

**“What am I supposed to do? If we don’t let them drop the class, they’ll say that’s why their kid keeps cutting. But if we let them drop it, **aren’t we enabling him to continue overcommitting?**”**

~High School Counselor

**“How do we know when to push a kid to face their fear, or when to allow them some slack? It feels like a double edged sword!”**

~Middle School Teacher

**“I suspect we should probably limit the number of commitments our students can take on, but if we don’t give our students the opportunities to participate that other schools do, we’ll be out of business.”**

~High School Principal

**“I know that our kids are experiencing  
unprecedented amounts of stress and  
anxiety. I just don’t see a solution to the  
problem. Our job is to prepare them and  
get them into a good school ”**

~Principal of K-8 School



A young woman with dark hair, wearing a plaid shirt, is sitting and looking down. The word "Suicide" is overlaid in large, bold, black text across the center of the image.

# Suicide





# Suicide

**What does Suicide  
Sound Like?**

A person wearing a dark hoodie is crouching over a large pile of cash. The cash is spread out on the floor, and some bills are scattered around the person. The scene is dimly lit, with a bright light source from the left creating a strong shadow. The overall tone is somber and secretive.

# Understanding the Terminology





**“Suicidal  
Ideation”**

**Active**

**Passive**



# **ACTIVE** SUICIDAL IDEATION

- **Serious** and Real **intent** to take one's own life
- Person has a plan and intends to act on it
- Person may or may not have the means to act on their plan

**“I’m bored with this life. I want a new one. I thought taking those pills would be like exchanging this life for another one...like you do at Target.”**

**~Sophomore Girl (16yrs) who had attempted**

# **PASSIVE** SUICIDAL IDEATION

- **Thoughts or wish to die but does not have a plan**
- **“I wish I weren’t here...”**
- **“Things would be better if I just didn’t wake up in the morning...”**
- **“I wouldn’t mind it if a car were to hit me while crossing the street...”**



**“I know that my life is made up of moments.  
Right now, **there’s just too many moments...**  
and none of them are any good. If I could only  
make it to where there were no moments...”**

**~Senior Boy (17 yrs) with passive suicidal ideation**

# **RISK** ASSESSMENT

- **Are you thinking of killing yourself? Wish you were dead?**
- **Do you have a plan?**
- **Do you have the means to execute your plan?**

# **RISK ASSESSMENT**

- **Have you ever attempted suicide before?**
- **Have you thought of suicide before?**
- **Do you know of anyone who has completed  
Suicide?**



# Remember...

- **Talking about suicide** does not cause suicide
- **Be DIRECT** and clear
- Youth **want to talk about it**, although may not initiate conversation

# **Warning Signs**

**1.Overlapping**

**2.Drastic**

**3.Consistency**

**4.Intensity**

# **Warning Signs**

**Talking**

**Health**

**Behavior**

**Environment**

**Mood**

**History**



# **Warning Signs: TALKING**

- **“I’m such a burden”**
- **“I feel trapped...”**
- **“I can’t take the pain anymore”**
- **“I have no reason to live”**
- **“I think I might kill myself”**

# **Warning Signs: Behavior**

- **Increased use of alcohol or drugs**
- **Looking for ways to kill themselves  
(searching online)**
- **Acting recklessly**
- **Withdrawing**

# **Warning Signs: Behavior**

- **Isolating- family and friends**
- **Sleeping too much or too little**
- **Saying Goodbye (texting)**
- **Giving away prized possessions**
- **Aggression**



# **Warning Signs: Mood**

- **Depression and/or Anxiety**
- **Loss of interest**
- **Rage**
- **Irritability**
- **Humiliation**

# **Warning Signs: Health**

- **Depression**
- **Bipolar (manic-depressive)**
- **Schizophrenia**
- **Borderline personality**
- **Antisocial personality**

# **Warning Signs: Health**

- **Chronic illness**
- **severe injury**
- **Hormonal/ Thyroid**
- **Dysthymia/Cyclothymia**
- **Substance abuse**
- **Conduct Disorder**

# **Warning Signs: Environment**

- **Stressful life events (death, divorce, or move)**
- **Prolonged stress factors-, bullying, relationships**
- **Access to lethal means-firearms and drugs**



# **Warning Signs: Environment**

- **Exposure to another person's suicide**
- **Exposure to graphic/ sensationalized accounts of suicide**
- **Physical violence**

# **Warning Signs:**      **Historical**

- **Previous suicide attempts**
- **Family history of**
- **suicide attempts**
- **Mental Illness**
- **Violent Behavior**

# Depression Types

- Unipolar/ Major Depressive D/O
- BiPolar I/II
- Dysthymia

# Is it **Depression** or Sadness?

- Severity
- Suddenness
- Frequency





# Depression Symptoms

- Sadness
- Irritability
- Withdrawal/ Isolation
- Decreased Academic Performance
- Loss of Interest
- Substance abuse

# Depression Symptoms

- Sleep (hyper/hypo)
- Appetite (increase/loss)
- Aggression/ Recklessness
- Illegal activity
- Suicidal thoughts (active/passive)
- Concerned Friends or parents