

Suicide Prevention & Intervention Training for Secondary Students



Why Address Suicide?



1

- Suicide is the death of someone's daughter, son, or friend.

2

- **SUICIDE IS PREVENTABLE.**

3

- *1 SUICIDE IS 1 TOO MANY!*



i'm still alive
but i'm **barely** breathing.

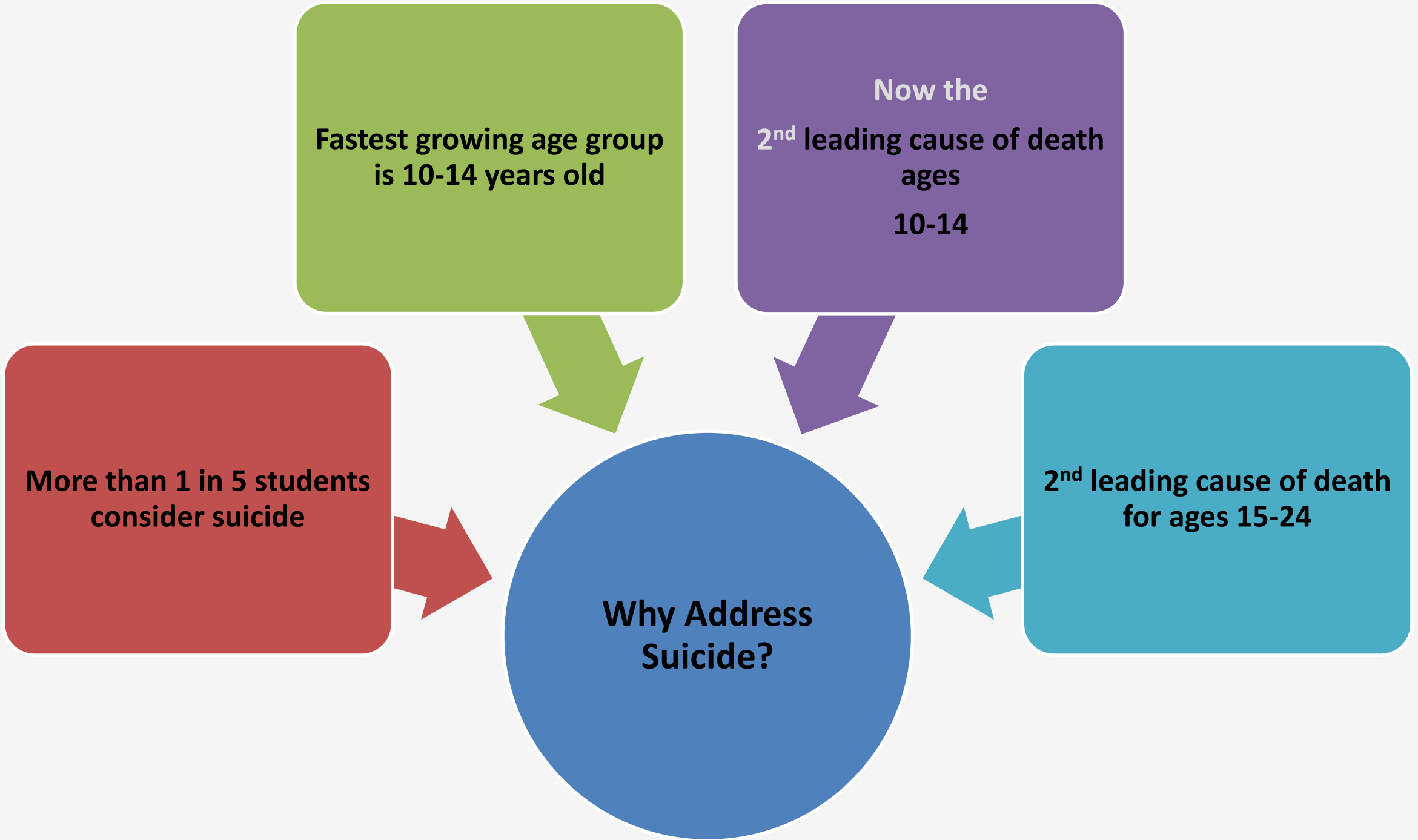
**Fastest growing age group
is 10-14 years old**

**Now the
2nd leading cause of death
ages
10-14**

**More than 1 in 5 students
consider suicide**

**2nd leading cause of death
for ages 15-24**

**Why Address
Suicide?**



- Mental disorders
 - Alcohol and substance abuse
 - History of trauma or abuse
 - Family history
 - Access to lethal means-pills, guns, etc.
 - Lack of social support and sense of isolation
 - Hopelessness
-

General RISK FACTORS

- Separation/divorce of parents or family crisis
 - Harassment by peers (bullying)
 - Sexual identity/orientation
 - Relationship breakup
 - Feelings of stress brought about by perceived achievement needs
 - Inadequate problem solving/coping mechanisms
-

Youth Specific RISK FACTORS

SITUATIONAL WARNING SIGNS



- 1 Persistent sadness
- 2 Change in mood
- 3 Change in eating/sleeping habits
- 4 Crisis or traumatic event

BEHAVIORAL WARNING SIGNS



- 1 Writing/drawing about death/suicide
- 2 Irritability/anger
- 3 Withdrawal from friends/activities
- 4 Under the influence
- 5 Giving things away

VERBAL WARNING SIGNS



- 1 “I’m going to kill myself!”
- 2 “I wish I were dead!”
- 3 “I can’t take it anymore!”
- 4 “You’d be better off without me.”

Frequent physical complaints

Verbal Warning Signs

- "I can't go on anymore"
- "I wish I was never born"
- "I wish I were dead"
- "I won't need this anymore"
- "My parents won't have to worry about me anymore"
- "Everyone would be better off if I was dead"
- "Life sucks. Nobody cares if I live or die"



**ADAPT
AND
OVERCOME**

RESILIENCE

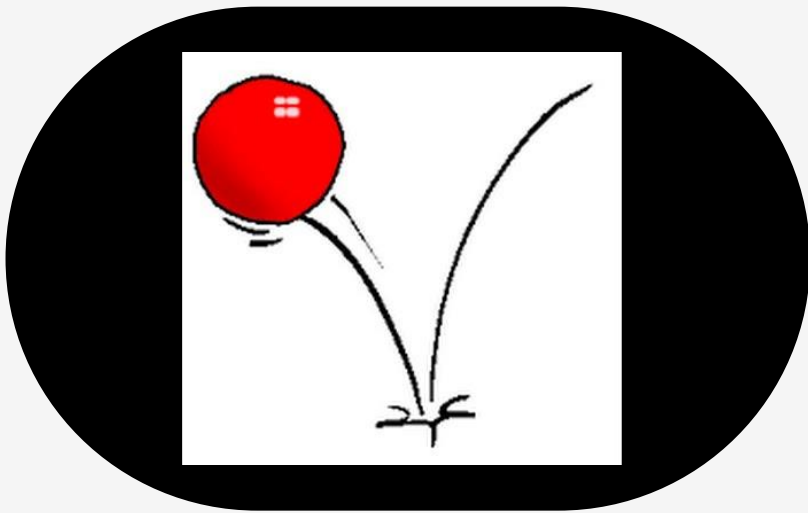
A skill that enables one to

*manage
life's
challenges,
stresses,
changes,
and
pressures
effectively*

*cope with
and adapt
successfully
to adversity*

*bounce
back to a
balanced
state after
facing a
major
disruption
in life*

Teens Who Are Resilient



- 1 See difficult situations as challenges
- 2 Go with the flow
- 3 Have high self-esteem and self-confidence
- 4 Work to accomplish goals
- 5 Bounce back from disappointments
- 6 Have hope for their future
- 7 Possess strong problem-solving skills

Ways to Develop a Bounce-Back Mentality

- Remind yourself frequently of your positive qualities.
 - Stay in the present without dwelling on the past.
 - Take more responsibility for your own actions and for what happens in your life.
 - Overcome negative messages by releasing them and reversing them to make them more positive.
 - Learn from your experiences.
-

Ways to Develop a Bounce-Back Mentality

- Be sure that the negative influences of the past do not negatively affect your future.
 - Laugh and find humor in your day.
 - Invest in yourself.
-

How You Can Help Yourself

1

Contact a counselor or another caring adult.



2

Become involved/connected with your school.



3

Develop positive self-esteem and coping strategies.



How You Can Help Yourself

4

Access resources

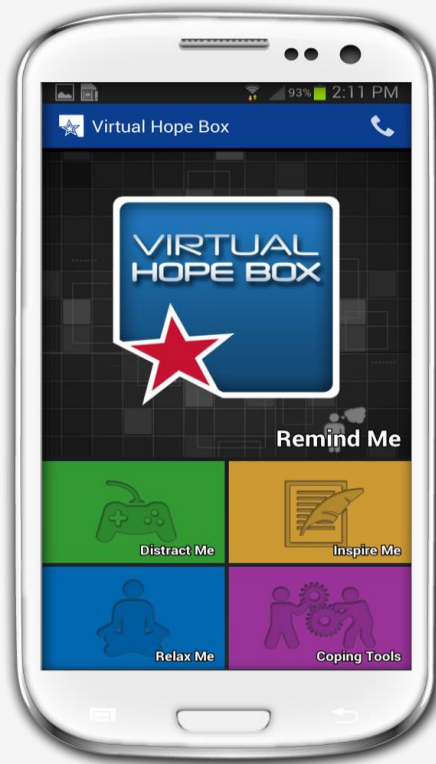
- Support groups
- Treatment programs



5

**ASK
FOR
HELP!**

MOBILE APPLICATIONS



CIH Guide

Crisis Intervention
of Houston



MOBILE APPLICATIONS

MY3



How You Can Help Others



- 1** Be aware of signs.
- 2** Listen, and be there.
- 3** Refer friend to counselor.
- 4** Tell an adult (parent, counselor).



Krista's story (Always Tell Someone)

<https://youtu.be/cOCMsgoM6To>

**Ask for HELP-
for yourself or
others!**



Suicide Hotline Numbers

1-800-273-TALK(8255)

832-416-1199

**If an emergency, go to nearest
emergency room, or call 911**



QUESTIONS?

REFERENCES

- + www.cdc.gov
- + Centers for Disease Control and Prevention
2015 Youth Risk Behavior Surveillance Report
- + *Teen Resiliency-Building Workbook*
John J. Liptak, Ed.D. & Ester R.A. Leutenberg

