



# *SUICIDE*

## *SCHOOL GUIDE FOR PREVENTING SUICIDE*

### **Risk Factors:**

- Mental illness, including depression and conduct disorders
- Substance abuse
- Family stress/dysfunction
- Environmental risk, including presence of firearms in household
- Situation crisis, such as death of loved one, physical/sexual abuse, family violence.

### **Warning Signs:**

- Making suicidal threats in direct or indirect statements
- Leaving suicide notes or plans
- Prior suicidal behavior
- Making final arrangements, giving away items that are important to them.
- Preoccupation with death
- Changes in behavior and/or appearance

### **What to do if you suspect someone is thinking of suicide:**

- Remain calm
- Ask the youth directly if he/she is thinking about suicide
- Focus concerns on their wellbeing avoid being accusatory
- Listen
- Reassure them that help is available
- Do not judge
- Provide constant supervision , do not leave the youth alone
- Remove means of self harm
- **Get help**-school staff should take the student to the designated mental health professional or administrator.

For more information on suicide:

<http://store.samhsa.gov/shin/content//SMA12-4669/SMA12-4669.pdf>

<http://theguide.fmhi.usf.edu/pdf/2012PDFs/2012GuideAll.pdf>

[http://www.nasponline.org/resources/crisis\\_safety/suicideprevention.aspx](http://www.nasponline.org/resources/crisis_safety/suicideprevention.aspx)

