

SUICIDE AWARENESS AND PREVENTION



**Hinsdale Middle/High School
March 2021**



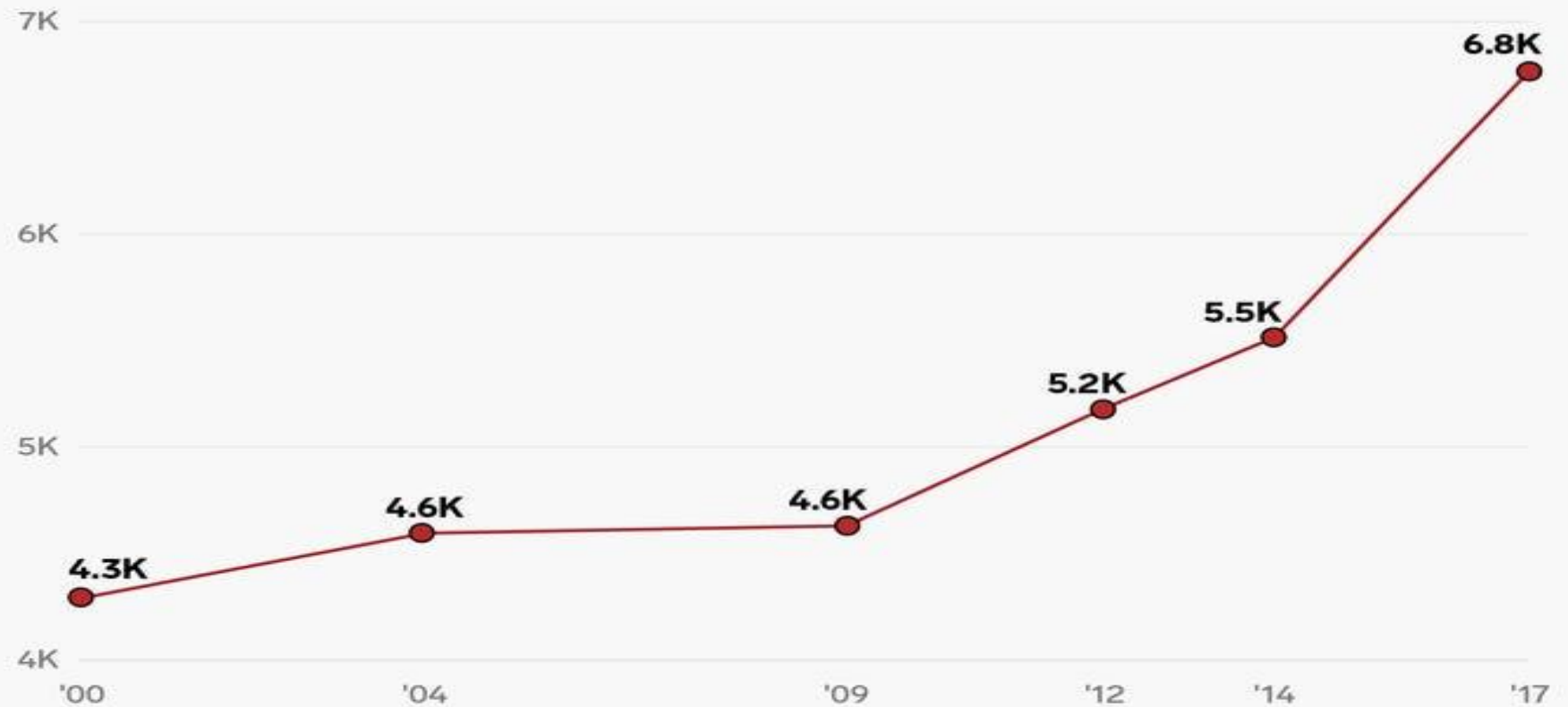
Every year, schools across the country take the time to talk to students about some very serious topics.

Suicide Awareness and Prevention is one of those topics.

WHY DO WE NEED TO TALK ABOUT THIS?

Death by suicide is skyrocketing in young people

Number of overall deaths by suicide among 10–24 year olds



Note: CDC doesn't divide age groups in the same way every year. Chart shows 6 years with consistent data.

Source: CDC

BUSINESS INSIDER



EVERY
**2 HOURS &
11 MINUTES**

a person under the age of
25 dies by suicide

THAT'S
10 PEOPLE
EVERY DAY



SUICIDE IS THE

3RD
LEADING
CAUSE

of deaths for
youth aged 10-24,
resulting in about

4600
DEATHS
per year

1 IN 7

high school students have
CONSIDERED SUICIDE
within the past school year

1 IN 14

high school students have
ATTEMPTED SUICIDE
within the past school year

90%

of people who
DIE BY SUICIDE
have a

**DIAGNOSABLE
& TREATABLE**

psychiatric disorder at
the time of their death

THOUGHTS OF SUICIDE CAN AFFECT ANYONE

<https://www.youtube.com/watch?v=5MIUYiQyYlw>

#1 Myth - If I ask someone if they are thinking about killing themselves, it will give them the idea and encourage them to do it.



FALSE: Research shows that asking someone if they are thinking about suicide will not put the idea in their head or push them into action. In fact, asking someone directly, "Are you thinking about killing yourself?" may be the question to help save their life.

Suicide can be prevented and people with suicidal thoughts and feelings can be helped.

**WHAT CAN YOU
DO IF YOU'RE
WORRIED
ABOUT
SOMEONE?**

**WHAT SHOULD
YOU SAY?
OR DO?**

<https://www.youtube.com/watch?v=LxdbZGB9qzc>

SOME WARNING SIGNS

Acting
differently

Less interest in
school, friends,
activities

Trouble
sleeping

Excessive
crying

Talking or
writing about
death

Talking about a
plan to end
their life

HOW TO HELP

- * Let them know you care
- * Ask how you can help
- * Ask if they are thinking about suicide

If they say yes, or you have reason to believe they are serious:

- Take. Them. Seriously.
- Don't keep it a secret
- Offer to support them in getting help
- Avoid trying to "cheer them up" or giving them a lecture
- **TAKE ACTION** – with or without them





HERE'S *HOW* TO GET HELP

As soon as possible (ASAP) is what matters!

You can go to a counselor in person, write a note and hand it to a teacher, or go see the school nurse and tell her.

There are other creative ways to call someone's attention to this. You can be assured – your concerns **WILL** be given attention!

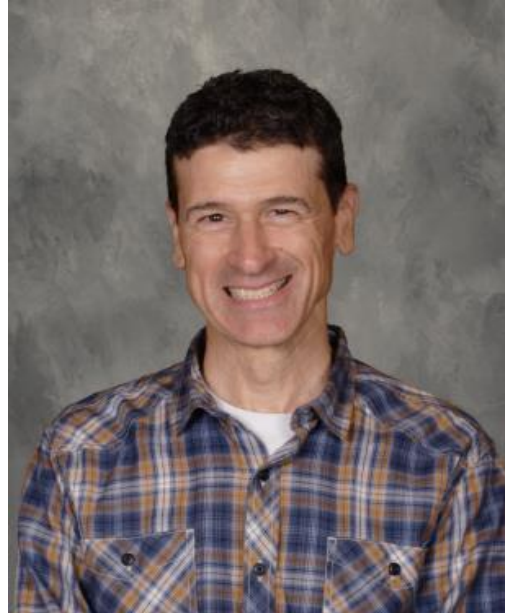
Ms. Diorio
School
Counselor



Mr. Crawford
School
Counselor

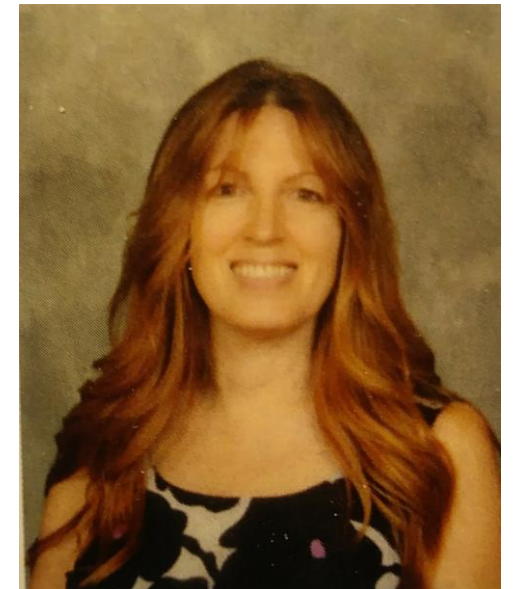


Mr. Fleming
School Social
Worker



**WHO CAN YOU
SEE HERE AT
SCHOOL FOR
HELP?**

Ms. Drogue
School
Psychologist



Mrs. Zalneraitis
School Nurse



Here to help

If you talk to a counselor about a concern for someone else, every effort is made to get the person help ***without*** saying who reported the information.

The focus is on getting help.

Parents and/or outside agencies **are** contacted if a concern turns out to be valid and a student needs help.

If a student talks to a counselor about *their own* thoughts and feelings, the information is kept confidential **unless** the person has been harmed, or has thoughts about harming themselves or someone else.



So, usually, your conversation with a school counselor is kept private.

EXCEPT WHEN:



A student poses a danger to them
selves

A student poses a danger to others

A student has been harmed by
someone else

Other sources of help:

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

If you or someone you know is feeling Sad—Afraid—
Scared—Out of Control—Concerned about something—
Hurt—Annoyed—Ashamed—Confused—Anxious—
Embarrassed—Hopeless—Guilty—Like you want to hurt
yourself—Withdrawn—Helpless—Unloved—Discouraged
Unhappy—Empty—or just need to talk to someone.
If you or someone you know is feeling Sad—Afraid—
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CRISIS TEXT LINE |

**Text 4hope
to 741 741**

You are not alone.

Help is also available 24/7 from these two crisis lines

PREVENTION: HEALTHY CHOICES AND COPING STRATEGIES

Joyful Activities

Engage in or return to activities or hobbies that have brought you joy in the past. Consider trying something new that looks fun.

Connect

Reach out to friends and family even to people who you've lost contact with. Text or message them. Ask someone you trust, "I'm looking for someone to talk to ... do you have a few minutes?"

Write/Record

Write in a journal or make a video of the positive things in your life, your goals and dreams, the things that make you happy. Read (or watch) this during times when you are feeling stuck.

Remember

Think about what has gotten you this far. The strategies that have worked for you in the past are often helpful for solving new problems.

Practical Actions: Exercise, sunshine, and healthy habits and routines for sleeping, for eating, and for socializing.



This was a lot of information.

If you have some unexpected strong feelings or unanswered questions after the end of this presentation, the school counselors are making themselves available **all throughout the day today.**

You can ask to see any one of the counselors at any time today, or you can stop into the school counseling office and ask to speak with a counselor, the social worker, or the school psychologist.

You can also submit an appointment request





This PowerPoint will be posted to the **Guidance** link on the school website.