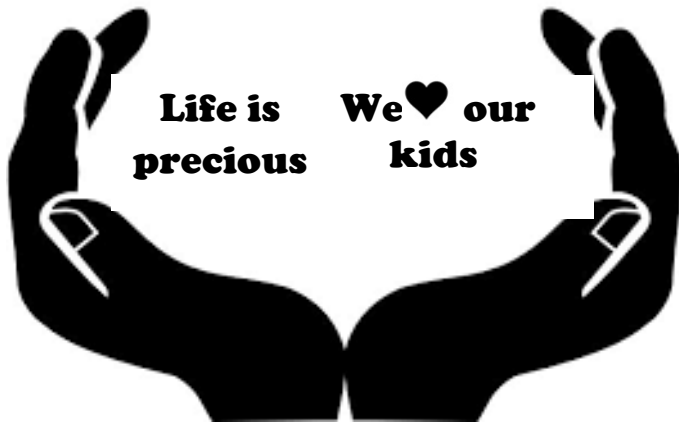


Preventing Suicide is Important



Dolores School District RE-4A
P.O. Box 727
Dolores, CO 81323
(970) 882-7255
www.doloresschools.org

What A Parent Can Do

- Educate yourself on the signs of concern.
- Pay attention to changes in behavior.
- Monitor your child's use of social media. For kids at risk, safety outweighs privacy.
- Take all suicidal threats seriously. A threat is a cry for help, "I'm not coping."
- Don't fall into the "Not my Child" Syndrome. Suicide crosses all racial, economic, social and ethnic lines.
- Communicate your concerns with other important people in your child's life so they can help keep them safe.
- Seek professional help immediately if you feel your child is becoming depressed or is contemplating self-harm.

If you think your child is at risk:

- Talk openly, without judgment or anger, about your concerns. Acknowledge your child's fears, despair and/or sadness.
- Ask if they are thinking about hurting or killing themselves, and if they have a plan. By discussing it, you are not putting the idea in their head or increasing the likelihood of suicidal behavior. An open discussion can decrease their anxiety and help them see other options.
- Remove all lethal weapons from your home including guns, medications and ropes.
- Do not promise confidentiality. Their life is more important than a promise.
- Do not leave them alone. Seek professional help immediately.

*National Alliance on Mental Illness
The Jason Foundation- Parent Resource Program*

RESOURCES

AXIS Health System 24 Hour Crisis Line
970-247-5245

AXIS Health System- Cortez
970-565-7946

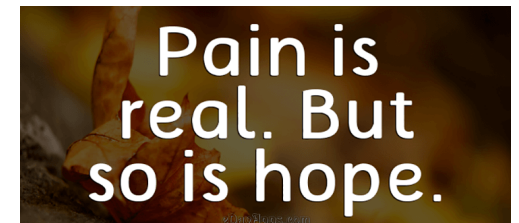
National Suicide Prevention Lifeline
800-273-TALK (8255)

Safe2Tell (make an anonymous report)
1-877-542-7233
www.Safe2tell.org

Jason Foundation -Parent Resource Program
www.jasonfoundation.com

NAMI (National Alliance on Mental Illness)
www.nami.org

Local Counselors/ Physicians



Warning Signs of Suicide

TALKING ABOUT...

- Killing themselves (making direct or indirect statements)
- Being a burden to others
- Having no reason to live
- Feeling trapped
- Unbearable pain

BEHAVIOR

- Change in behavior
- Alcohol or drug use
- Writing, drawing or listening to music about hopelessness, guns or death
- Impulsive or reckless behavior
- Aggressive behavior
- Withdrawing from activities
- Isolating from family and friends
- Change in appetite or sleep habits
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Threatening suicide, even if in a joking manner

MOOD

- Depression
- Loss of interest
- Irritability and aggression
- Anxiety
- Feeling things will never get better

Sources: Visit these sites for a complete list of signs

Safe2Tell

National Alliance on Mental Illness

Jason Foundation - Parent Resource Program

Nevada Office of Suicide Prevention

Risk Factors For Suicide

- ❖ A family history of suicide
- ❖ Substance abuse
- ❖ Prolonged stress
- ❖ Access to firearms
- ❖ A recent tragedy or loss
- ❖ A history of trauma or abuse
- ❖ A serious or chronic medical illness
- ❖ The experience of discrimination/isolation

Source: NAMI (National Alliance on Mental Illness)

Can Thoughts of Suicide Be Prevented?

Mental health professionals are trained to help:

- Understand worrisome feelings
- Recognize unhealthy patterns of thinking and behaving
- Teach positive coping skills



Mental Health Facts Children & Teens

- Suicide is the 2nd leading cause of death among people aged 10-24.

Source: CDC (Centers for Disease Control & Prevention)

- 20% of youth ages 13-18 live with a mental health condition.
- 50% of all lifetime cases of mental illness begin by the age 14 and 75% by age 24.
- The average delay between onset of symptoms and intervention is 8-10 years.
- 11% of youth have a mood disorder.
- 10% of youth have a behavior or conduct disorder.
- 8% of youth have an anxiety disorder.
- 90% of youth who died by suicide had an underlying mental illness.

Source: NAMI (National Alliance on Mental Illness)