

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.

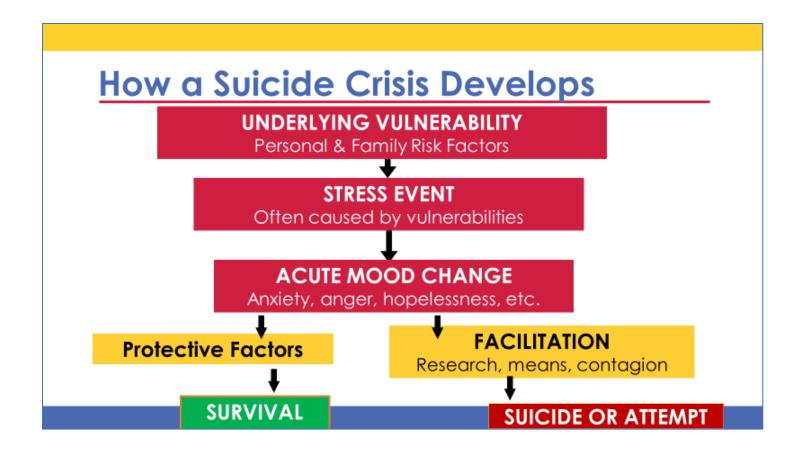
RISK & PROTECTIVE FACTORS FOR SUICIDE						
Life Event Risks	Environmental Risk Factors	Individual Risk Factor				
	Protective Factors					





Warning Signs and Red Flags of Suicide Vulnerability

TALK	BEHAVIOR	MOOD
 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 	 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 	 Depression Loss of interest Extreme anxiety Impulsiveness Anger, irritability, rage Shame, humiliation
REQUIRES IMMEDIATE ATTENTION	Anything in red aboveAn increase in any warning signs or	· behavior



Effective School Solutions

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

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.

Effective School Solutions

3-2-1 Reflection

Things I learned:		
2 Strategies I will try:		
1 Thina 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/GH7565Y

