

## 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 suicidal 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 Lines**-a free, 24-hour local Northern Kentucky agency crisis hotline

**1-877-331-3292**

## Resources for Teens

- **National Institute of Mental Health**  
<https://www.nimh.nih.gov/index.shtml>
- **National Suicide Prevention Lifeline**  
<https://suicidepreventionlifeline.org/>
- **American Association of Suicidology**  
<https://suicidology.org/>
- **National Association of School Psychologists**  
<http://www.nasponline.org/suicideprevention>

## References

[www.sprc.org-featured\\_resources/customized/teens.asp](http://www.sprc.org-featured_resources/customized/teens.asp)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

[www.jasonfoundation.com](http://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
- Feeling 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 them know they are 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— teachers, guidance counselors, school psychologists 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)

**L**isten to your friends when they need to talk about problems or thoughts of suicide

**I**nsist that they be honest with you

**F**eelings, share them with each other

**E**xtend a helping hand and go with them to get a responsible adult to help