

## Resources for Suicide Prevention

*Suicide can be scary to talk about, but it's too important to ignore. Suicide is the second leading cause of death for young people. Below is a list of helpful resources for teens and their parents. If you or a friend are thinking about suicide, tell a trusted adult right away. If you, your child, or someone you know is at immediate risk for suicide, call 911.*

- National Suicide Prevention Hotlines:
  - National Hopeline Network: 1-800-784-2433
  - National Suicide Prevention Lifeline 1-800-273-8255
- Crisis Text Line <http://www.crisistextline.org/>
  - Crisis Text Line provides free emotional support and information to teens in any type of crisis, including feeling suicidal.
  - You can text with a trained specialist 24 hours a day. Text “HOME” to 741741.
- Society for the Prevention of Teen Suicide Teen Section: <http://www.sptsusa.org/teens/>
  - This website has a teen section where you can find information to help yourself or a friend who may be having suicidal thoughts. You can also find information on how to cope if a friend dies by suicide.
- Talking to Teens Suicide Prevention: <https://www.apa.org/helpcenter/teens-suicide-prevention>
  - This website offers tips to parents on talking to their teens about suicide
- Trevor Project
  - <http://www.thetrevorproject.org/>
  - The Trevor Project provides suicide prevention and crisis intervention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) young people. It offers free, 24/7, confidential counseling through the following: Trevor Lifeline—toll-free phone line at 1-866488-7386; TrevorText—text START to 678-678; TrevorChat—instant messaging at [TheTrevorProject.org/Help](http://TheTrevorProject.org/Help). It also runs TrevorSpace, an affirming social networking site for LGBTQ youth at [TrevorSpace.org](http://TrevorSpace.org).
- If you or someone you know is experiencing a mental health crisis, you can contact the South Carolina Department of Mental Health's Community Crisis Response and Intervention Team, statewide, toll-free, 24/7.
  - CCRI Access Line:  
833-DMH-CCRI  
833-(364-2274)



# There is Hope. There is Help. Suicide is Preventable.

If you or someone you know is thinking of dying by suicide, get help immediately.

Call 911 or the National Suicide Prevention Lifeline at **1-800-273-TALK**  
or text "HOME" to 741741 to the Crisis Text Line.

## Things to Know and Say



Everyone's life matters.  
Help is available.

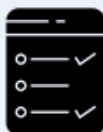


People do care.  
Treatment works.



Don't keep it to yourself.  
**Tell a trusted adult.**

## What to Do



- Identify trusted adults at school and home.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friend Asks.
- Recognize the warning signs in yourself, your friends, on social media.
- **Get help. You can't do it alone.**
  - Tell a school psychologist, counselor, teacher, parent, or other adult.
  - Call 911 or 1-800-273-TALK or text "HOME" to 741741.

## Reminders for Friends



- **Connect.** Listen, be accepting, don't judge.
- **Confirm.** Ask if they have thoughts of dying or of suicide.
- **Protect.** Take any threats they make seriously. **Do not agree to keep a secret!** Tell someone.
- **Stay.** Do not leave alone a person you are concerned about being at imminent risk. You might be their lifeline.
- **Act.** Call for help immediately!

## Risk Factors



- Feeling depressed, hopeless
- Deliberate self injury ("cutting")
- Prior suicidal thinking and behavior
- Having family members or friends who have attempted or died by suicide
- Loss of an important relationship (e.g., breaking up)
- Being isolated or alone
- Having been traumatized or abused
- Drug and alcohol use

## Warning Signs



- Suicidal threats, both direct ("I want to die") and indirect ("I wish I could go to sleep and not wake up")
- Suicide notes, plans, social media posts
- Making final plans; giving away favorite things
- Preoccupation with death or revenge
- Changes in behavior, sleeping, eating, appearance, thoughts and/or feelings
- Extreme mood swings, rage, withdrawal
- Sudden unexplained happiness

## Preventing Youth Suicide: Tips for Parents and Educators

**If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK or the Crisis Text Line (text “HOME” to 741741).**

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

### Risk Factors



- Hopelessness
- Non-suicidal self injury (e.g., cutting)
- Mental illness, especially severe depression, but also post traumatic stress, ADHD, and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

### Warning Signs



- Suicidal threats in the form of direct (e.g., “I want to die”) and indirect (e.g. “I wish I could go to sleep and not wake up”) statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

### What to Do



- Remain calm, nonjudgmental and listen.
- Ask directly about suicide (e.g., “Are you thinking about suicide”).
- Focus on your concern for their well-being
- Avoid being accusatory (e.g., don’t say, “You aren’t going to do anything stupid are you?”).
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- **Get help!** Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional.

### Reminders for Parents



After a school notifies a parent of their child's risk for suicide and provides referral information, parents must:

- **Continue to take threats seriously.** Follow through is important even after the child calms down or informs the parent “they didn’t mean it.”
- **Access school supports.** If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- **Maintain communication with school.** After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.