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# Hope Always

## A Discussion about Suicide

— John Adams Academy —

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# Overview

- Mission
- Facts vs Myths
- Stats
- Warning signs
- Depression
- Anxiety
- Suicide should never be a secret
- What can you do?
- What happens next?

# Mission

- Raising awareness of depression, anxiety and suicide within ourselves and your friend groups (Scholar Empowered Learning)
- Ability to identify suicide warning signs
- Know what to do or who to call when someone is suicidal
- Public Virtue - Denying yourself to help others in need
- Creating a culture of greatness by not joking about suicide.
- Self Governance & Personal Responsibility - Encourage help-seeking behaviors
- Helping scholars monitor each other and provide buddy/supportive care
- Abundance Mentality - win/lose mentality. We all lose when someone follows through with suicide
- Restoring America's Heritage of caring for our fellow humans. Saving lives

# Fact or Myth?

- Teenagers who talk about attempting suicide are doing it for attention
- Suicide occurs on a whim or without warning.
- Suicidal people really want to die, so there's no way to stop them.
- You cannot help anyone who is suicidal.
- Improvement following a suicidal crisis means that the suicide risk is over.

**All are Myths**

# Statistics

- Suicide is the **2nd** leading cause of death for youth aged 10-24 in the U.S.
- In recent years more young people have died from suicide than from cancer, heart disease, HIV/AIDS, congenital birth defects and diabetes **COMBINED**.
- For every young person who dies by suicide, between 100-200 attempt suicide.
- Males are 4x as likely to die by suicide as females
  - Although females attempt suicide 3x as often as males.
- 425 reported deaths by suicide for children ages 10 - 14 were reported in 2014
- Each day in our nation, there are an average of over 5,240 attempts by young people grades 7-12.



**KEEP  
LIVING**

**WE**

**NEED YOU**

# Risk Factors

- **Behavioral Health Disorders:**

- Depression
- Substance Abuse
- Previous suicide attempts
- Self-Injury (without intent to die)

- **Personal Characteristics**

- Hopelessness
- Low self-esteem
- Social alienation and isolation
- Impulsivity
- Risk taking, recklessness
- Perception of being a burden
- Poor problem-solving or coping skills

- **Adverse/Stressful Life Circumstances**

- Interpersonal difficulties or losses (breakup with girlfriend or boyfriend)
- Disciplinary or legal problems
- Bullying as either victim or perpetrator
- School or work problems
- Physical, sexual or psychological abuse
- Exposure to suicide of peer

- **Family Characteristics**

- Family history of suicide
- Parental mental health problems
- Parental divorce
- Death of parent or loved one



**HARDSHIPS OFTEN  
PREPARE ORDINARY  
PEOPLE FOR AN  
EXTRAORDINARY  
DESTINY...**

**-C.S. LEWIS**

# Protective Factors

- **Individual Characteristics**

- Psychological or emotional well-being
- Emotional Intelligence
- Adaptable temperament
- Strong problem solving and coping skills
- Frequent, vigorous physical activity
- Spiritual faith or belonging to a church
- Self-esteem

- **Family and Other Social Support**

- Connectedness to parents family
- Family involvement
- Close friends, caring adult, and social support
- Parental pro-social norms/boundaries
- Family support for school

- **School**

- Positive school experiences
- Part of close school community
- Safe environment at school
- A sense of connectedness at school
- Caring teaches and other adults
- Access to school counselor support

- **Mental Health/Healthcare Providers**

- Access to effective care for mental, physical and substance abuse disorders
- Easy access to care and support through ongoing medical and mental health relationships in the community.
- Knowledge of mental health resources in the community.

My friends and family are my

# Support System

They tell me what I **NEED** to hear. **Not** what I **WANT** to hear

They are there for me in the good **AND** **BAD** times.

Without them I have no idea where I would be.

And I know that their love for me is  
what's keeping my head *above the water.*


# Friends and Family Support

<https://www.youtube.com/watch?v=Be-4qOqJRu4>



# Warning Signs of Suicide

- Suicide notes
- Direct & indirect suicide threats
- Making final arrangements
- Giving away prized possessions
- Talking about death
- Reading, writing, and/or art about death
- Hopelessness or helplessness
- Social Withdrawal and isolation
- Lost involvement in interests & activities
- Increased risk-taking
- Heavy use of alcohol or drugs
- Abrupt changes in appearance
- Sudden weight or appetite change
- Sudden changes in personality or attitude
- Inability to concentrate/think rationally
- Sudden unexpected happiness
- Sleeplessness or sleepiness
- Increased irritability or crying easily
- Low self esteem

A woman with long blonde hair is holding a piece of white, torn paper in front of her face. The paper has the words "HELP ME!" written on it in black, hand-drawn capital letters. A horizontal line is drawn underneath the text. The background is dark.

HELP ME!

# Depression

- **Present for more than two weeks and affects daily functioning**
- **Frequently** sad, angry or irritable mood
- Difficulty sleeping or concentrating
- Change in grades, getting into trouble at school, or refusing to go to school
- Withdrawing from friends and activities
- **Frequent** sadness or crying
- Feeling worthless or restless
- Loss of energy

SOMETIMES,

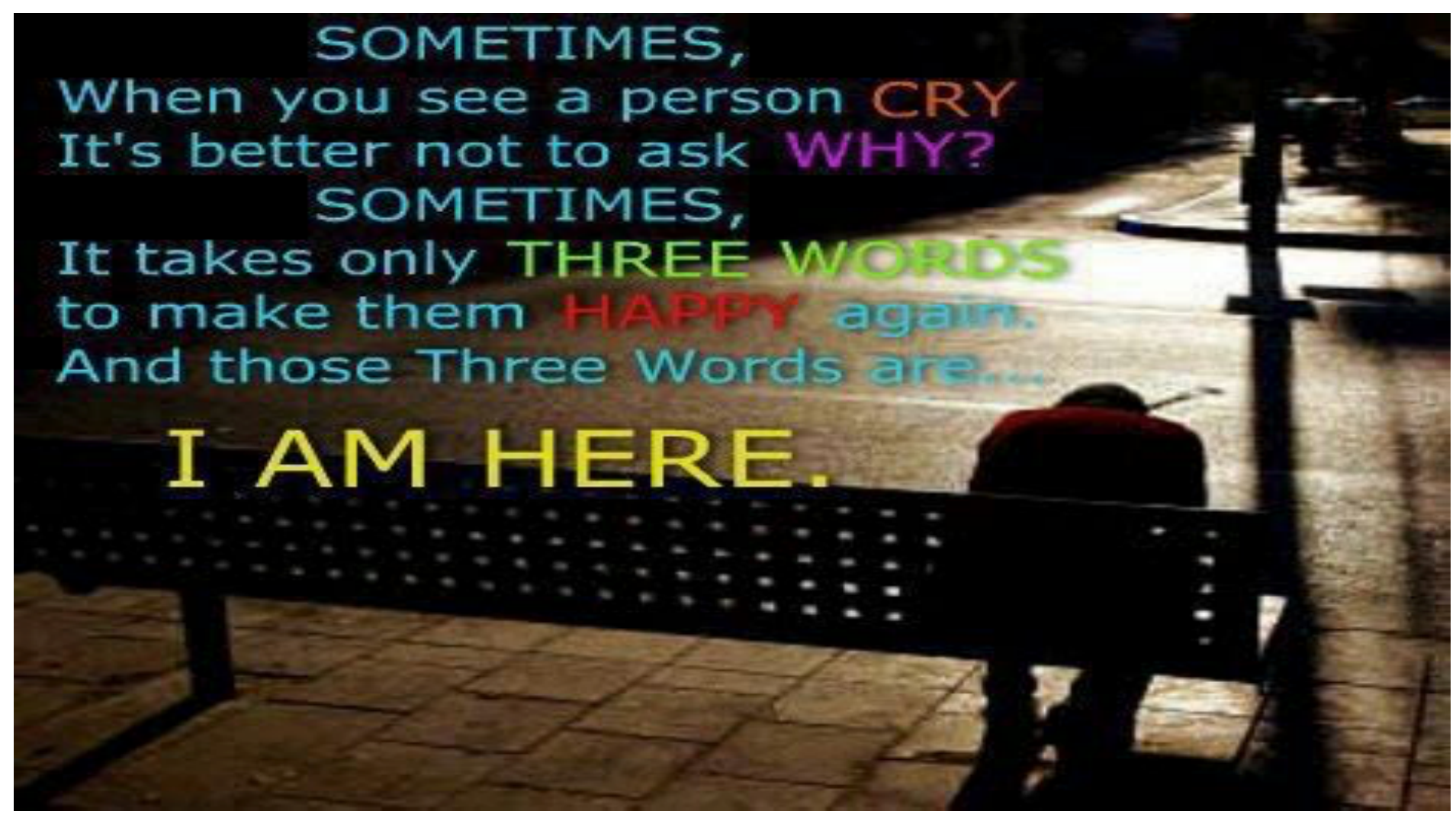
When you see a person CRY  
It's better not to ask WHY?

SOMETIMES,

It takes only THREE WORDS  
to make them HAPPY again.

And those Three Words are...

**I AM HERE.**



# Anxiety

- **Present for more than two weeks and affects daily functioning**
- Consistent or excessive worry
- Complaints of physical problems such as headaches, stomachaches, or tiredness with no physical cause.
- Being **overly** critical of himself or herself or doubting their abilities.
- Continually seeking the approval of their teachers, parents or other adults
- Avoidance of social activities, a withdrawal from friends or not wanting to go to school.
- Continually checking and rechecking school-work or chores to make sure it has been completed correctly.

# Social Anxiety

<https://www.youtube.com/watch?v=wOudHiUn0cs>

# Suicide.

The word suicide caught your attention, didn't it? The truth is suicide catches everyone's attention. It's the actions that lead up to suicide that go unnoticed.



# Where to get help

- El Dorado County Suicide Prevention

Resources:

[https://www.edcgov.us/Government/MentalHealth/Pages/Suicide Prevention Info and Resources.aspx](https://www.edcgov.us/Government/MentalHealth/Pages/Suicide%20Prevention%20Info%20and%20Resources.aspx)

- 1-800-SUICIDE
- 1-800-273-TALK
- 1-800-999-9999
- 9-1-1
- Text **help** to **741741** from anywhere in the USA to text with a trained Crisis Counselor.
- Text **VOICE** to **20121** to start a conversation

- Local NAMI Chapter (National Alliance on Mental Illness)

- <http://www.namipc.org/>

- National Suicide Prevention Lifeline

- 1-800-273-TALK

- <http://www.suicidepreventionlifeline.org>

- <https://www.crisistextline.org/>

- Send an **anonymous** email to The Samaritans

- [jo@samaritans.org](mailto:jo@samaritans.org)

**They can't rescue you  
if they don't know you  
need it. Ask for help  
to fight another day.**



*Suicide Prevention Quotes*  
[www.getsomehelp.com](http://www.getsomehelp.com)



# Where to get help

Have a game plan in place in the event that any one of your friends ever indicates they are hurting or thinking of hurting themselves. Don't be afraid to talk to someone who seems to be depressed or hurting. **At the very least, your friends will know there is someone who cares for them.**

- Come talk to a counselor, or email, or use the counselor referral mailbox
- Favorite teacher, admin, or any office personnel.
- Parents
- Clergy/Minister
- Crisis line such as **1-800-SUICIDE** or **1-800-273-TALK**
- Local mental health center

# A.C.T.

## A - Acknowledge/Question

Take it seriously, Ask, and be willing to listen empathetically. **Breathe!!!**

## C - Care

Voice your concern. Let them know you care. Be available. Non-judgmentally. **Do not try to solve their problem alone.**

## T - Tell/Treatment

Always search out help. Encourage them to tell an adult as soon as possible. Call **1-800-SUICIDE** or **1-800-273-TALK** if you need help

# Suicide is not funny

Next time you hear someone making a joke about \*just killing themselves\* or that someone they would rather \*just kill themselves\*, \*just hang myself\*, \*just shoot myself\*, \*I would rather jump off a bridge\* or when you hear someone making light of suicide....(I would rather kill myself than sit through that movie).

Please take a minute to think of all the laughing and joking about death by diabetes, cancer, stroke, car accidents.....take a minute and think.....is someone dying tragically.....FUNNY?

Please do not joke about suicide.....to those that have lost a loved one by suicide.....it is not funny. EVER.

# What Can You Do?

- If someone tells you that he or she is suicidal, and then tells you not to tell anyone, you must tell other people, and you must get help for the person immediately. Call **1-800-SUICIDE** or **1-800-273-TALK** immediately.
- Get help for the person, and let professionals assess the individual.
- Never try to assess an individual by yourself. And never try to help a suicidal person by yourself. It is too much to handle alone and it is not your responsibility.
- **Reporting is NOT Snitching**.....It is saving your friend's life!!
- You may be the first and last person to see these signs in this person.

I saw the sadness in your  
eyes but I didn't know what to  
say. I couldn't think of anything  
to say that would take your  
pain away so I kept on saying  
in my head: "I'm sorry,  
I'm sorry,  
I'm sorry."

# What happens when you tell us about a scholar?

- We call the student down immediately to make sure they are safe.
- Ensure that we care about them and want them to live
- Do a risk assessment
- Talk about the source of the emotional pain
- Parents are contacted and counseled to be a **part of the healing**.
- Create a plan to ensure they are able to stay safe and **alive**.
- If they need additional help, a referral is made to a mental health clinician or taken to the hospital.

# What do people who are suicidal want/not want

## Want:

**Someone to listen.** Someone who will take time to really listen to them. Someone who won't judge, or give advice or opinions, but will give their undivided attention.

**Someone to trust.** Someone who will respect them and won't try to take charge. Someone who will treat everything in complete confidence.

**Someone to care.** Someone who will make themselves available, put the person at ease and speak calmly. Someone who will reassure, accept and believe. Someone who will say, "I care."

## NOT Want:

**To be alone.** Rejection can make the problem seem ten times worse. Having someone to turn to makes all the difference. **Just listen.**

**To be advised.** Lectures don't help. Nor does a suggestion to "cheer up", or an easy assurance that "everything will be okay." Don't analyze, compare, categorize or criticize. **Just listen.**

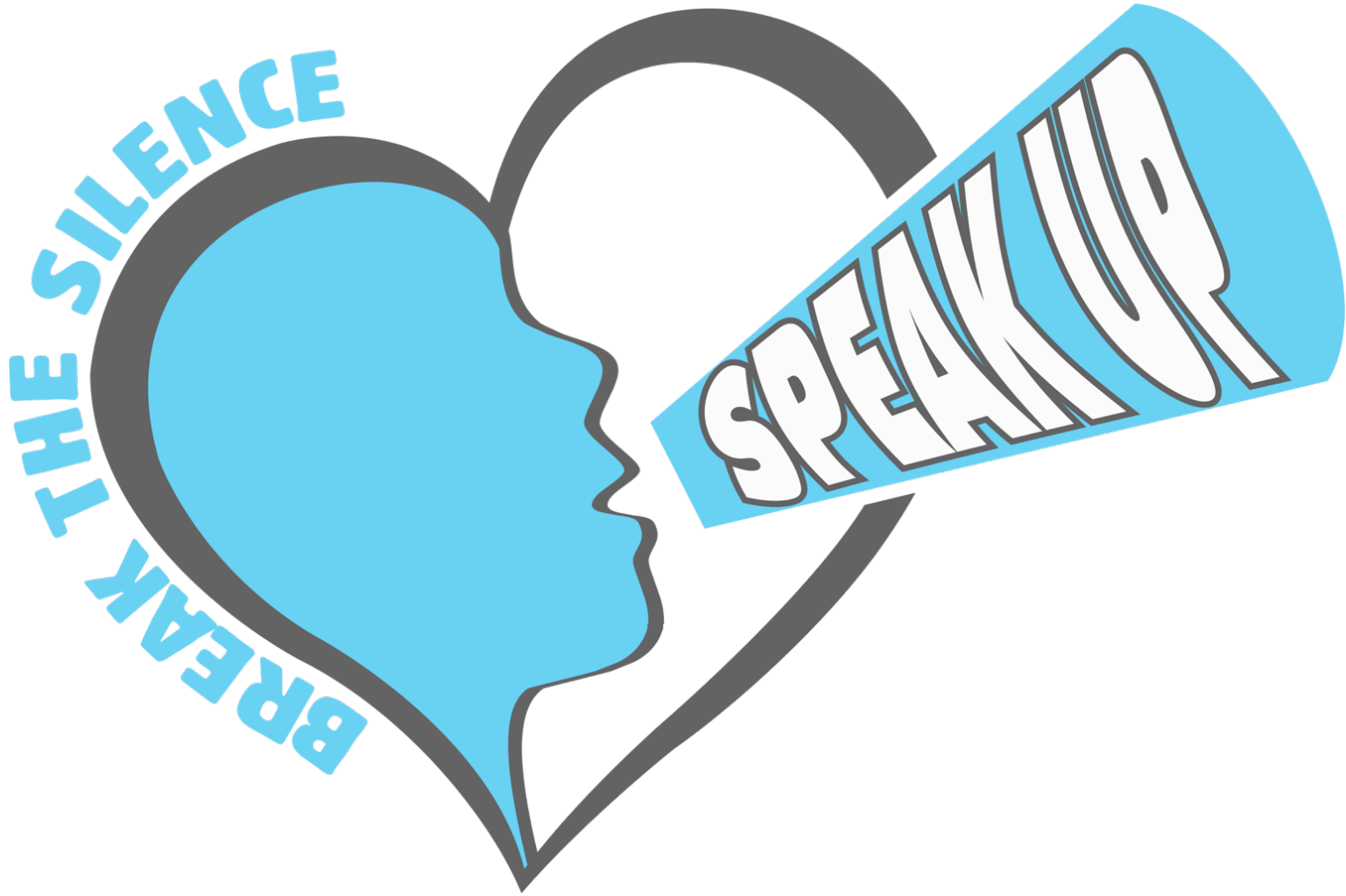
**To be interrogated.** Don't change the subject, don't pity or patronize. Talking about feelings is difficult. People who feel suicidal don't want to be rushed or put on the defensive. **Just listen.**

# #IWONTBESILENT #WEWONTBESILENT

#iwontbesilent is The Jason Foundation's challenge to everyone to start a national conversation about the "Silent Epidemic" of youth suicide.

We challenge you to not be silent anymore. Learn the warning signs and challenge the people you know to learn them as well. We want to start a national conversation about the "Silent Epidemic" of youth suicide. Taking a few short minutes to challenge the people you know will help take some of the "silence" away from the "Silent Epidemic" of youth suicide.

- Suicide is PREVENTABLE! With your help, we can save more lives.
- **"A Friend Asks"** is a FREE smart phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.



# See something on social media? SAY Something!

You may come across a concerning or worrisome post by one of your friends on social media. Even if you aren't close with the person, you CAN do something about it! Use the links to learn more about supporting someone online:

Facebook: [Watch video](#); [One page explanation](#)

Twitter: [Reporting self-harm](#)

Instagram: [Suicide and self-harm reporting](#)



*there is*

ALWAYS

HOPE

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# Resources

- <http://www.suicideispreventable.org/>
- <https://suicidepreventionlifeline.org/>
- <http://ok2talk.org>
- <http://www.namipc.org/>
- <http://save.org/peersupport/> Connections is an online directory where **individuals who have attempted suicide or have experienced suicidal thinking** can connect with other suicide attempt survivors in recovery to receive support and assistance as they embark upon their recovery journey.
- <http://www.yourlifeyourvoice.org/Pages/videos.aspx>
- <https://www.befrienders.org/helping-a-friend>
- <http://youmatter.suicidepreventionlifeline.org/category/suicide-prevention/>
- <http://justtellone.org/suicide/>