

A bright sun shining through a blue sky with scattered white clouds. The sun is positioned in the upper center, creating a lens flare effect. The clouds are fluffy and white, scattered across the deep blue sky. The overall scene is bright and clear.

# FWISD SUICIDE PREVENTION

*2020-2021*

PLEASE TURN OFF YOUR  
SCREENS AND YOUR  
MICROPHONES

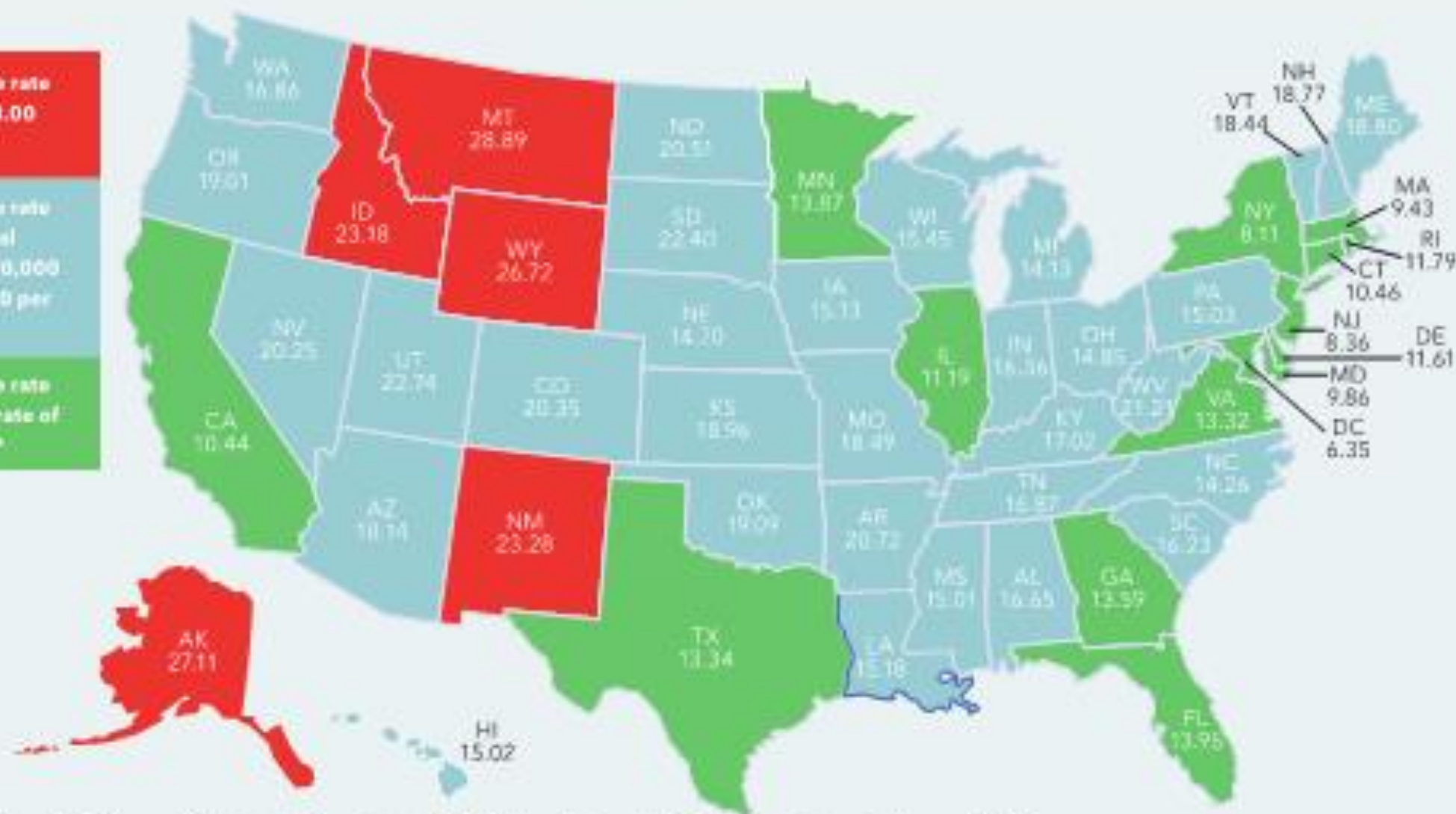
*Please do not comment in the chat until  
instructed to do so in the lesson. The chat IS  
being monitored.*

# THE STIGMA OF MENTAL HEALTH

Stigma: A mark of disgrace associated with a particular circumstance, quality, or person

<https://www.youtube.com/watch?v=49mfPFTZsHs&feature=youtu.be>

# SUICIDE: FACTS & FIGURES



\*Data from the Centers for Disease Control and Prevention, 2017. Find additional citation information at [afhp.org/statistics](http://afhp.org/statistics).

# TABLE TALK: ISOLATION

- What do you think isolation has to do with our community here and now?
- Do you think cell phone and technology contribute to feeling isolated?
- Do you think social media contributes to feeling isolated?
- What are some things we can do during COVID 19 to help with these feelings in a safe way?

# STATISTICS

- Suicide is the third leading cause of death for teens in America
- On average one person dies by suicide every three hours in the state of Texas
- At least 90% of teens who die by suicide have some type of mental health issue.

# LGBTQ+

- The rate of suicide attempts is 4x greater for LGBTQ+ youth and 2x greater for questioning youth than that of straight youth.
- Each episode of LGBTQ+ victimization, such as physical or verbal harassment or abuse, increases the likelihood of self-harming behavior by 2.5 times on average.
- Of the transgendered adults that reported to having made a suicide attempt, 92% reported having attempted suicide before the age of 25.



# DEPRESSION

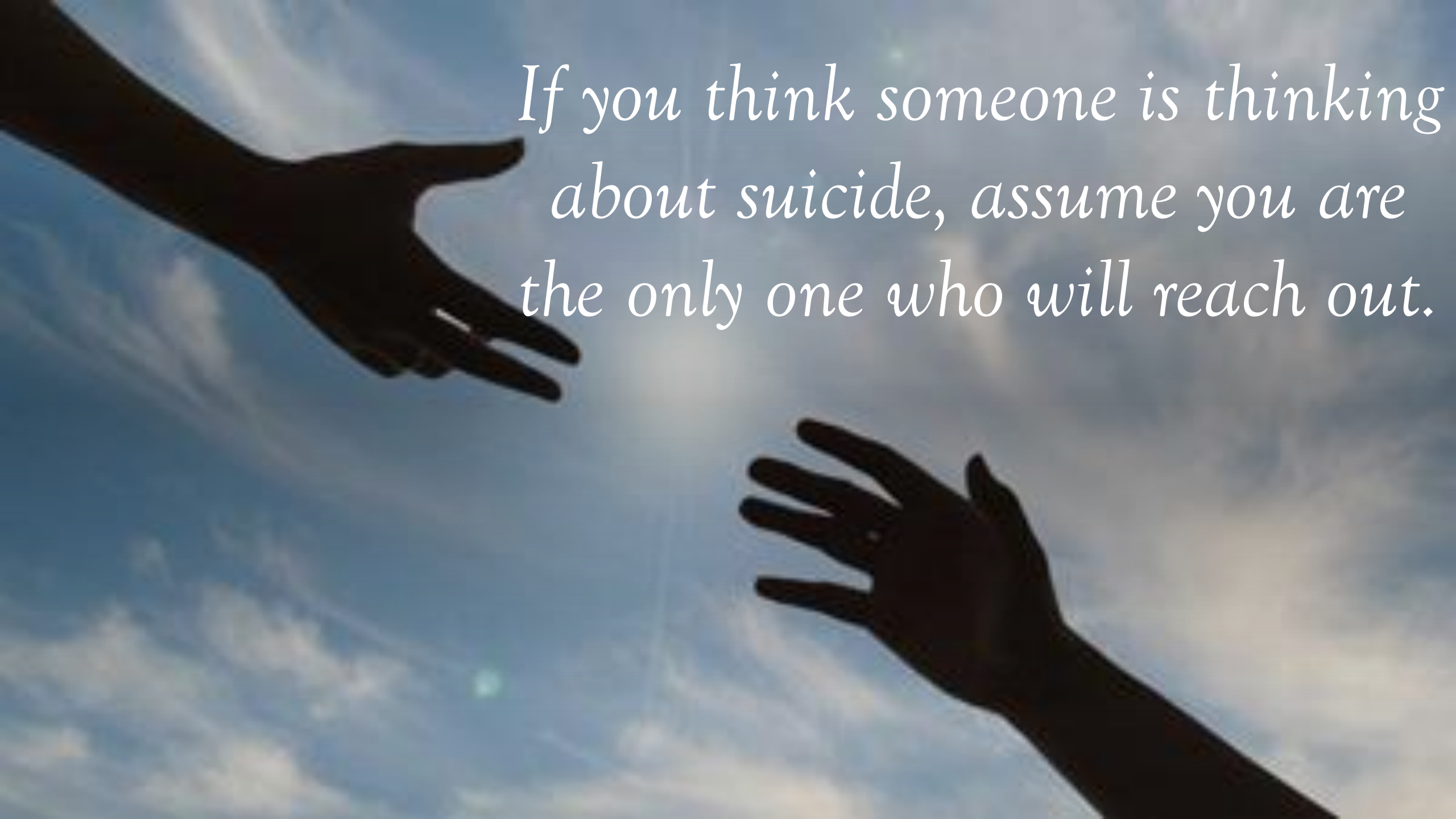
*Approximately 20% of teens will experience depression before reaching adulthood.*

## Possible Causes:

- Problems at home
- Sexual orientation
- School performance
- Social status with peers
- Genetics
- Substance abuse





The image features two dark silhouettes of hands reaching out towards each other against a bright, cloudy sky. The hand on the left is positioned higher and further to the left, while the hand on the right is lower and further to the right. The text is overlaid in the upper right quadrant of the image.

*If you think someone is thinking  
about suicide, assume you are  
the only one who will reach out.*

QPR

# MYTHS & FACTS

## MYTH

No one can stop a suicide, it is inevitable.

## MYTH

Only experts can prevent suicide.

## MYTH

Confronting a person about suicide will only make them angry and increase the risk of suicide.

## FACT

Suicide is the most preventable kind of death, and almost any positive action may save a life.

## FACT

Suicide prevention is everybody's business, and anyone can help prevent the tragedy of suicide.

## FACT

Asking someone directly about suicidal intent lowers anxiety, opens up communication, and lowers the risk of an impulsive act.

QPR

# MYTHS & FACTS

## MYTH

Talking or asking about suicide will put the idea into someone's head.

## MYTH

Suicidal people keep their plans to themselves.

## MYTH

Those who talk about suicide don't do it.

## FACT

### **THIS JUST DOESN'T HAPPEN!**

People are not that susceptible and talking directly about suicide actually reduces anxiety.

## FACT

Most suicidal people communicate their intent sometime during the week preceding their attempt.

## FACT

People who talk about suicide may try, or even complete, an act of self-destruction.

## TRUSTED ADULTS

Take a moment to think and identify your own trusted adults that you would feel comfortable reaching out to if you or someone you know is feeling depressed or suicidal. This person could be anyone in the school from the campus officer, janitorial staff, a teacher, a counselor, or an administrator



Remember that this feeling can be overcome. What you are going through can seem impossible to deal with, but with support from others, you can.

# QPR

## SUICIDE CUES AND WARNING SIGNS

What you **HEAR**

*Verbal Cues*



What you **SEE**

*Behavioral Cues*



What you **KNOW**

*Situational Cues*



*The more clues  
and signs observed,  
the greater the risk!  
Take all signs  
seriously.*

QPR

# WHAT YOU HEAR:



Direct

Verbal Cues

*"I've decided to kill myself."*

*"I wish I were dead."*

*"I'm going to commit suicide."*

*"I'm going to end it all."*

*"If \_\_\_\_\_ doesn't happen,  
I'll kill myself."*



# WHAT YOU HEAR:

Indirect

Verbal Cues



*"I'm tired of life, I just can't go on."*

*"My family would be better off without me."*

*"Who cares if I'm dead anyway."*

*"I just want out."*

*"I won't be around much longer."*

*"Pretty soon you won't have to worry about me."*

# WHAT YOU SEE:

## Behavioral Clues



Irritability



Isolation



Drug/Alcohol abuse



Reckless behavior



Feeling hopeless about the future

# WHAT YOU KNOW:

## Situational Clues



- Being expelled from school /fired from job
- Family problems/alienation
- Loss of any major relationship
- Death of a friend or family member, especially if by suicide
- Diagnosis of a serious or terminal illness
- Financial problems (either their own or within the family)
- Sudden loss of freedom/fear of punishment
- Feeling embarrassed or humiliated in front of peers
- Victim of assault or bullying

## WARNING SIGNS

- Feeling very sad or withdrawn for 2 or more weeks
- Trying to harm oneself or making plans to do so
- Out-of-control, risk taking behaviors that can cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing
- Not eating, throwing up or using laxatives to lose weight: significant weight loss or gain
- Severe mood swings that cause problems in relationships
- Repeated use of drugs or alcohol
- Drastic changes in behavior, personality or sleeping habits
- Extreme difficulty in concentrating or staying still that can lead to failure in school
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes



## DON'T KEEP SUICIDE A SECRET

If a friend is considering suicide, don't promise to keep it a secret. Tell them you can help, but you need to involve other people, like a trusted adult. Neither of you has to face this alone.

Q P R



QUESTION  
PURSUADE  
REFER



<https://www.youtube.com/watch?v=EDM2FxoXpLs&t=9s>



## RESOURCES

- National Suicide Prevention Life Line: 1-800-273-8255
- Teen Suicide Hotline: 1-866-628-7494
- MHMR of Tarrant County, ICARE Call Center: Call or Text 817-335-3022
- Crisis Chat Line: Text HOME to 741741
- Trevor Project Lifeline: 866-488-7386 or text "Trevor" to 1-202-304-1200

# HOPE SQUADS

[https://www.dropbox.com/s/v7n9uc3lbtfffsi/Whiteboard%20Hope%20Squad%20\(1\).mp4?dl=0](https://www.dropbox.com/s/v7n9uc3lbtfffsi/Whiteboard%20Hope%20Squad%20(1).mp4?dl=0)

# HOPE SQUADS

JORDAN  
ELIZABETH  
HARRIS  
FOUNDATION

Last year we were so fortunate to begin partnering with the Jordan Elizabeth Harris Foundation to bring HOPE Squads to our campus!

What are HOPE Squads?

Peer to peer suicide prevention program.

You the students will nominate people that you feel....

- Are concerned about others
- Easy to talk with
- A good listener
- Someone who does not bully others
- Someone you could turn to if you needed a friend

You will submit a referral form online in a moment. The HOPE Squad advisors will use the information you submit to identify 10-20 students that are recognized by their peers as being a potential HOPE Squad member.

If you are selected by your peers, you will get an electronic invitation inviting you and your parents to an important meeting.

# DIRECTIONS

- Go to your grade level Counseling Google Classroom
  - 6th Grade Code: u7ydc3q
  - 7th Grade Code: c jy5yyb
  - 8th Grade Code: 6f5qzlu
- Go to Classwork and find the topic, Guidance Lessons Materials.
- View Hope Squads
- Click on the link
- Answer the questions