

# Suicide Warning Signs

- Talking about death or dying in general.
- Talking about suicide or wanting to die.
- Talking about means or methods to hurt oneself.
- Obtaining a weapon or other means.
- Isolating self from friends and family.
- Feeling life is meaningless, hopeless, or helpless.
- Putting life in order or giving away possessions.
- Picking fights, arguing, irritability, increased anger.
- Sudden improvement in mood after being down or withdrawn.
- Neglect of appearance or hygiene.
- Sleep and/or appetite changes.
- Dropping of activities.
- Direct Verbal Cues such as: “I wish I was dead,” “You’ll be better off without me,” “I’m so tired of it all,” “Pretty soon you won’t have to worry about me,” or, “No one will miss me when I am gone.”

## Additional Factors to Consider

- Previous attempts
- Alcohol and substance abuse
- Mental illness
- Family tragedy
- Grief and loss
- Breakup of a relationship

If you observe any of these signs or have other reasons to suspect your student may be a risk for suicide, ASK THEM.

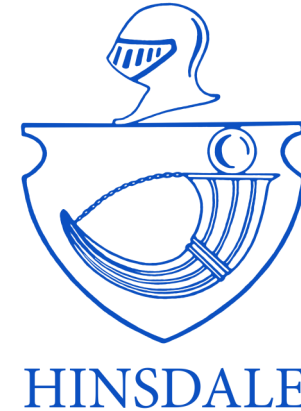
Say, “I’m concerned about you. You are not yourself lately.  
Are you thinking about hurting yourself?”

**DO NOT LEAVE YOUR STUDENT ALONE!**  
**Call 911 if there is immediate danger.**

# Student Crisis Guide for Parents

## Hinsdale Middle High School

### Hinsdale School District



**Hinsdale Middle/High School**

**603-336-5984**

Principal	Ann Freitag
Assistant Principal	Sean Robinson
School Counselors	Theresa Diorio (grades 6 - 8) Kody Crawford (grades 9 - 12)
School Psychologist	Terri Drogue
School Social Worker	Tim Fleming
Nurse	Jan Zalneraitis

Dear Parent or Guardian,

Receiving information that your student is thinking about suicide or self-harm can produce a wide variety of emotions including disbelief, anxiety, sadness, guilt, and anger, to name a few. All of these reactions are normal and common in a situation such as this. Fortunately, there are services and supportive professionals willing to step forward to offer information and a helping hand.

The safety of your student is our first priority. Therefore, you are receiving this brochure with some recommendations and requirements for additional assessment.

If a Hinsdale student discloses suicidal/harmful thoughts along with a plan to act on these thoughts, it is the District's procedure that the student be evaluated by a mental health professional to determine the level of risk to their safety. Listed below are hospital emergency rooms that are able to help in this situation:

Brattleboro Memorial Hospital	802-257-0341
Cheshire Medical Center	603-354-5400

To learn more about youth suicide and prevention, the following resources are available:

**The National Suicide Prevention Lifeline (24/7)**

1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**NH National Alliance on Mental Illness (NHNAMI)**

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

**Samaritans**

866-457-2910  
[www.samaritansnh.org](http://www.samaritansnh.org)

## Resuming School Routine

- Once your student is determined to no longer be at imminent risk of harming themselves, it is helpful to create a sense of routine and structure.
- It is helpful to keep the school informed so that your student may return to their coursework and activities as soon as possible.
- Prior to the re-entry meeting, a letter from the evaluator with a discharge plan must be presented to the counseling staff.
- Prior to re-entry to school, parents must make an appointment for a re-entry meeting held with administration, counselor, social worker, and other staff members deemed necessary after the assessment and before the student begins their next school day. It is imperative that the parent and student attend this meeting.
- School Nurse can regularly assess for any medical complications or side effects during the school day.
- District policy states that all medications a student uses during the school day are to be kept under the supervision of the nurse to ensure appropriate application and monitor safe usage.
- School staff will assist in the coordination of care between your health provider and the school. Let us know what your student needs and how we can help.

## Protective Factors

Protective factors are the positive conditions or resources that promote resiliency and reduce the potential for youth suicide and harmful choices.

- Close family friends.
- Strong sense of self worth
- Sense of personal control
- Reasonably stable environment
- Best friends
- Responsibility to others
- Activities
- Pets
- Lack of access to lethal means