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.

<table>
<thead>
<tr>
<th>RISK &amp; PROTECTIVE FACTORS FOR SUICIDE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life Event Risks</td>
</tr>
<tr>
<td>-------------------</td>
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<tr>
<td>Protective Factors</td>
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</tbody>
</table>
## Warning Signs and Red Flags of Suicide Vulnerability

<table>
<thead>
<tr>
<th>TALK</th>
<th>BEHAVIOR</th>
<th>MOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Talk about suicide, no reason to live</td>
<td>Increased use of alcohol or drugs</td>
<td>Depression</td>
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<tr>
<td>Talk of being a burden to others</td>
<td>Acting recklessly</td>
<td>Loss of interest</td>
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<tr>
<td>Talk of feeling trapped</td>
<td>Temper outbursts, aggression</td>
<td>Extreme anxiety</td>
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<tr>
<td>Talk of feeling ashamed or humiliated</td>
<td>Extreme sensitivity to rejection or setbacks</td>
<td>Impulsiveness</td>
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<tr>
<td>Frequent complaints of physical illness</td>
<td>Frequent school absences or tardiness</td>
<td>Anger, irritability, rage</td>
</tr>
<tr>
<td>Saying goodbye</td>
<td>Sudden withdrawal from activities</td>
<td>Shame, humiliation</td>
</tr>
<tr>
<td></td>
<td>Sudden isolation from friends</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Researching suicide or methods</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Giving away prized possessions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Decrease in school performance</td>
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</tbody>
</table>

**REQUIRES IMMEDIATE ATTENTION**
- Anything in red above
- An increase in any warning signs or behavior

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### How a Suicide Crisis Develops

**UNDERLYING VULNERABILITY**
Personal & Family Risk Factors

**STRESS EVENT**
Often caused by vulnerabilities

**ACUTE MOOD CHANGE**
Anxiety, anger, hopelessness, etc.

**FACILITATION**
Research, means, contagion

**SURVIVAL**

**SUICIDE OR ATTEMPT**
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


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.


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.
3-2-1 Reflection

3 Things I learned:
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

2 Strategies I will try:
________________________________________________________________________________________
________________________________________________________________________________________

1 Thing I want to learn more about: ________________________________