

## **Suicide Awareness & Prevention Guidelines for Students:**

**We want to send a clear message on what to do if you or someone you know is feeling suicidal, depressed, involved in a sexual assault or in need of help for any reason.**

- 1. Suicide is never a solution. It is an irreversible choice in response to a temporary problem. There is help. If you are struggling with thoughts of suicide or know someone who is, you must talk to a trusted adult. The trusted adults at school are:**
  - counselors
  - teachers
  - administrators
  - school psychologist
  - school social worker
  - coaches
  - you can also talk to a peer who will help you find a trusted adult

### **Trusted adults not at school can be:**

- your parents
  - a family friend
  - any adult you trust to help
- 2. If someone has hurt you, or is hurting you, you must tell a trusted adult who can help.**
  - 3. Never promise to keep a secret. If you are worried that your friend will be angry with you and not trust you anymore, it is more important to do the best friend thing possible, and that is to tell an adult who can help. Telling a trusted adult can save a life!**
  - 4. Be an “upstander” and take actions to reduce bullying and increase positive connections among others. Report concerns.**
  - 5. Suicide is preventable.** People considering suicide typically say something or do something that is a warning sign. Always take warning signs seriously and know what they are.
    - Suicide threats, both direct (“I am going to kill myself.”) and indirect (“I wish I could fall asleep and never wake up.”). Can be verbal, written, or posted online.
    - Suicide notes and planning, including online postings.
    - Preoccupation with death in conversation, writing, drawing, and social media.
    - Changes in behavior, appearance/hygiene, thoughts, and/or feelings.
    - Emotional distress.
  - 6. Never leave the person alone; seek out a trusted adult immediately. If the student is in imminent danger (has access to a weapon, is on a rooftop, or in other unsafe conditions), call 911. You may actually save a life!**