

Having Hope: Suicide Prevention



Effective School
Solutions

There's no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life. The suicide rates are increasing however, the message that needs to be sent is suicide is preventable.

SUICIDE WARNING SIGNS

If a person **TALKS** about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

BEHAVIORS that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

People who are considering suicide often display one or more of the following:

Moods

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

SUICIDE RISK FACTORS

Mental Health Conditions

- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder
- Anxiety disorders
- Serious physical health conditions including pain

Environmental Factors

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Historical Factors

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma

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Suicide is preventable!

HOPE: PROTECTIVE FACTORS

- Access to care for mental and physical health needs
- Social integration and connections to social groups
- Limited use of social media and video games
- Help seeking behavior/ advice seeking
- Family cohesion
- Lack of access to means (firearms, drugs, alcohol)
- Stability in home and personal life
- Effective coping skills/self-care
- Achievement and sense of accomplishment (academic, sports, clubs)

STEPS TO SUICIDE PREVENTION

1. Ask
2. Keep them safe
3. Be there
4. Help them connect to resources
5. Stay connected



Please scan to complete a satisfaction survey
or go to the link
www.surveymonkey.com/r/NR6HMVK

SUICIDE PREVENTION RESOURCES

GO ASK ALICE!

www.goaskalice.columbia.edu

JASON FOUNDATION

www.jasonfoundation.com

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

www.afsp.org

SUICIDE PREVENTION LIFELINE

(800) 273-8255

www.suicidepreventionlifeline.org

THE TREVOR PROJECT

(866) 488-7386

www.thetrevorproject.org

CRISIS TEXT LINE

Text "CONNECT" to 741741

TRANS LIFELINE

(877) 565-8860

www.translifeline.org

SAFETY PLANNING APPS

- The Jason Foundation
A Friend Asks
- My3app
- Safety Plan app