

# SUICIDE is PREVENTABLE

*Help Save a Life*

## Did You Know?

- Suicide is the 2nd leading cause of death for youth.
- Most suicidal youth don't want to die; they are in pain and see no way out.
- A previous suicide attempt is the largest predictor of suicidal behavior.
- LGBTQ youth are 4 times more likely to attempt suicide.
- Over 25% of Transgender youth have reported a serious suicide attempt.
- **We MUST take every threat seriously.**

## Risk Factors – DO NOT cause suicide. They CAN increase a student's risk for suicide

- One or more suicide attempts
- Loss of any kind
- Mental illness
- Alcohol or substance use
- Bullying or harassment
- Friend or family completed suicide
- History of abuse/trauma
- Access to guns or lethal weapons
- Lack of coping or problem solving skills
- Not getting needed services

## Warning Signs - What you might see or hear that indicates a student MAY be suicidal TODAY

### Makes a statement

"I wish I were dead," "If such and such doesn't happen, I'll kill myself," "What's the point in living?"

### Talking/writing about death or suicide

In text messages, on social media/chat rooms, in school assignments, poems or music.

### Looking for a way to attempt suicide

Looking for a gun, pills or other means. Having a realistic plan about where to get the means.

### Giving his/her possessions away

### Rapid shift in mood/affect

From sullen or depressed to being happy or "at peace."

### Other behaviors

- Signs of depression or anxiety
- Feeling like a burden
- Feeling trapped—no way out
- Drug/alcohol use increases or is excessive
- Neglecting appearance
- Drop in grades
- Increased absences

## What To Do

- **Listen to your Student.** Allow them to express their feelings and listen for warning signs.
- **Ask Direct Questions.** Talking about suicide or asking a student if they feel suicidal does not plant the idea in their head.
  - Do you want to kill yourself?
  - Do you have a plan to kill yourself?
  - Do you have access to the means?
- **Keep Student Safe.** Stay with them until someone else arrives. Ask the student if they have any weapons or objects that could harm them. If so, remove them.
- **Immediately Notify** your Admin Team, mental health professional on campus or School Resource Officer to assess the student for suicidality.



### 24 Hour Crisis Line

Suicide/Crisis Hotline:  
**1-800-273-TALK (8255) or  
650-579-0350**

#### Important Non-Emergency Phone Numbers

- My local Police Department: \_\_\_\_\_
- 24/7 Child and Teen Hotline: for parents, educators and youth **650-567-KIDS (5437)**

### LEARN MORE WAYS TO HELP

Sign up for Youth Mental Health First Aid, an 8-hour public education training program designed for any adult working with or assisting young people, ages 12-24. The course focuses on how to help a young person who may be experiencing a mental health challenge or crisis and is offered at all schools. Visit: [www.smchealth.org/MHFA](http://www.smchealth.org/MHFA).



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