

# 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

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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.

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[http://www.youtube.com/watch?v=5RvGcFvGNGo&feature=player\\_detailpage](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

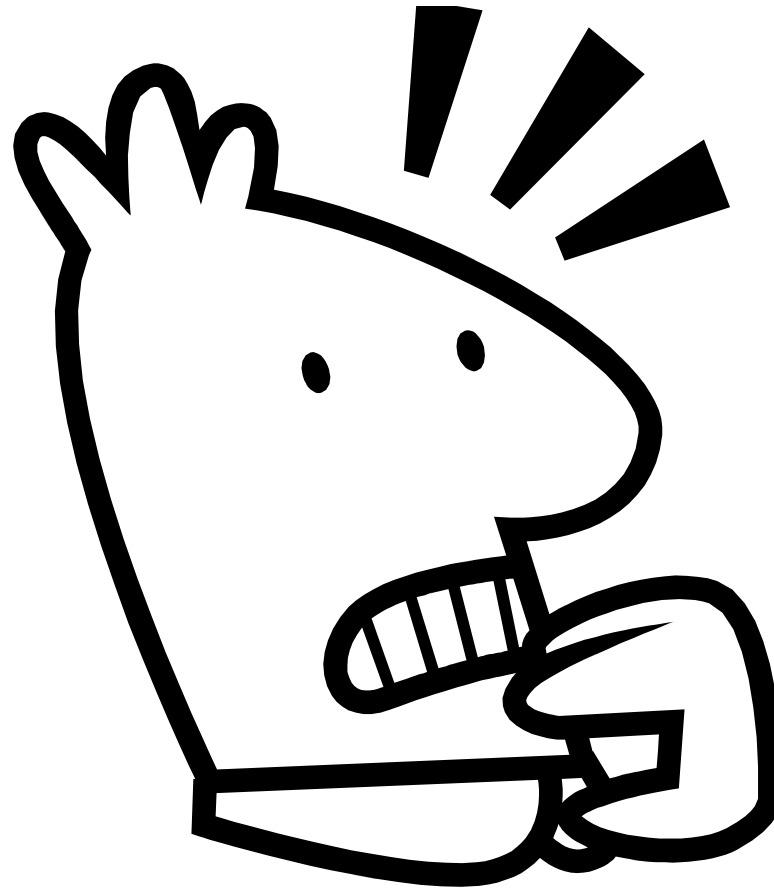
# Signs of Depression

- ❖ 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

