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**
“[Add specific statements here]”

**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.