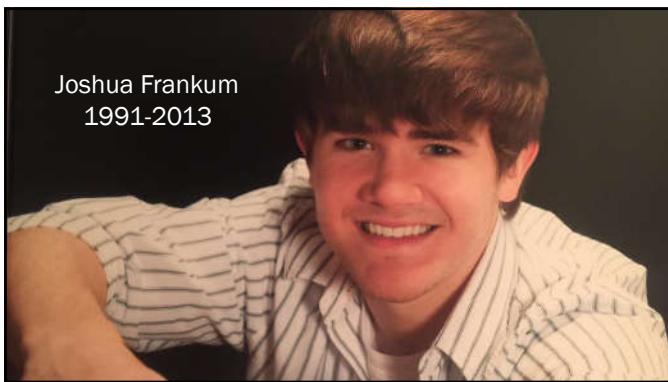
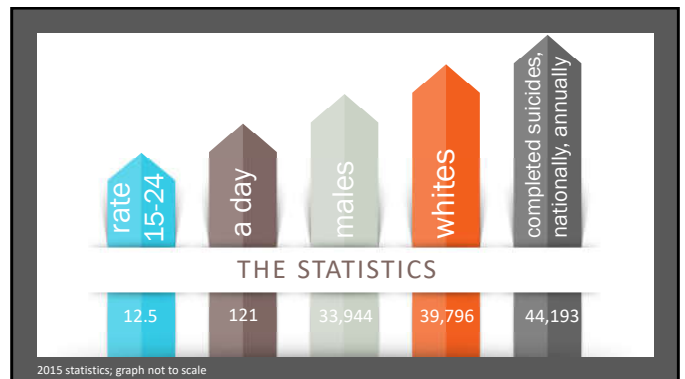


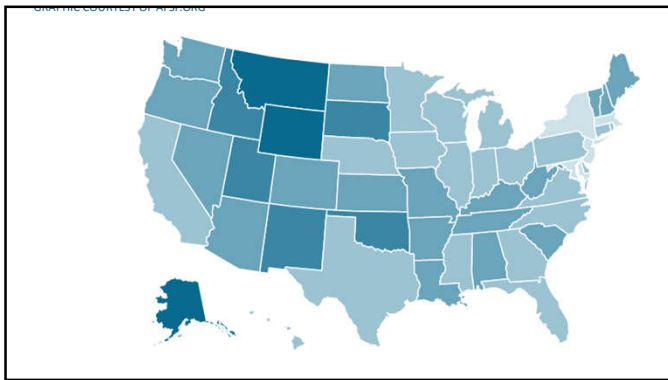
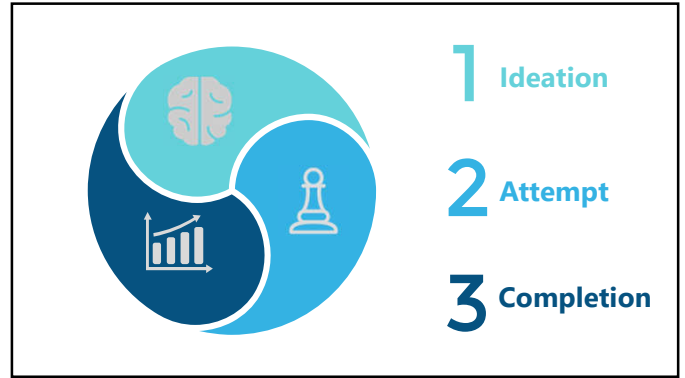
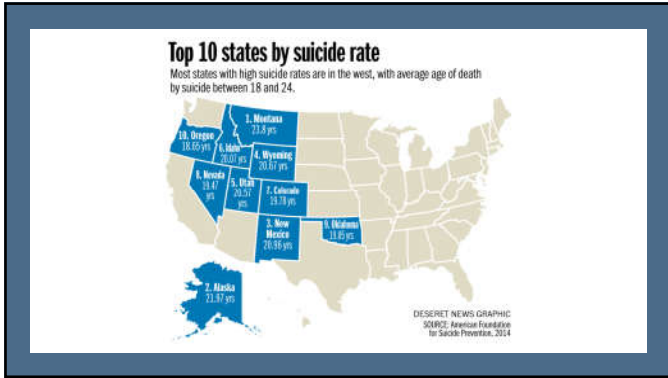
**WE CAN DO MORE.
WE CAN DO BETTER.
WE CAN HELP TO SAVE LIVES.
WE CANNOT DO IT ALL, BUT
WE CAN DO OUR PART, AND
THAT IS NOT INSIGNIFICANT.**



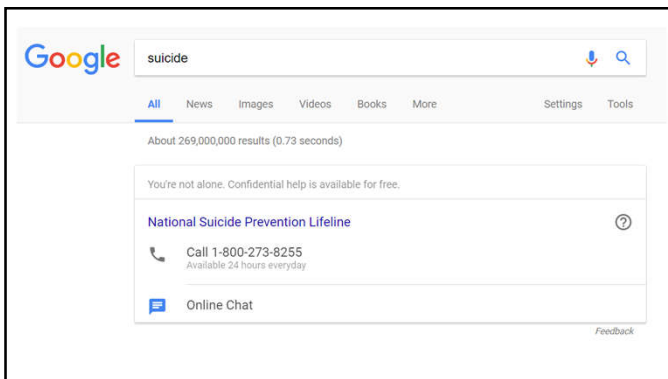
SOME BACKGROUND INFO

“MORE SUICIDES ARE PREVENTED BY FAMILY MEMBERS, PEERS, CO-WORKERS, FELLOW STUDENTS AND OTHERS THAN BY ANY PROFESSIONAL. THE BIGGEST CHALLENGE IS THE FEAR OF TALKING ABOUT IT.” – GREG HUDNALL, EDUCATOR, EXECUTIVE DIRECTOR, HOPE4UTAH





90% of people who complete suicide have a diagnosed mental health condition.



WHAT CAN SCHOOLS DO?

WARNING SIGNS




Because there are **SIGNS**

FIRST:
 Understand **risk factors** and **warning signs**



The 10-part question...
IS PATH WARM?



WARNING SIGNS:
 indicate an **immediate risk of suicide**



Know the Warning Signs

- I Ideation
- S Substance Abuse
- P Purposelessness
- A Anxiety
- T Trapped
- H Hopelessness
- W Withdrawal
- A Anger
- R Restlessness
- M Mood Changes
- ?

<http://www.suicidology.org/resources/warning-signs>
 #ItsMyBusiness



If you or a friend is in danger, call the National Suicide Prevention Lifeline, 1-800-273-TALK (8255)

RISK FACTORS:
indicate someone is at heightened risk for suicide, but indicate little or nothing about immediate risk



SECOND: Create a plan



RISK FACTORS




Because there are **RISK FACTORS**

Are you at risk? CALL 1-800-273-TALK

Hope Squad Resources Founders Club Training FAQs

HOPE SQUAD Hope Squads QPR Partnership Curriculum Research & Theory About Us Contact Us


We are a school-based Peer-to-Peer Suicide Prevention program that empowers students



Hope Squad Story

Hope Squad® is a school-based peer support program that empowers selected students to take action to improve the school environment. Hope Squad members are trained to recognize if they or their peers are at risk for suicide as well as how to encourage peers to seek help from a trusted adult.

[LEARN MORE](#)

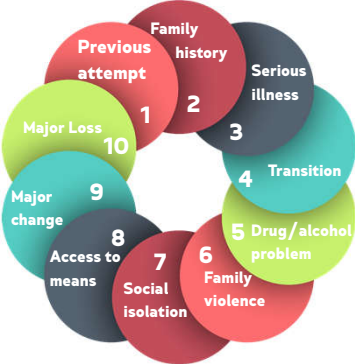


QPR Partnership

QPR and Hope Squad have partnered to promote suicide prevention. QPR has been a leader in suicide prevention and is known for its success. The Hope Squad Program provides a method of suicide prevention for schools and the community.

[LEARN MORE](#)


There is no particular order to the risk factors & no magic combo.

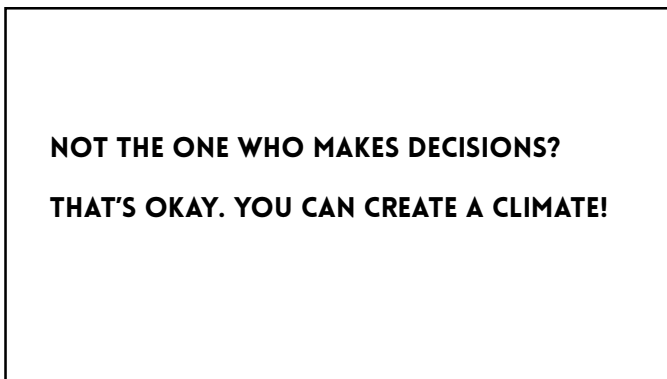
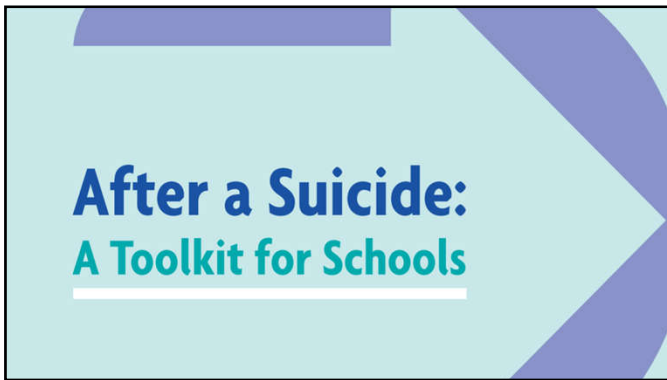
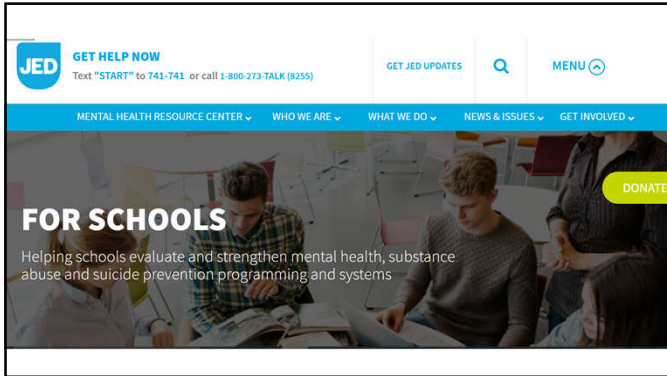


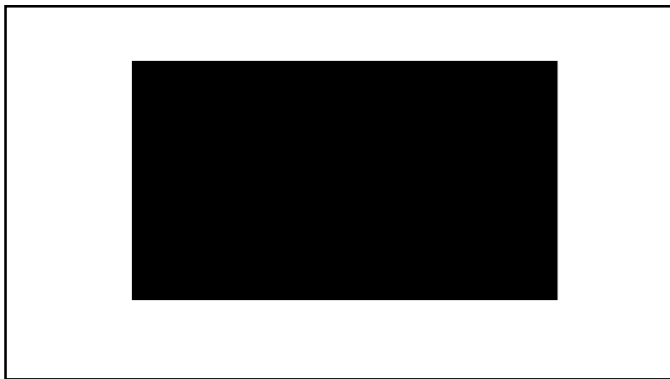
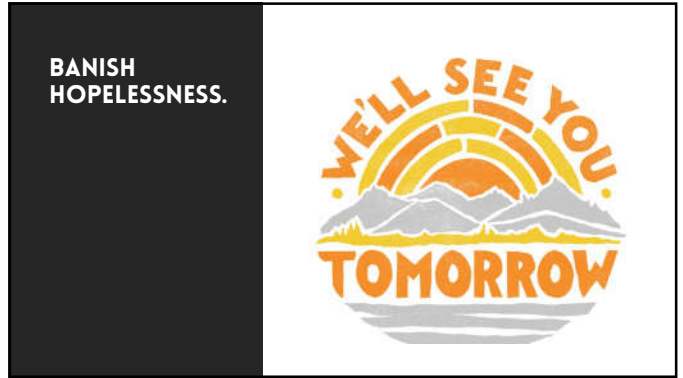
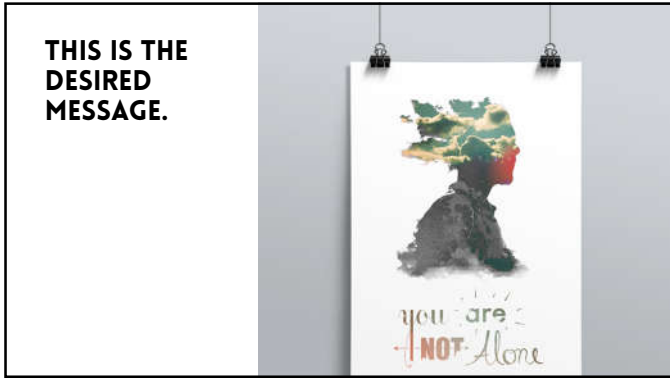
SET TO GO
A JED PROGRAM

FOR STUDENTS FOR FAMILIES FOR EDUCATORS NEWS [Donate](#) [Q](#)

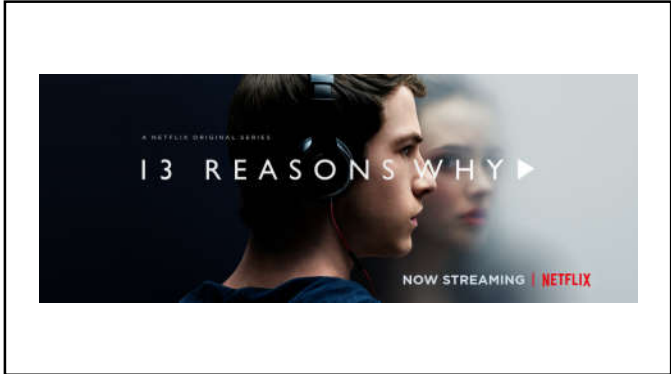
Your guide to the transition from high school to college and adulthood.







WHAT DOESN'T



SILENCE

TALKING ABOUT SUICIDE DOES NOT CAUSE SUICIDE, BUT SILENCE DOES.



DON'T SKIRT THE TOPIC.

IT IS SAFE TO ASK DIRECTLY "ARE YOU THINKING ABOUT KILLING YOURSELF?"



DON'T USE HURTFUL WORDS.

USE "COMPLETED" OR "DIED OF..." INSTEAD OF "COMMITTED."



DON'T LEAVE THEM ALONE.

EVEN IF THEY PUSH YOU AWAY.



IF YOU TRY YOU WILL NEVER FAIL, BECAUSE THE ONLY FAILURE IS FAILING TO TRY. #BETHE1

DON'T LEAVE THEM ALONE.

EVEN IF THEY PUSH YOU AWAY.



BONUS: THE VIDEO SERIES



REMOVE ACCESS TO OPTIONS.

PROXIMITY TO MEANS OF SUICIDE SHOULD BE AVOIDED, IF POSSIBLE.



**Joshua Frankum
1991-2013
#ReasonsISpeak**

