

## Suicide Prevention

### KEY TERMS

- **Suicidal ideation:** Thoughts of engaging in suicide-related behavior.
- **Non-suicidal self-injury/Self-harm:** Self-injury with no intent to die.
- **Suicide:** Death caused by self-directed injurious behavior with any intent to die as a result of the behavior.

### HOW WE TALK ABOUT SUICIDE MATTERS

#### AVOID

- “Committed suicide”
- “Failed” or “Successful” attempt

#### SAY

- “Died by suicide”
- “Ended their life”
- “Suicide attempt” or “Death by suicide”

### SCOPE OF THE PROBLEM

#### U.S. Population Overall - 2022

- Over 49,000 Americans died by suicide
- There were an estimated 1.6 million suicide attempts
- Suicide is the 10th leading cause of death in the US and the 3rd leading cause of death for teens

**In 2022, adolescents and young adults aged 15 to 24 had a suicide rate of 13.6%**



## Warning Signs & Clues

### RISK FACTORS

- Previous suicide attempt
- History of depression or other mental illness
- Substance use
- Bullying
- Social isolation
- Family member/loved one’s history of suicide

### CLUES

- **Direct** (“I’m going to end it all”) and **Indirect** (“I’m tired of life”) statements
- Acquiring lethal means
- Loss of any major relationship
- Unexplained anger, irritability

*Take all signs & clues seriously.*

## Myths & Facts

**Myth:** *No one can stop suicide. It’s inevitable.*

**Fact:** If people in crisis get the help they need, they will probably never be suicidal again.

**Myth:** *People thinking of suicide keep their plans to themselves.*

**Fact:** Most people communicate their intent sometime during the week of preceding their attempt.

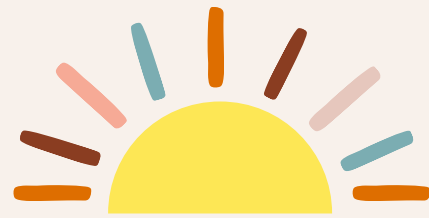
**Myth:** *Confronting a person about suicide will only make them angry and increase the risk of suicide.*

**Fact:** Asking someone directly about suicidal intent lowers anxiety, opens up communication, and lowers the risk of an impulsive act.

# SBMH

# NEWSLETTER

JANUARY  
2025



## What Can We Do?

### WHAT CAN HELP YOUR CHILD STAY SAFE?

- Receiving effective mental health care
- Talk to your child about the importance of telling a trusted adult if someone they know is thinking about suicide
- Helping teens to cultivate problem solving skills
- Keeping open communication around mental health
- Restrict access to lethal means



### TALKING TO YOUR CHILD

- Take it seriously and talk to them in private
- Don't wait to act - trust your gut
- Listen to their story
- Don't be quick to respond or dismiss them
- Express concern and caring
- Ask directly about suicide
- Reassure them that help is available
- Validate their feelings

### IF YOUR CHILD IS HAVING SUICIDAL THOUGHTS

- Stay calm
- Thank them for having the courage to tell you
- Reassure them that you are going to help
- Contact a mental health professional for an evaluation as soon as possible
- Reduce immediate stressors
- Remove or secure lethal means in your home

Click below for more info on how the CSD SBMH Team supports our students impacted by suicide

### CORBETT SCHOOL DISTRICT PLAN

## Resources

### COMMUNITY

Multnomah County Crisis Line -  
(503-988-4888)

Available 24/7 365 for All Ages, Free, with interpretation services for non-English speakers.

### YouthLine

1-877-968-8491 & teen2teen TEXT: 839863  
Available 24/7 365, Free

### NATIONAL

The Trevor Project - 1-866-488-7386

Available 24/7 365, Free, for LGBTQ youth,

National Suicide Prevention Lifeline - 1-800-273-TALK (8255); Available 24/7 365, Free

### 988

Suicide and Crisis Hotline

Available 24/7

Call, text, or chat online at 988lifeline.org



## Coming Soon...

- **February:** Supporting LGBTQIA+ needs
- **March:** Coping with PTSD/ Trauma
- **April:** Health Conflict Resolution in Family Relationships

Sources:

• [National Institute of Mental Health](https://www.nimh.nih.gov/)

[CDC.com](https://www.cdc.gov/)

<https://qprinstitute.com/about-qpr>