

How to Help Yourself

- Tell someone who can help.
- If you can't talk to parents, find a friend, a relative, teacher, guidance counselor, school psychologist, coach, or call a community help line or the National Suicide Prevention Lifeline.
- Don't be ashamed or embarrassed—many teens have problems they can't solve on their own.
- Finding the courage to get help is the first step.

Who Can Help?

- Help is available anytime, anywhere.
 - **National Suicide Prevention Lifeline**-a free, 24-hour hotline available to anyone in crisis or emotional distress or anyone concerned that someone they care about might be in crisis
- 1-800-273-TALK**
- **North Key Community Care Community Crisis Line** -a free, 24-hour local Northern Kentucky agency crisis hotline

1-877-331-3292

Resources for Teens

- **The Role of Teens in Suicide Prevention: Recognizing Warning Signs, Help-Seeking, for Self or Friend**
www.sprc.org/featured_resources/customized/teens.asp
 - **National Institute of Mental Health**
www.nimh.nih.gov-index.html
 - **National Suicide Prevention Lifeline**
www.suicidepreventionlifeline.org
 - **American Association of Suicidology**
www.suicidology.org/web/guest/home
 - **National Association of School Psychologists**
www.nasponline.org

References

www.sprc.org-featured_resources/customized/teens.asp
www.suicidepreventionlifeline.org
www.jasonfoundation.com

Suicide Prevention and Intervention by Lieberman, Poland, and Cowan (2006)

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SUICIDE PREVENTION RESOURCE FOR TEENS



Boone County Schools



Possible Triggers

Possible events that may trigger a friend to talk or think about suicide:

- Getting into trouble with authorities
- Breakup with a boyfriend or girlfriend
- Death of a loved one or significant personal loss
- Knowing someone who died by suicide
- Bullying or victimization
- Family conflict or dysfunction
- Academic crisis or school failure
- Disappointment or rejection
- Abuse or trauma
- Separation from family and friends

Suicide Warning Signs for a Friend in Crisis

- Verbal and written statements about death and dying
- Threatening to hurt or kill oneself
- Feeling hopeless; feeling trapped like there's no way out
- Feelings of rage or uncontrolled anger
- Acting reckless or engaging in risky behavior
- Dramatic changes in behavior
- Mood swings or sudden change in personality
- Fascination with death and dying
- Giving away prized possessions or making out a will
- Worsening school performance
- Withdrawal from family and friends
- Neglecting appearance
- Increasing alcohol and drug use
- Feeling anxious or agitated
- Increase/decrease in sleep
- Seeing no reason to live

How to Help a Friend in Need

- Listen to a friend with concern and feeling— just talking to a friend and letting **him/her** know **he/she is** not alone can make a big difference.
- Be especially concerned if someone tells you they have made detailed suicide plans or obtained a means of hurting themselves.
- If you find a friend in crisis, find a responsible adult who can help— teacher, guidance counselor, school psychologist or other school staff.
- If you suspect a friend is in crisis, tell someone immediately— even if you're unsure they're serious.

Use the LIFE Model

(from The Jason Foundation)

Listen to your friends when they need to talk about problems or thoughts of suicide.

Insist that they be honest with you.

Feelings — share them with each other.

Extend a helping hand and go with them to get a responsible adult to help