

SUICIDE: Tips for Educators

- Know Warning Signs and Who's at Risk
- Encourage students to confide in you.
- Talk to and support the student (listen, avoid undue criticism, remain connected). Do not be afraid to talk about suicide. Talking about it will not put thoughts into their heads. All available evidence indicates that talking lowers the risk.
- Refer a suicidal student immediately. Personally escort the student to the appropriate resource person.
- Know the School's Policies and your responsibilities.
- Encourage your school to develop a Suicide Plan that incorporates prevention, intervention and postvention. Form or join you school's crisis team.
- Advocate for the student



SUICIDE PREVENTION COUNCIL
of St. Joseph County and Surrounding Areas

- Suicide is preventable. Most suicidal individuals desperately want to live; they are just unable to see alternatives to their problems.

- In 2002 suicide ranked as the third leading cause of death for young people (ages 15-19 and 15-24).

- Not all adolescent attempters admit their intent. Therefore, any deliberate self-harming behaviors should be considered serious and in need of further evaluation.

- Most adolescent suicides are precipitated by interpersonal conflicts.

Characteristics of increased risk:

- preoccupation with death and talk of suicide
- withdrawal from friends and activities-social isolation
- drastic changes in behavior
- giving away prized possessions
- psychiatric disorders (depression, impulsive aggressive behavior, bipolar disorder, certain anxiety disorders)
- increased use of alcohol or drugs, previous suicide attempts

- Risk is even greater if there is access to firearms and situational stress

For more information visit our website at www.sjsuicideprevention.com or call (574) 220-6381.

Crisis and Suicide Intervention

National HOTLINE

1-800-273-TALK

Local Help: Emergency Services

(877) 234-0061 toll free

(574) 234-0061 local

(operated by Madison Center)