

Crisis Help Line: dial 211

National Suicide Prevention Hotline: 1-800-273-8255



# Suicide Awareness & Prevention

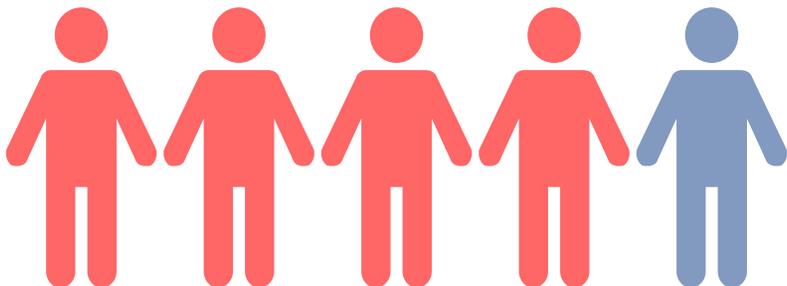
Simone Marstiller,  
*Secretary of the Department of Juvenile Justice*

Staff Development & Training

## Youth Awareness Pamphlet

## Why Is Learning about Suicide Important?

- Suicide is the **second** leading cause of death among young people in America, ages 15-24
- Four out of five teens who have attempted suicide have given clear **warning signs**
- **You might be the first to know** if a friend or peer is thinking about suicide

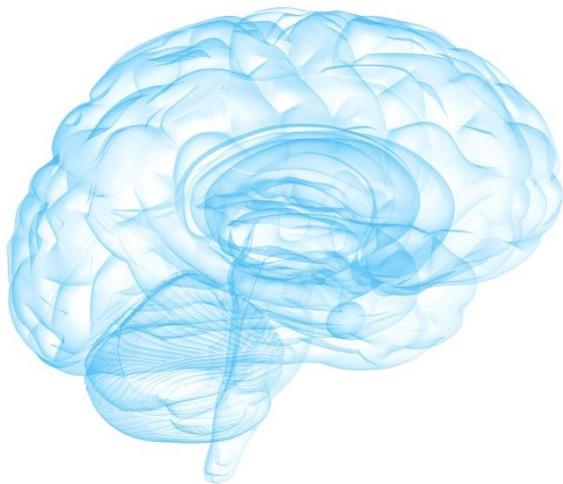


## True or False Answers

- **Page 2: True**  
...and they **need** the attention. There is something going on that's causing them to feel this way. They need people to listen, and professionals to help them.
- **Page 3: True**  
...but the reverse is not true. A person can be depressed without thinking about suicide.
- **Page 4: False**  
...telling someone who can help your friend, is being a good friend. It is NOT snitching or disloyal.
- **Page 5: False**  
...teens who are suicidal can go on to lead full, productive lives, once they get help. Usually the suicidal feelings are for a limited period of time.

## Important Facts to Remember

- Suicide is permanent solution to a **temporary** problem
- Getting someone who can help is **not snitching**
- Others might see **solutions**
- Most people who receive appropriate care **improve or recover completely**



## True or False?

Teenagers who talk about attempting suicide are doing it for attention

*See page 14 for the answer*



## True or False?

All teenagers who are suicidal  
are depressed

*See page 14 for the answer*



## Contacts & Resources

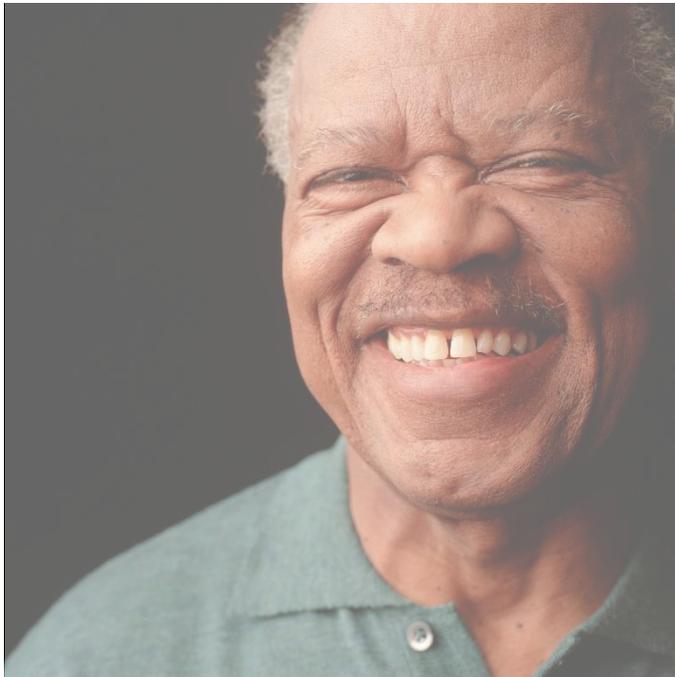
- **Reach out** to an adult
  - Parent or guardian
  - School guidance counselor
  - Mental health professional
  
- **Dial 211**
  
- **Call** the National Suicide Prevention Lifeline
  - 1-800-273-TALK  
(1-800-273-8255)



## What to Do Next

Talk to an adult you trust about your concerns

- **Don't** keep someone's suicidal thoughts and plans a secret
- **Don't** keep your suicidal thoughts to yourself



## True or False?

If a friend asks you to keep their suicidal thoughts a secret, you should keep their secret

*See page 14 for the answer*



## True or False?

Once a person is suicidal,  
they're suicidal forever

*See page 14 for the answer*



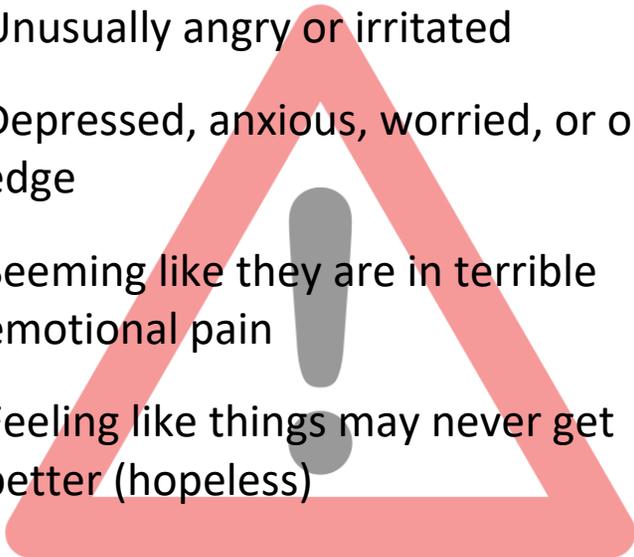
## How to Respond

- **Ask** them if they are okay
- **Listen** to them; don't judge
- **Tell** them you are worried about them; **tell** them why
- **Let them know** that they are not alone
- **Encourage** them to seek help



## More Warning Signs

- Giving away prized possessions
- Withdrawing from everyone and everything
- Sudden changes in appearance
- Sudden increase or decrease in appetite
- Something is off; they just don't seem normal to you
- Unusually angry or irritated
- Depressed, anxious, worried, or on edge
- Seeming like they are in terrible emotional pain
- Feeling like things may never get better (hopeless)



## Why Everyone Is Vulnerable

- Feeling **hopeless**  
*Things will never change*
- Feeling **helpless**  
*I don't have the power to change things*



## Warning Signs

If someone is...

- **looking** for ways to kill themselves by getting access to pills, weapons, or other means

*or*

- **threatening** to hurt or kill themselves

...get help now!



## Warning Signs

If someone is saying things like...

- I won't be bothering you much longer
- You'll be better off without me around
- I'd be better off dead
- I hate my life
- I'm going to kill myself

...get help fast!

