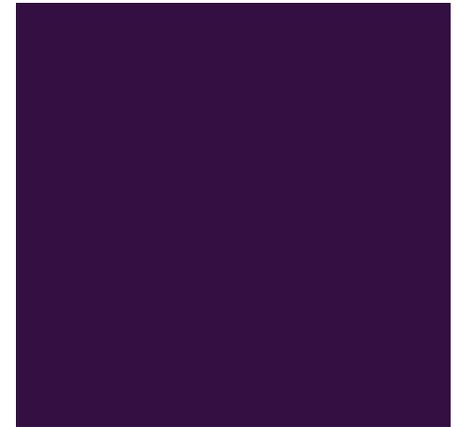
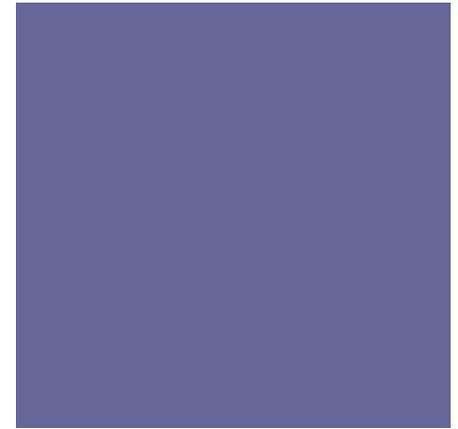
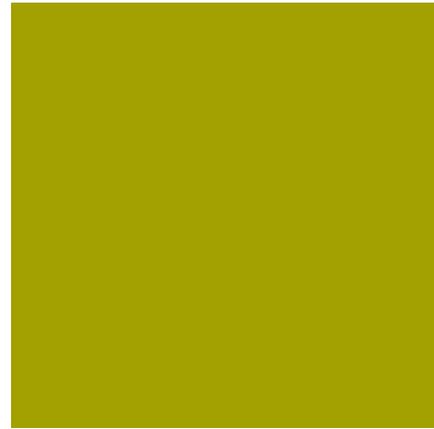




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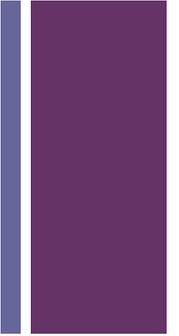


## Suicide Prevention Training for Youth

Provided by the Jordan School District

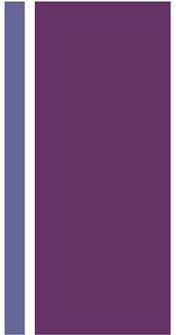
Jordan School District School Psychologists & School Counselors

# Icebreaker Activities



- *Tennis Ball Activity*
  
- *Trace Yourself Activity*

# Emotions

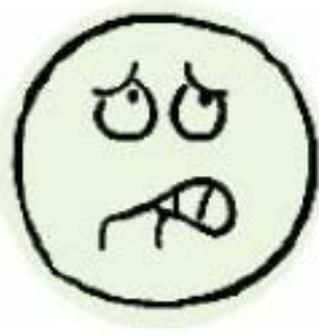


- There are basically four primary emotions

- Happiness



- Fear



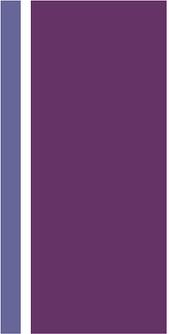
- Sadness



- Anger



# Stress



- Discussion Activity: Do kids feel stress? Which of these items listed below do you think is the number one cause of stress?
- 1. Too busy school schedule
- 2. Breakup with your girlfriend or boyfriend
- 3. Increased arguments with parents
- 4. Loss of a close friend
- 5. Change to a new school
- 6. Poor grades and trouble with school work

# Stress

- What is stress?
- Stress is our body's response to demands.
- We all feel stress differently. How does it affect you?
- How do you cope with stress?
- What activities do you do, as a way to handle stress?

Remember: Every problem has a healthy solution!

# Sadness vs. Depression

- There is an important difference.
- We are all sad from time to time.
- We often might say we are “depressed” when we really mean that we are “sad.”
- Example: You might say, “I can’t go out with friends this weekend, so I am really depressed.” Most likely you actually mean that you are sad.

# Sadness vs. Depression

- Clinical depression
  - Long-term— lasts longer than 2 weeks
  - Physical (physiological) illness
  - Affects us not only physically but mentally and emotionally too
  - With appropriate help, it is a very treatable problem
  
- With depression you can possibly feel:
  - That there is no way out of the problems you are experiencing
  - Weak and powerless
  - No longer enjoy doing the things that you normally like to do
  - Have trouble concentrating
  - Experience changes in appetite
  - Feel like hurting yourself
  - Experience changes in sleep patterns

# Causes of Depression

Many things can cause depression. We're going to talk about three risk factors that can cause depression, according to the DSM-5:

They are as follows:

1. Temperamental
2. Environmental
2. Genetic & physiological

# Coping Strategies

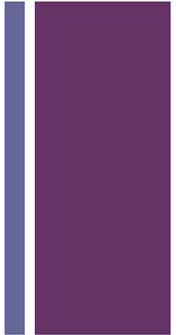
- Physical activity
- Relaxing activity
- Creative activity
- Talking to someone you trust
- Structuring your day

Remember: Every problem has a healthy solution!!!

# Who Can You Talk To When You're Feeling Depressed

- Ask others for help in finding the right solution.
  - Parent(s)/Guardian(s)
  - Teacher/a Trusted Adult
  - School Counselor
  - School Psychologist
  - Assistant Principal/Principal
  - Coach
  - Clergy
  - Friend(s) \*Talking with your friends is a good thing, but they may not know all of the “best” answers or solutions.

Remember: Every problem has a healthy solution!!!



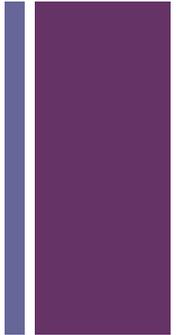
## ■ THINK BEFORE YOU ACT!

- Some of us feel so overwhelmed with our problems for so long we think about ending our lives. These feelings are called suicidal thoughts.
- Suicide is actually ending your own life.
- Suicide should not be an option as it is a permanent solution to a temporary problem.
- It's important to know that whatever you encounter in life, there are healthy solutions.

# Myths About Suicide

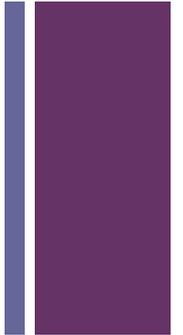
- ❑ Myths are statements that are false. The following statements are myths, i.e., they are false/not true.
- ❑ “People who talk about suicide never do it.”
- ❑ “If you discuss suicide with a suicidal person, it increases the risk that he/she will take his/her life.”
- ❑ “If a suicidal person shows signs of improvement, the risk is over.”
- ❑ “Once an individual makes a suicide attempt and fails, he/she will never try again.”
- ❑ “Adolescents only use the word suicide to get attention.”
- ❑ “Children do not understand the finality of death.”
- ❑ “All people who are suicidal really want to die.”
- ❑ “Suicide only happens to those ‘types of people’, it won’t happen to us.”

# When To Ask For Help



- Before we can help ourselves or others, we need to know when to ask for help if we or a friend are having suicidal thoughts. Here are the warning signs:
  - Unable to focus or think clearly
  - Withdrawal from friends or family
  - Changes in appearance and personality
  - Talking, writing, or drawing about death, dying, or suicide
  - Feelings of depression, loneliness, or isolation

# When To Ask For Help



- Talking about being a burden to others
- Wanting to escape a painful or a difficult situation
- Experiencing negative feelings
- Having feelings of being overwhelmed
- Don't know where to go or who to turn to
- Can't see a way out

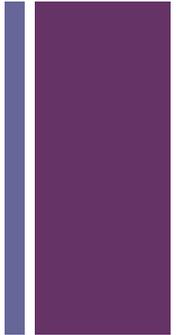
Remember - Every problem has a healthy solution!!!

# Know Who To Ask For Help

- You should **IMMEDIATELY** talk to someone if you or a friend are having suicidal thoughts:
  - ✓ Parent(s) / Guardian(s)
  - ✓ Teacher
  - ✓ School Counselor
  - ✓ School Psychologist
  - ✓ School Assistant Principal / Principal
  - ✓ Coach
  - ✓ Clergy
  - ✓ Friend(s) *\*Talking with your friends is a good thing, but they may not know all of the “best” answers/solutions.*

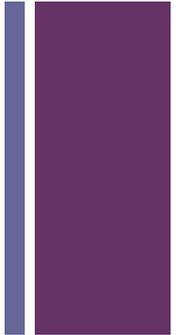
Remember: *Every problem has a healthy solution!!!*

# What We Can Do: Solutions for Ourselves & Others



- Here's how to help someone else:
  - Know the warning signs
  - Calmly listen to your friend's feelings. Make sure he or she knows how important they are to you.
  - Make no promises or deals not to tell.
  - Tell a trusted adult. Never keep it a secret.
  - Don't believe you can keep them from hurting themselves on your own. Preventing suicide always requires help from an adult.

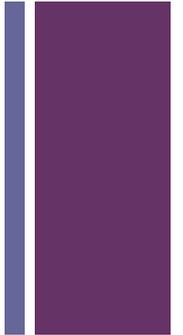
# How To Help Yourself



- Here's some ways to help yourself:
  - Talk to a friend
  - Talk to an adult
  - Do positive, healthy things that make you feel better
  - Be with people; try not to isolate yourself.
  - Volunteer or become involved with service projects
  - Surround yourself with support—parents, family, friends, a trusted adult
  - Call a suicide hotline 1-800-273-TALK (8255)

Remember: There is hope!!! You can get through this!

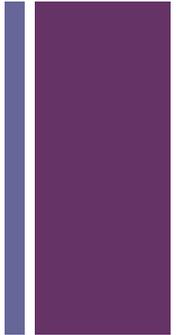
# Lower Your Risk



## Protective Factors

- A sense of belonging
- An ability to be a friend
- A sense of spirituality
- Participate in social activities
- Stay connected to family
- A sense of confidence, self-worth, self-esteem
- Ability to seek appropriate help or good advice
- Knowing how to set both short and long term goals and ways to achieve them.
- Having good coping skills and knowing how/when to use them.
- Get care/treatment for emotional/mental/physical health issues.

# Putting It All Together



- After learning about:
  - Risk factors
  - Warning signs
  - Myths
  - How to seek help

How can you lower your own risk?

How can you help others?

**Remember: Every problem has a healthy solution!!!**

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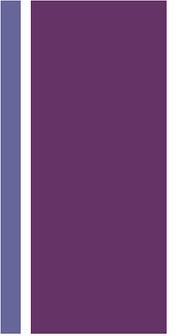
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**Remember: Every problem has a healthy solution!!!**