

Dealing with Suicide

Suicide is the third leading cause of death for persons between the ages of 15-25, and the sixth leading cause of death of persons between the ages of 5-15.

If a student tells you or shows signs of concern that he or she is contemplating suicide, **DO NOT WAIT to report it.** It needs to be reported IMMEDIATELY.

Do not leave the student alone or allow them to leave campus without notifying the counselor, or administration.

Be familiar with your campus handbook information, policy and procedures.

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It is difficult to accurately predict which persons with these risk factors will ultimately commit suicide.

However, there are some **possible warning signs** such as:

- **Talking About Dying** -- any mention of dying, disappearing, jumping, shooting oneself, or other types of self harm
- **Recent Loss** -- through death, divorce, separation, broken relationship, self-confidence, self-esteem, loss of interest in friends, hobbies, activities previously enjoyed
- **Change in Personality** -- sad, withdrawn, irritable, anxious, tired, indecisive, apathetic
- **Change in Behavior** -- can't concentrate on school, work, routine tasks
- **Change in Sleep Patterns** -- insomnia, often with early waking or oversleeping, nightmares
- **Change in Eating Habits** -- loss of appetite and weight, or overeating
- **Fear of Losing Control** - acting erratically, harming self or others
- **Low Self Esteem** -- feeling worthless, shame, overwhelming guilt, self-hatred, "everyone would be better off without me"
- **No Hope for the Future** -- believing things will never get better; that nothing will ever change

For more information...

HB 1386

<http://www.psychologymatters.org/teensuicide.html>

MHMR Crisis Line

806-740-1414