

**If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK [8255] or the Crisis Text Line [text "CONNECT" 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.

## Warning Signs

- Talking or writing about death, dying, or suicide. This includes direct verbal threats ("I am going to kill myself") and indirect ("I wish I could fall asleep and never wake up")
- Making plans to attempt suicide
- Talking about being a burden to others
- Expressing hopelessness about the future
- Withdrawal and social isolation
- Sudden changes in emotions or behavior, including unexplained happiness
- Making final arrangements
- Increased risk taking
- Increased use of alcohol or drugs

## Risk Factors

- History of suicidal thinking and behavior
- Family history of suicide or attempts
- Mental illness, especially severe depression
- Stressful event, including a romantic breakup, severe argument with family or friends or recent loss of a loved one
- Adverse childhood experiences, such as child abuse, poverty, or loss of a parent
- Involvement in bullying
- Triggering events that lead to humiliation, shame, or despair
- Sleep deprivation
- Presence of a firearm in the home
- Change in treatment such as a discharge from a psychiatric hospital, or provider

## How to Help

- Don't be afraid to talk to your child. Remain calm and be direct. Be present and responsive to emotional needs and avoid judgement and accusations.
- Provide constant monitoring and limit alone time.
- Reassure them that there is help; they will not feel like this forever.
- Maintain communication with the school. Contact your child's counselor and communicate with their teachers. Provide school with any relevant information.
- Take action by removing means. It is best to remove lethal means from the household entirely. Lock up medication and don't keep lethal doses accessible.
- Seek help from a mental health provider.

## What to Do

***If your child is in crisis, get help immediately by calling:***

- 911 (you can request a Mental Health Peace Officer)
- National Suicide Prevention Lifeline [1-800-273-8255]
- CFISD PD Dispatch [281-897-4337]; performs wellness checks
- Crisis Text Line [text "CONNECT" to 741741]
- Crisis Intervention of Houston [832-416-1177]
- Harris Center 24-Hour Crisis Line [713-970-7000, option 1]
- Harris County Mobile Crisis Outreach Team [1-866-970-4770]
- Trevor Project [866-488-7386]

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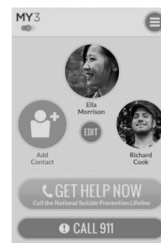
## CFISD School Procedures

- At CFISD, school district staff are trained to detect warning signs for suicide.
- Additional professionals in the district are trained to conduct suicide risk screeners. A suicide risk screener will be administered immediately if your child displays warning signs of suicide.
- You (the parent) will be contacted by phone if your child is given a risk screener.
  - Depending on your child’s thoughts and behaviors related to suicide, you may be asked to come to school immediately after the screener is given.
  - The school may recommend that your child receive an immediate mental health assessment at an area facility.
  - The suicide risk screener conducted at the school is NOT the same as a comprehensive risk assessment conducted by a hospital or outside mental health provider.
- School staff will create a Student Safety Plan with your child.
- Upon your child’s return to school, a transition meeting may take place (parent attendance is strongly encouraged).
- Community resources and counseling alternatives are provided to guardians when a school staff member is concerned about the need for mental health intervention as well as when requested by the parent.

## Resources

- National Suicide Prevention Lifeline [suicidepreventionlifeline.org]
- American Foundation for Suicide Prevention; [afsp.org]
- American Association of Suicidology (AAS); [www.suicidology.org]
- Suicide Prevention Resource Center; [sprc.org]
- Trevor Project for Youth and LGBTQ; [thetrevorproject.org]
- National Association of School Psychologists; [www.naspoline.org]

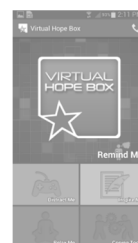
## Applications



MY3: Available on iPhone & Android



ASK: Available on iPhone & Android



Virtual Hope Box: Available on iPhone & Android