice – Mental & Social Health Helpline for teens. [www.GoAskAlice@Columbia.edu](mailto:www.GoAskAlice@Columbia.edu)

Jason Foundation – National leader in youth suicide education. [www.JasonFoundation.com](http://www.JasonFoundation.com)

American Foundation for Suicide Prevention – [www.AFSP.org](http://www.AFSP.org)

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

[www.SuicidePreventionLifeline.org](http://www.SuicidePreventionLifeline.org)

The Trevor Project – Crisis services for LGBTQ youth ages 13-24. [www.theTrevorProject.org](http://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](http://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

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Things I learned:

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2

Strategies I will try:

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1

Thing I want to learn more about: \_\_\_\_\_

## Take the Survey

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- Please give us feedback.
- Scan the icon in your handout.
- Or go to:  
<https://www.surveymonkey.com/r/82CCV8Z>

