WELCOME to the

Supporting Our Students
ECHO

Session will start in less than 15 minutes
RECOGNIZE & CONNECT!

The Connect Program:
Suicide Prevention

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ECHO March 3, 2020
Conflict of Interest Disclosure Statement

No Conflicts of Interest
Suicide is a Profound Loss

- www.naminh.org for loss support groups

- Talking about suicide can bring up personal experiences and feelings.

- We need to be sensitive to loss survivors, attempt survivors, or any of us at risk for suicide.

- Self-care is essential.
How to Talk about Suicide Safely

Terms to Use:
- Took their own life
- Ended one’s life
- Died by suicide
- Survived their attempt; lived to tell about it

Terms to Avoid:
- Successful suicide
- Committed suicide
- Completed suicide
- Failed attempt
Suicide in NH and in the US

- In NH, suicide is the 8th leading cause of death for all ages.

- Males die by suicide in greater numbers, and females attempt suicide in greater numbers.
Suicide as a Public Health Issue

• **Recognize** – Risk factors and warning signs
• **Connect** – With the person at risk
• **Connect** – The person to an appropriate community resource or professional
Risk Factors
Positive School Climate

• Welcomes diversity of identity for all persons

• Positive relationships of school staff with students

• Involving all members of the school community
Increased Suicide Risk

- Difficulties at school, work
- Neglect of appearance, hygiene
- Dropping out of activities
- Sudden improvement in mood after being down or withdrawn
- Giving away favorite possessions

Positive Action:
- Look for combinations of risk factors
- Look for changes in behavior/mood
Warning Signs and Statements for Suicide
Warning Signs Specific to Schools

- Artwork, including doodling
- Homework, term papers, journal entries
- Notes passed between students
- Notes found
- Graffiti
- Text messaging
- Social networking sites

Risk is increased if youth has had problems at school/work with:

- Acting out behavior: swearing, agitation
- A bad report card/poor performance review
- Suspension or other disciplinary action
- A fight or falling out with peers/co-workers
Warning Signs for Suicide

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide in person or on social media sites
Take Immediate Action!

- If the person is in immediate danger, call 911, or take them to the Emergency Department.
- Do not ever leave the person unattended.
Warning Signs for Suicide

- Feeling **hopeless**
- Feeling rage or **uncontrollable anger**
- **Feeling trapped** – like there’s no way out
- Dramatic **mood changes**
- **Seeing no reason for living** or having no sense of purpose in life
Warning Signs for Suicide

- Acting reckless or engaging in risky activities
- Increasing alcohol or drug use
- **Withdrawing** from friends, family, and society
- Being unable to sleep, or sleeping all the time
- Feeling anxious or agitated
Verbal Statements of Suicidal Intent

Direct Statements:

• “I wish I were dead.”
• “I’m going to end it all.”
• “I’ve decided to kill myself.”

Less Direct Statements:

• “You’d be better off without me.”
• “What’s the point of living?”
• “No one would miss me if I was gone.”
A Student has been Identified as Suicidal: *Who is Responsible?*

In a school, **EVERYONE** has the responsibility to respond to a student who is suicidal.
Don’t Worry Alone!

• If there is no immediate risk, use your judgment about who to call first.

• Ask yourself: **who do I know/trust that can assist and advise me in this situation?**
# Chart of Community Resources

<table>
<thead>
<tr>
<th>School Counselor/ Student Assistance Counselor/ School Nurse</th>
<th>Teacher</th>
<th>Police/ Law Enforcement; School Resource Officer</th>
<th>School Administrator; Principal; Bus Driver; Coach; Custodian; Cafeteria Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clergy or Faith-Based Organization</td>
<td>Medical Personnel (i.e. PCP, or EMS)</td>
<td>Social Service Agency</td>
<td>Counselor or Therapist</td>
</tr>
<tr>
<td>Neighbor or Another Parent</td>
<td>Friend of the Youth</td>
<td>Employer, if Working</td>
<td>The Youth or the Youth’s Parent</td>
</tr>
<tr>
<td>Youth Organization</td>
<td><strong>NH Crisis Addiction Line: 2-1-1</strong></td>
<td><strong>Suicide Lifeline: 1-800-273-TALK (8255)</strong></td>
<td><strong>Crisis Text Line: TEXT 741741</strong></td>
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</tbody>
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Stay Connected with the Person

The person turned to you because he/she trusted you.

http://www.youtube.com/watch?v=3BByqa7bhto&feature=youtu.be
Websites & Resources

- National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)
- Crisis Text Line: TEXT 741741
- NH Crisis Addiction Line: 2-1-1
- The Connect Program: www.theconnectprogram.org
- NAMI NH: www.naminh.org

- Action Alliance for Suicide Prevention: www.actionallianceforsuicideprevention.org
- American Association of Suicidology (AAS): www.suicidology.org
- American Foundation for Suicide Prevention (AFSP): www.afsp.org
- Suicide Prevention Resource Center (SPRC): www.sprc.org
LGBTQ Resources

- **The Trevor Project** (Suicide Hotline): (866) 488-7386
- **Native PFLAG**: (602) 803-3907  www.NativePFLAG.org  
  [https://www.facebook.com/nativepflag/](https://www.facebook.com/nativepflag/)
- **PFLAG National**: (202) 467-8180  www.pflag.org
- **Human Rights Campaign (HRC)**: 1-800-777-4723  www.hrc.org
- **Gay, Lesbian & Straight Education Network (GLSEN)**: (212) 727-0135  www.glSEN.org
- **Gay and Lesbian Alliance Against Defamation (GLAAD)**: (323) 933-2240  www.glaad.org
- **Lambda Legal**: (212) 809-8585  [http://lambdalegal.org](http://lambdalegal.org)
- **Gay-Straight Alliance (GSA) Network**: (415) 552-4229  www.gsanetwork.org
- **National Center for Transgender Equality**: (202) 903-0112  [http://transequality.org](http://transequality.org)
- **Gay & Lesbian National Hotline**: (888) 843-4564 Provides vital peer support, community connections and resource information to people with questions regarding sexual orientation and/or gender identity.
- **The GLBT National Youth Talk Line**: 1-800-246-7743  (Youth serving youth through age 25)
- **1N10**: (602) 400-2601  www.onenten.org  Support for young adults ages 14-24