Suicide Prevention Resource Guide

Warning signs and interventions for parents and teachers

Trigger warning: Post talks about self-harm and suicide

hiprc.org/suicide-prevention-month
LEARN® SAVES LIVES  Suicide Prevention Tips

- Look for signs
- Empathize & listen
- Ask directly about suicide
- Remove the dangers
- Next steps
Washington State Suicide Statistics


- There was a 47% increase in completed suicides in the US
- In Washington state, the increase was 67%

Courtesy: CDC
“Make the commitment to check-in. Making it a point to check in on kids' daily mental health gives them a window of opportunity to ask for help if or when they need it.”

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Resources

- National Suicide Prevention Lifeline: 800-273-8255 (English) or 888-628-9454 (Español)
- Suicide & Crisis Hotline: Call or Text 9-8-8
- Crisis Text Line: Text HEAL to 741741
- 24-hour Crisis Connections Line: 866-427-4747
- TeenLink: Call or text 866-833-6546
- Washington’s Mental Health Referral Service for Children and Teens: 833-303-5437

Courtesy: CDC

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Suicide Risk Factors

• Access to firearms
• Bullying
• Feelings of hopelessness
• LGBTQ identity, especially when not validated or supported
• Acute loss or rejection
• Non-suicidal self-injury (NSSI)
• Evidence of Borderline Personality Disorder traits and behaviors

Courtesy: AACAP

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Suicide Risk Factors

- Family history of suicide attempts
- Parental mental health problems
- Rupture or high conflict in the parent-child relationship
- Prior suicide attempt(s)
- Abuse and neglect
- Exposure to violence
- Impulsivity
- Aggressive or disruptive behavior

Courtesy: AACAP

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Suicide Warning Signs

- Changes in eating or sleeping habits
- Loss of interest in pleasurable activities
- Increased, persistent irritability
- Frequent or pervasive sadness
- Withdrawal from friends, family, and regular activities
- >5 hours per day of internet/game use, especially in the context of decreased time spent in other routines and activities

Courtesy: AACAP

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Suicide Warning Signs

- Frequent complaints about physical symptoms such as stomachaches, headaches, fatigue, etc.
- Decline in the quality of schoolwork
- Preoccupation with death and dying
- Drug or alcohol use
- Violent actions, rebellious behavior, or running away
- Unusual neglect of personal appearance
- Marked personality change

Courtesy: AACAP

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Mental Health Check-In
How to Start a Conversation

1. Set aside time to talk
2. Ask open-ended questions
3. Listen and validate
4. Come up with solutions together
5. Schedule time for your next check-in.

Provide reassurance that life will eventually get back to normal

Courtesy: CDC

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- YMCA- Virtual Drop-In Support (www.seattlemca.org/social-impact-center/partner-family-resources)

Courtesy: CDC

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