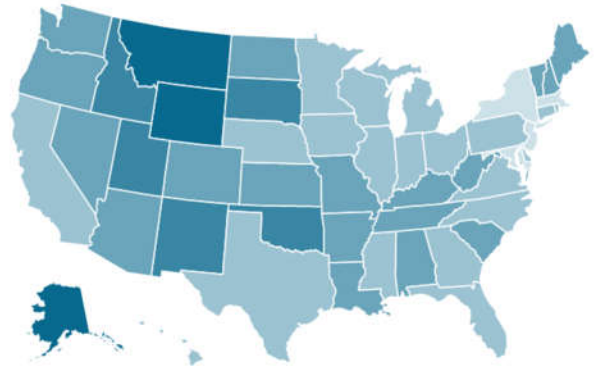


# ADDRESSING YOUTH SUICIDE: SUPPORT FOR EDUCATORS

[with Lisa Van Gemert of GiftedGuru.com]

## Three facets:

- Ideation
- Attempt
- Completion



## Organizations/Resources:

JED Foundation

- [jedfoundation.org](http://jedfoundation.org)
- [jedfoundation.org/what-we-do/schools](http://jedfoundation.org/what-we-do/schools)

Suicide Prevention Lifeline

- Suicide prevention lifeline 800-273-8255
- [Suicidepreventionlifeline.org](http://Suicidepreventionlifeline.org)

American Association of Suicidology: [suicidology.org](http://suicidology.org)

American Foundation for the Prevention of Suicide

- [afsp.org](http://afsp.org)
- Programs for schools [afsp.org/our-work/education](http://afsp.org/our-work/education)

Society for the Prevention of Teen Suicide training: [sptsusa.org/educators](http://sptsusa.org/educators)

Training in prevention for school personnel

- [suicidology.org/training-accreditation/school-suicide-prevention-accreditation](http://suicidology.org/training-accreditation/school-suicide-prevention-accreditation)

Toolkits for Schools

- Prevention Toolkit: [bit.ly/prevention-toolkit-schools](http://bit.ly/prevention-toolkit-schools)
- After Suicide Toolkit: [bit.ly/suicide-kit-for-schools](http://bit.ly/suicide-kit-for-schools)
- Sample school intervention plan: [bit.ly/prevention-plan](http://bit.ly/prevention-plan)

Hope Squad: [hopesquad.com](http://hopesquad.com)

13 Reasons Why Not pdf poster requests: [jbrenner@achcmi.org](mailto:jbrenner@achcmi.org)

Article about affluence and high school suicide: [bit.ly/lonepeak-suicide](http://bit.ly/lonepeak-suicide)

## **Risk Factors**

- A previous suicide attempt
- Family history of suicidal behaviour
- A serious physical or mental illness
- Problems with drugs or alcohol
- A major loss, such as the death of a loved one, unemployment, or divorce
- Major life changes or transitions, like those experienced by teenagers and seniors
- Social isolation or lack of a support network
- Family violence
- Access to the means of suicide

## **Factors that Lower Risk**

- Strong social network (family/friends)
- Faith/cultural community
- Strong coping skills
- Good relationship with doctor (physical or mental health)

## **Warning Signs**

- I deation
- S ubstance abuse
- P urposelessness
- A nxiety
- T rapped
- H opelessness
- W ithdrawal
- A nger
- R estlessness
- M ood changes
- ?

## **Video Series of Interviews with Patricia Bear, LPC**

- <http://bit.ly/suicide-video-1>
- <http://bit.ly/suicide-video-2>
- <http://bit.ly/suicide-video-3>

**PDF of slidedeck slides** [bit.ly/suicide-educators-slides](http://bit.ly/suicide-educators-slides)