

Warning Signs and Resources for Suicide Prevention

Warning signs of suicide can be organized around the word “FACTS”:

Feelings

- Hopelessness: feeling like things are bad and won't get any better
- Fear of losing control, going crazy, harming himself/herself or others
- Helplessness: a belief that there's nothing that can be done to make life better
- Worthlessness: feeling like an awful person and that people would be better off if he/she were dead
- Hating himself/herself, feeling guilty or ashamed
- Being extremely sad and lonely
- Feeling anxious, worried, or angry all the time

Actions

- Drug or alcohol abuse
- Talking or writing about death or destruction
- Aggression: getting into fights or having arguments with other people
- Recklessness: doing risky or dangerous things

Changes

- Personality: behaving like a different person, becoming withdrawn, tired all the time, not caring about anything, or becoming more talkative or outgoing
- Behavior: can't concentrate on school or regular tasks
- Sleeping pattern: sleeping all the time or not being able to sleep at all, or waking up in the middle of the night or early in the morning and not being able to get back to sleep
- Eating habits: loss of appetite and/or overeating and gaining weight
- Losing interest in friends, hobbies, and appearance or in activities or sports previously enjoyed
- Sudden improvement after a period of being down or withdrawn

Threats

- Statements like “How long does it take to bleed to death?”
- Threats like “I won't be around much longer” or “Don't tell anyone else . . . you won't be my friend if you tell!”
- Plans like giving away favorite things, studying about ways to die, obtaining a weapon or a stash of pills: the risk is very high if a person has a plan and the way to do it.
- Suicide attempts like overdosing, wrist cutting

Situations

- Getting into trouble at school, at home, or with the law
- Recent loss through death, divorce, or separation; the breakup of a relationship; losing an opportunity or a dream; losing self-esteem
- Changes in life that feel overwhelming
- Being exposed to suicide or the death of a peer under any circumstances

Tips from students on ways to help yourself:

- Deep breaths (Inhale 4 seconds, exhale 4 seconds),
 - Try grounding exercise- identify 4 things you can see, touch, smell, hear around you
 - Make a conscious effort to relax your shoulders and drop your arms down
 - Eat a snack, drink water; counting backwards from a high number until you feel calm
 - Say a coping statement to yourself: “This feeling isn’t comfortable, but I can handle it.”
 - Chances are you gave your loved one a lot of support throughout your time together. Make a list of the ways you did support your loved one. Include both small and large acts of kindness and support. Tuck that list away somewhere safe and refer to it when the “what ifs?” sneak up on you again. By reframing your thought process to focus on how you did provide help and support, you give yourself permission to release the feelings of guilt.
 - Listen to music or engage in a mindfulness exercise
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Tips from students on ways to help a friend:

- Show you care: “I’m concerned about you, about how you are acting...the things you are saying...”
 - Ask directly about suicide: “Are you thinking about suicide?” (It is important to use the word “suicide”)
 - Get help: “This is serious. I am going to help you get help. Let’s call a crisis line.”
 - Tell an adult and/or call 911
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Resources Outside of School:

Suicide Prevention of Yolo County 1-888-233-0228 or 756-5000

Trained volunteers provide confidential, anonymous telephone counseling and referral information.

www.suicidepreventionyolocounty.org

ASK Teen Line (530) 753-0797

The Allied Services for Kids (ASK) line provides support to teens and families in crisis.

Crisis Text Line 741-741

Text the word “Start” A trained specialist will provide secure counseling and additional resources.

School Safety Tip Line (530) 758-7233

Students can confidentially report concerns about school safety including info about possible violence or harassment.

Al-Anon/Alateen (530) 758-6907

Support and hope for friends and families of substance abusers.

www.al-anon.alateen.org

Empower Yolo (530) 371-1907 or (530) 662-1133

Crisis support and information about relationship/domestic violence and sexual assault.

www.empoweryolo.org

Care Solace (888) 515-0595/www.caresolace.com/djurd

Care Solace is a tool for school staff and families to connect with community-based mental healthcare resources and providers.

Within school:

Your school counselor can provide brief, personal counseling including:

- Coping strategies, stress management, information for resources
- Guidance for how to help friends involved in risky behaviors
- Support to develop a lifestyle that enhances wellness