

Suicide Prevention

Admiral Richard E. Byrd Middle School

School Counseling Department

Objectives

Increase awareness and knowledge of:

- ❖ Teenage suicide facts
- ❖ Terms related to suicide and suicide prevention
- ❖ Suicide warning signs
- ❖ Suicide risk factors
- ❖ How to get help
- ❖ Resources available for students

Discussion Expectations

- ❖ Respect yourself
- ❖ Respect others
- ❖ Be thoughtful and considerate



MYTHS ABOUT SUICIDE

There are many myths surrounding suicide. Decide if you think each of the following questions are True or False and place a T or an F in the space provided, depending on your answer.

1. ____ People who threaten to kill themselves rarely do.
2. ____ People who attempt suicide and are more likely to try again.
3. ____ People that want to kill themselves do not want medical help or intervention.
4. ____ People who attempt suicide are crazy.
5. ____ More boys commit suicide than girls.
6. ____ There is little correlation between alcohol or drug abuse and suicide.
7. ____ Once a person decides to kill themselves, there is no way to stop them.
8. ____ A person who threatens to kill themselves is just seeking attention.
9. ____ It's a bad idea to ask a depressed person if they're considering suicide because it might give them the idea.
10. ____ Suicide is often planned ahead of time.
11. ____ Teenagers have a realistic view of the finality of suicide.

MYTHS ABOUT SUICIDE

There are many myths surrounding suicide. Decide if you think each of the following questions are True or False and place a T or an F in the space provided, depending on your answer.

1. F People who threaten to kill themselves rarely do.
2. T People who attempt suicide and are more likely to try again.
3. F People that want to kill themselves do not want medical help or intervention.
4. F People who attempt suicide are crazy.
5. T More boys commit suicide than girls.
6. F There is little correlation between alcohol or drug abuse and suicide.
7. F Once a person decides to kill themselves, there is no way to stop them.
8. F A person who threatens to kill themselves is just seeking attention.
9. F It's a bad idea to ask a depressed person if they're considering suicide because it might give them the idea.
10. T Suicide is often planned ahead of time.
11. F Teenagers have a realistic view of the finality of suicide.

http://www.youtube.com/watch?v=5RvGcFvGNGo&feature=player_detailpage

Suicide

The *intentional* act of causing one's own death by one's own actions.

Definitions of Suicide Behavior

Threat - writing, drawing, or telling someone of the intent to commit suicide.

Attempt - the unsuccessful action of taking one's own life.

Gesture - the action of taking one's life in a non-fatal manner.

Ideation - passing or continued thoughts of suicide.

Facts

- **Every Year**
 - *there are approximately 10 youth suicides for every 100,000 youth*
- **Every Day**
 - *there are approximately 11 youth suicides*
- **Every 2 Hours and 11 Minutes**
 - *a person under the age of 25 commits suicide*

(According to the Society of the Prevention of Teen Suicide)

Why is learning about suicide important?

- Suicide is the third leading cause of death for teens.
- CDC Youth Risk Survey results show that 8% of high school students reported attempting suicide in the past year.
- 25% of high school students report suicide ideation (thoughts).
- 1-3% of teenagers will receive medical attention for a suicide attempt.
- 80% of the people who die by suicide are male. However, 70% of suicide attempts are by females.

Warning Signs, Risk Factors and Protective Factors

Yellow - Risk Factors

Red - Warning Signs

Green - Protective Factors



Risk Factors of Suicide

Risk Factors:

circumstances or situations that are outside an individual's control.



Risk Factors of Suicide

- ❖ Depression
- ❖ Family history of mental disorders, substance abuse, or suicide
- ❖ History of trauma or abuse
- ❖ Divorce of parents
- ❖ Feelings of hopelessness
- ❖ Isolation or lack of social support
- ❖ Stressful situation or loss (parent losing a job, a death, moving)
- ❖ Substance abuse or dependency
- ❖ Self-injury
- ❖ Risk taking, recklessness
- ❖ Perception of being a burden (e.g., to family and friends)

Warning Signs

- **Warning Signs** are behaviors an individual exhibits.
- **75%** of all people committing suicide give some warning of their intentions to a friend or family member.
- **ALL** suicide threats and attempts must be taken seriously.



Warning Signs

Feelings

Actions

Changes

Threats

Situations



Warning Signs of Suicide

Feelings-

- Feelings of helplessness, hopelessness, and being trapped
- Feeling that things will never get better
- Feelings of worthlessness, guilt, shame, and self-hatred

Actions-

- Previous attempts of suicide
- Alcohol or other drug use
- Giving possessions away
- Acting impulsively

Changes-

- Changes in mood and behavior
- Withdrawing from friends and family
- Fatigue or loss of energy

Threats-

- Threats or statements about wanting to die: “I wish I were dead.” or “Everyone would be better off without me.”

Situations-

- Recent losses (friends, moving, not making a team or club, breakup, the death of a loved one)

Warning Signs Continued

❖ *Chronic Depression*

❖ *Mood Disorder*



Protective Factors

- Contact with a caring adult
- Sense of connection or participation in school
- Positive self-esteem and coping skills
- Access to and care for mental / physical / substance disorders
- Good Coping Skills
- Family Support
- Safe Environment
- Resilience: ongoing sense of hope in the face of adversity

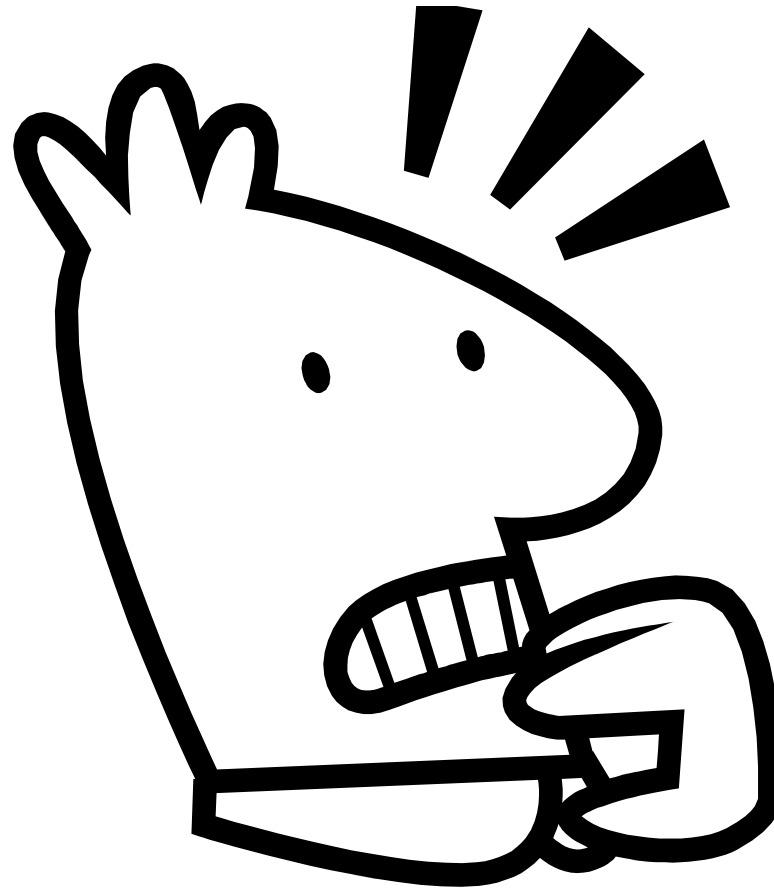
Signs of Depression

- ❖ Sad or depressed mood
- ❖ Loss of interest or motivation
- ❖ Change in eating or sleeping habits
- ❖ Change in grooming or hygiene
- ❖ Fatigue



- ❖ Difficulty concentrating
- ❖ Memory problems
- ❖ Feeling worthless
- ❖ Thoughts about death or suicide
- ❖ Isolation

What To Do???



Be A Friend



TELL AN ADULT!

- ❖ Do not panic!
- ❖ Listen and talk to your friend
- ❖ Be caring and compassionate
- ❖ Do not try to argue anyone out of suicide
- ❖ Asking if they are thinking about suicide **WILL NOT** cause them to commit suicide
- ❖ Take your friend's thoughts and words seriously
- ❖ Do not promise to keep their thoughts about suicide a secret



Who Can Help

❖ School Counselors:

- Mr. Farringer
- Mrs. Wagoner
- Mrs. Cleveland

❖ *Parents*

- ❖ *Any* trusted adult
- ❖ School Nurse
- ❖ Teachers
- ❖ School Psychologist
- ❖ Coach
- ❖ Administrators

Help is Available

When you tell an adult at school, they will:

- Meet and discuss suicide with the student.
- Assess needs of the student.
- Offer comfort and support to the student.
- Help the student and family with getting the appropriate assistance.

Remember -

Suicide is a permanent solution to a temporary problem!

- ❖ Do not keep a secret about suicide.
- ❖ Whenever someone talks about hurting themselves, TELL AN ADULT
- ❖ Do not wait to see what happens.
- ❖ If you are depressed or know someone depressed, TELL AN ADULT

Questions

