



# SUICIDE PREVENTION AND INTERVENTION

Secondary Students

2023 -2024



- Students will understand warning signs of suicide and how to recognize them.
- Students will be able to identify a trusted adult and resources that they can seek for help for themselves or others.

# SUICIDE PREVENTION EDUCATION IS NECESSARY

Suicide is a real  
concern.

Suicide is 100%  
preventable.


Help is  
available.



- Suicide rates in youth continue to climb.

- Suicide is the 2<sup>nd</sup> leading cause of death for individuals ages 10 - 24.

- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease combined.



## **GENERAL RISK FACTORS**

- Previous suicide attempt
- Mental disorders
- Alcohol and substance abuse
- History of trauma or abuse
- Family history
- Access to lethal means-pills, guns, etc.
- Lack of social support and sense of isolation
- Hopelessness

# YOUTH-SPECIFIC RISK FACTORS

- Separation/divorce of parents or family crisis
- Harassment by peers (bullying)
- Sexual identity/orientation
- Relationship breakup
- Feelings of stress brought about by perceived achievement needs
- Inadequate problem solving/coping mechanisms





WARNING  
SIGNS

# SITUATIONAL WARNING SIGNS



Persistent sadness

Crisis or traumatic event

Change in eating/sleeping habits

Change in mood



## BEHAVIORAL WARNING SIGNS

---

Irritability/anger

---

Writing/drawing about death/suicide

---

Withdrawal from friends/ activities

---

Under the influence

---

Giving things away



## VERBAL WARNING SIGNS

- “I’m going to kill myself!”
- “I wish I were dead!”
- “I can’t take it anymore!”
- “You’d be better off without me.”
- “My parents won’t have to worry about me anymore.”
- Frequent physical complaints

**SUICIDE IS  
PREVENTABLE**

# PROTECTIVE FACTORS

- Coping and problem-solving skills
- Cultural and religious beliefs that discourage suicide
- Connections to friends, family, school, and community support
- Supportive relationships with care providers
- Availability of physical and mental health care
- Limited access to lethal means among people at risk

[www.cdc.gov](http://www.cdc.gov)

IMPROVE YOUR  
ABILITY TO  
BOUNCE BACK



# YOU CAN HELP OTHERS

1

Be aware of signs.

2

Listen and be there.

3

Refer the friend to a counselor.

4

Tell a parent, counselor, or other adult.

A woman with long dark hair is shown from the chest up, her head bowed and eyes closed, appearing to be crying. Her arms are crossed in front of her. In the upper right corner, a hand is reaching out towards her, palm facing down, as if offering support. The entire scene is overlaid with a semi-transparent green filter. A white rectangular box with a black border is centered horizontally across the image, containing the text "HELP IS AVAILABLE".

**HELP IS AVAILABLE**

SPEAK WITH A  
TRUSTED  
ADULT





**ASK FOR HELP -  
FOR YOURSELF OR  
OTHERS**

## **Suicide Hotline Numbers**

**988 or 1-800-273-TALK(8255)**

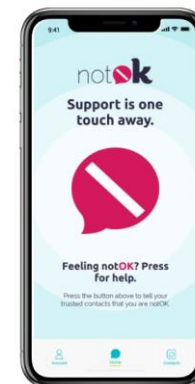
**713-970-7000 (The Harris Center)**

**If an emergency, go to nearest  
emergency room or call 911**

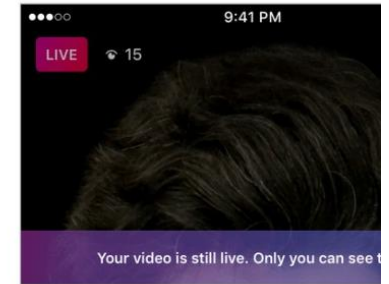
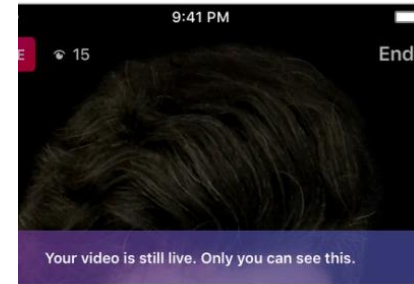
**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**  
**Dial or Text 988**  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)  
24/7 Free Crisis Support  
**Text HOME to 741741**  
CFISD TipLine: Text CFISD to 738477  
**Dial 911 (for an emergency)**  
**Harris Center Crisis Line**  
713.970.8210  
Find more ways to save a life  
[www.BeThe1To.com](http://www.BeThe1To.com)  
XXXXXX - ABCDEFGHIJ1234

# MOBILE APPLICATIONS

Virtual Hope Box  
Not OK  
A Friend Asks  
Breathe Relax



# REPORT SUICIDAL CONTENT ON SOCIAL MEDIA



Done



## We're Reaching Out to Offer Help

Someone thinks you might need extra support right now and asked us to help.

[See Resources](#)

## We'd Like to Help

If you're going through a difficult time and want support, we'd like to help.



**Talk with a helpline volunteer**  
Call or text a trained helper who listen and support you.



**Get tips and support**  
See suggestions for ways to support yourself.



**Talk with a friend**  
Call or text someone you trust.



# RESOURCES

<http://prp.jasonfoundation.com/facts/youth-suicide-statistics/>

[www.cdc.gov](http://www.cdc.gov)