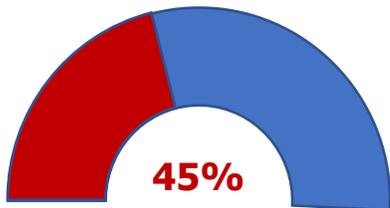# Suicide Prevention Awareness

Suicide is the second leading cause of death among 13–18-year-old students. In a recent study which includes the impact of the Pandemic . . . a new group has been created 'quaranteens' that causes a dramatic increase of suicidal ideations.

45%

Approximately, 45% of this age group either had or continue to have suicidal ideations

Q: *What can we do to address this ever-growing issue?*
A: Educate students and school personnel about suicide by recognizing that communication, knowledge and awareness saves lives.
Q: *How do we do this?*
A: Create a training program, spread out over a period of time, either onsite or virtually to address the following:

These interactive sessions have proven effective in getting students to become aware of their own mental health. Also assisting in becoming more attentive and comfortable to reach out and ask another student who may be struggling *"is everything ok with you?"*

By extending the sessions over a period of a few months, we can reinforce the program and have students become more comfortable to recall the concepts of the program when needed. This also can start the formation of peer support groups.

4 Step Communication System

Aware – Be attentive to what people are saying as well as not saying or doing.

Ask – If you feel someone is struggling, trust your gut don't wait, start the conversation.

Action – After asking questions, help create a safety plan by saying *"how about if I help you find someone you can talk with"*

Follow-up – This can make a big difference, regardless how the conversation went. Here are some ways to follow-up:

- ➢ Phone call
- ➢ Text message
- ➢ Visit home/Apt.
- ➢ Email

To Save a Life …
- Reach out. Asking the suicidal question DOES NOT increase risk.
- Listen. Talking things out can save a life.
- Don't try to do everything yourself. Get others involved.
- To help you act with **Courage,** here are three things to remember: *If in doubt, act! Reach out! Don't wait!*

COURAGE *through* **ACTION**