

SEPTEMBER 2021

SOCIAL EMOTIONAL LEARNING

WITH THE SCHOOL SOCIAL WORKER

CRENSHAW COUNTY SCHOOLS

NATIONAL SUICIDE PREVENTION

MONTH: September
WEEK: September 5th-11th
DAY: September 10th

You Can Help Save Lives!

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This month is National Suicide Prevention Month, so let's do our best to be there for others and save lives by learning more about this topic! You do not have to be a professional to get some one help and support. We can save lives just by noticing changes, checking in with others by being a friend or connecting them with the right person to support them! Don't turn your head, people just need to know others care about them. Use a non judgmental attitude when approaching someone and listen to what they have to say. Sometimes being heard is all they need! Let's have a great month and know you are cared for!!!



SUICIDE PREVENTION



KNOW THE FACTS:

- For middle and high school students ages youth (12–18), suicide is the 2nd leading cause of death.
- Over-all, suicide is the 2nd leading cause of death for our youth ages from 10–24.
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, chronic lung disease, COMBINED!
- Each day in our nation, there are an average of over 3,703 attempts by young people grades 9–12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher.
- Four out of Five teens who attempt suicide have given clear warning signs.

NEVER LET
a STUMBLE
in THE ROAD
BE THE
END OF YOUR
JOURNEY

KNOW THE RISK FACTORS:

- Depression, Mental Illness
- Substance Abuse
- Aggression and Fighting
- Environment (Home, Community, School)
- Previous Attempts
- Cultural Factors
- Family History/Stressors
- Self Mutilation (self harm behaviors)
- Situational Crisis

DEFINITIONS

- **Social Support:** Assistance that may include companionship, emotional backing, cognitive guidance, material aid and special services
- **Suicidal Act/Attempt:** A potentially self-injurious behavior with a nonfatal outcome, for which there is evidence that the person intended to kill himself or herself.
- **Suicidal Behavior:** A spectrum of activities related to thoughts and behaviors that include suicidal thinking, suicide attempts and completed suicide.
- **Suicidal Ideation:** Self-reported thoughts of engaging in suicide related behavior.
- **Suicide Warning Signs:** Indications that an individual is at risk for suicide.
- **Suicide Attempt Survivors:** Individuals who have survived a suicide attempt.

SUICIDE PREVENTION



KNOW THE WARNING SIGNS:

*4 OUT OF 5 INDIVIDUALS CONSIDERING SUICIDE GIVE SOME SIGN OF THEIR INTENTIONS, EITHER VERBALLY OR BEHAVIORALLY

- Suicide Threats
- Depression
- Anger, Increased Irritability
- Lack of Interest
- Sudden Increase/Decrease in Appetite
- Sudden Changes in Appearance
- Huge decline in Academic Performance
- Preoccupation in Death or Suicide (Essays, Assignments, Drawings)
- Previous Suicide Attempts
- Final Arrangements (giving away favorite items, saying their good byes)

WHAT CAN YOU DO?:

- Ask
 - Asking the question “Are you thinking about suicide?” communicates that you’re open to speaking about suicide in a non-judgmental and supportive way.
- Be There
 - This could mean being physically present for someone, speaking with them on the phone when you can, or any other way that shows support for the person at risk.
- Keep Them Safe
 - Once talked about, it’s important to find immediate safety. Have they already attempted? Do they have a plan? What source of access to they have to that plan?
- Help Them Stay Connected
 - Help them find on going supports (crisis phone line, 911, counselors, school social workers, adults)

• Follow Up

RESOURCES

SHOW AWARENESS FOR SUICIDE PREVENTION

by wearing purple or
an inspirational shirt
on Thursday, 9/23/2021

WEBSITES TO USE:

<https://nowmattersnow.org/skills>

<https://save.org/who-we-are/>

<https://afsp.org/>

DISTRICT CHALLENGES:

1. Write encouraging, positive words for fellow classmates on your school's Messenger of Hope Board.
2. Use #EachMindMatters when posting on social media to show awareness for Suicide Prevention!
3. People Kind to Others!!!

CONTACT

