





Suicide Prevention

April, 2022

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Agenda

Why - The need to focus on suicide prevention

Prevention Efforts

Coping Skills

What happens when we are aware of a concern?

Supports as needed

Help & Hope

Postvention in the event of a tragedy

Parental Supports are Important

Help & Hope- To help students stay safe

Top 10 Protective Factors

What do you think? True or False?

- Suicide happens without warning signs.
- People who threaten to kill themselves are seeking attention.
- Talking about suicide may cause it.

Why?

Suicide can be prevented if we are able to identify warning signs and provide help and support.

There are many risk factors related to suicide ideation.

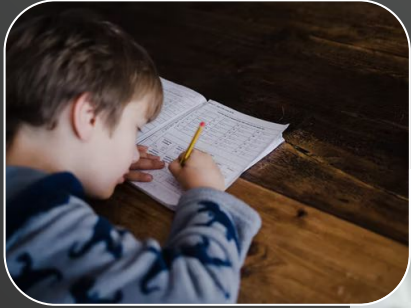
National Mental Health Crisis

WHO has predicted that in the next two years, depression will be the leading cause of disability globally.

A background image showing a hand in a red sleeve holding another hand in a dark sleeve. The text is overlaid on this image.

2nd LEADING
CAUSE OF DEATH
among 10-24 year olds.

Why: Who is At-Risk



General Coping Skills

CALM: Breathing, Relaxation (Color, Build, Journal, Music, etc.)---Also includes making sure you are prepared to feel calm, which includes being well rested (Sleep Hygiene)

OTHERS: Relationships, Belongingness, & Reaching out (Spend time with others who bring joy and are encouraging.)

Positive: Positive Self-Talk, Have fun, Distract (Focus on something Positive for a time---not to discount the hardship or struggle-working to shift perspective.)

Exercise: Movement & Activity



Prevention
efforts in place



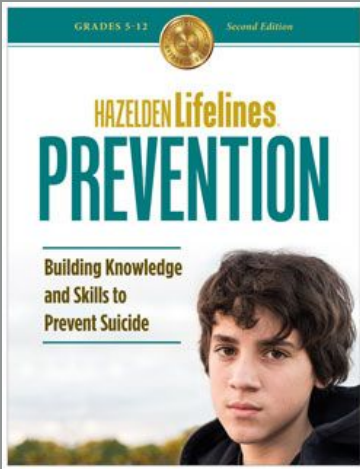
Mental Health Professionals
literally save lives.



Mental Health Supports Added



YELLOW RIBBON
SUICIDE PREVENTION PROGRAM®



Prevention

Promote Wellness, Resilience, & Coping Skills (early on and throughout school years)

Lifelines

Yellow Ribbon

Reporting Mechanisms

National Suicide Prevention Lifelines

See something, say something

Warning Signs

Feelings: hopeless, helpless, overly anxious

Actions/Events: A major fight or argument, talks about drugs or alcohol abuse, complete isolation from usual friends and/or activities

Changes: concerning changes in personality, behaviors, or interests

Threats: statements about death, giving things away, self-injury, or any suicidal attempts

Situations: recent loss, breakup, or getting into trouble

Show you care with the A.C.T. Acronym

1. **ACKNOWLEDGE** that you are seeing signs of sadness in a friend.
2. Let your friend know that you **CARE** about them and that you are concerned that they need help you cannot provide.
3. **TELL** a trusted adult that you are worried about your friend.

The A.C.T. acronym has been adapted from the Lifelines Curriculum.

Hotlines

Report Concerns at PHM: Safe School Helpline ®

The Safe School Helpline® is a confidential way to report student concerns about threats, suicide, drugs, bullying or anything that threatens the safety of any of PHM's 15 schools. **Available 24/7.**

Four Ways to Report to the Safe School Helpline®:

-Download the Safe School Helpline® app: [Get it from the App Store](#) or [from Google Play](#)

-Call: 1-800-418-6423 ext 359

-Text: TIPS to 614-426-0240

-Online: [SafeSchoolHelpline.com](https://www.safeschoolhelpline.com)

**Coming Summer
2022:**

988 Crisis
Response Line -
Building a
Broader Crisis
Care Continuum

Some Options for Help:
911 or
National Suicide Prevention Lifeline



What happens when we receive report of a concern or have concerns?

- Work to determine Risk of Suicidal Behavior
- Talk with parent/guardian.
- Provide Resources
- Protect student from self-harm.
- Support as needed



Take Care of Self & Others

1

Know Signs of
Concern

2

Seek Help

3

Stay Safe

(i.e., Coping Skills,
Safety Plan,
Ongoing Therapy,
Belongingness,
Relationship, etc.)



Help & Hope

Suicide is complex and we work to respond and prevent it.



Supports in the event of a Tragedy

Postvention
Actions & Supports



Mental Health
Crisis Team



Generally speaking, how can Parents/Guardians offer support and help?



Provide Love
and Support



Avoid Judgment



Spend Time



Keep it Locked &
Safe

(i.e., Medications,
Weapons, Cleaners,
etc.)



Listen



Promote Mental
Wellness



Observe Changes &
Watch for Warning
Signs-Seek Help



Reach Out/Seek
Help

How parents/guardians can support

Do (Safety & Support)

- Supervise
- Remove any lethal means
- Listen (be non-judgmental)
- Provide loving support
- Let them know you love them
- Offer hope
- Explain that it may be situational and they will get through this
- Help problem solve if needed
- Let them know you are there for them
- Plan of what to do when feel unsafe
- Reach out - Social Supports
- Watch for warning signs
- Outside supports may be needed
- Collaboration with school
- Seek immediate help if needed

Don't

- Say something like, “You’re crazy!” “Stop thinking that way.” “You would not do anything to hurt yourself, would you?” “You have so much.” “I do so much for you.” “It’s not that bad.”
- Offer advice or criticism (child needs to feel heard and loved)
- Do not leave them unsupervised

Top 10 Protective Factors

1. Build coping, problem-solving and resilience skills for all
2. Belongingness (Healthy, positive Relationships)
3. Recognize warning signs & Seek immediate help (especially when experiencing suicidal thoughts)
4. Provide support to those at risk
5. Offer Compassion
6. Work to keep students safe (supervision important)
7. Increase social connections and support
8. Mental Health Supports/Access to care
9. Hope
10. Love

Thank You!



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