

If you notice any of these warning signs, you can help!

1. Express your concern about what you are observing in their behavior.
2. Ask directly about suicide.
3. Encourage them to call the National Suicide Prevention Lifeline at **800-273-TALK (8255)**.

*****4. Involve an adult they trust, such as a parent or guardian, school counselor, school nurse, teacher, principal, or other adult.*****



Remember, if you have **IMMEDIATE** concern about someone's safety, call 911 right away!

Additional Internet Resources

Jason Foundation

www.jasonfoundation.com

Prevent Suicide WV

www.preventsuicidewv.org

Society for the Prevention of Teen Suicide

www.sptsusa.org

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org



Berkeley County Schools

Department of Pupil and Student Support Services
401 S. Queen Street
Martinsburg, WV 25401
304-267-3500 (PHONE) 304-263-3633 (FAX)

Suicide Prevention



Learn the Facts



Adapted from *Lifelines Curriculum* and "*Making Educators Partners*" and *Suicide: A major, preventable mental health problem—National Institute of Mental Health*

Worried About Suicide?

Are you concerned that someone you know may be at risk for suicide? Your first step in helping may be as simple as learning the **FACTS** or warning signs. The following signs may mean that a youth is at risk for suicide, particularly if that person attempted suicide in the past.



F EELINGS

Expressing hopelessness about the future.

A CTIONS

Displaying severe/overwhelming pain or distress.

C HANGES

Showing worrisome behavioral cues or marked changes in behavior, including: withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.

T HREATS

Talking about, writing about, or making plans for suicide.

S ITUATIONS

Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.

Other Risk Factors

1. Depression or other mental disorders.
2. Substance abuse (drugs and/or alcohol).
3. Prior suicide attempt.
4. Firearms in the home.
5. Family history of suicide.



Other Warning Signs

1. Talking about being a burden to others.
2. Increasing use of alcohol or drugs.
3. Showing rage or talking about seeking revenge.
4. Displaying extreme mood swings.
5. Behaving recklessly.