

Recommended Reading:

1. *Touched by Suicide, Hope and Healing After Loss*
Carla Fine and
Michael F. Myers, M.D.
2. *No Time to Say Goodbye– Surviving the Suicide Of a Loved One*
Carla Fine
3. *Suicide: Why– 85 Questions and Answers About Suicide*
Adina Wroblewski
4. *Suicide: Survivors– A Guide for Those Left Behind*
Adina Wroblewski, Founder
of SAVE Suicide Awareness
Voices of Education
5. *Night Falls Fast: Understanding Suicide*
Kay Redfield Jamison
6. *The Tender Land– A Family Love Story*
Kathleen Finneran

Resources:

- Suicide Prevention and Hotline
1-800– SUICIDE
1-800-784-2433
 - Northkey Crisis Center
859-331-3292
 - Children’s Hospital
513-636-4214
-
-

Websites:

www.suicidology.org
www.save.org
www.teensuicide.us
www.yspp.org
www.aacap.org
www.nmha.org
[http://www.naspoline.org/
resources/crisis_safety/
savefriend_general.aspx](http://www.naspoline.org/resources/crisis_safety/savefriend_general.aspx)

Safety is most important

Utilize every resource

Indicate your needs

Compassion counts

Include others

Depression = get help

Everyone matters



Help At Cooper

- Mrs. Hinton, Counselor
- Mrs. Coleman, Counselor
- Mr. Wheeler, Counselor
- JAM Mentor
- Any Teacher
- Any Principal
- Your Coach
- Officer Jump
- Any Adult

Before you say- “I’m fine”- ask yourself if you feel:

- Nervous or “empty”
- Guilty or worthless
- You don’t enjoy the things the way you used to
- Life is not worth living anymore
- If you are tired all the time, and you have no appetite

Did You Know:

2nd leading cause of death between ages 15-24 years, 1st -car accidents

Teen/ youth suicide rates have tripled since 1970

For every suicide death, there are an estimated 30-50 attempts

Due to stigma of suicide, statistics are likely to be underestimated

4 times more males die by suicide than females

1/3 of teens who have died by suicide have made 1 or more previous attempts

Behavior Changes To Watch For:

- Change in eating habits
- Unusual lack in energy
- Dropping out of classes and hobbies, that were previously enjoyed
- Mood swings
- Difficulty sleeping
- Low self esteem
- Self inflicted wounds
- Substance abuse
- Talk of death

Awareness

Suicide Risk Factors:

- Mental illness including depression, conduct disorders, and substance abuse
- Family stress/ dysfunction
- Environmental risks, including presence of a firearm in the home.
- Situational crisis (i.e., traumatic death of a loved one, family violence.)

Suicide Warning Signs:

- Suicidal threats in the form of indirect and direct statements
- Suicide notes and plans
- Prior suicidal behavior
- Preoccupation with death
- Changes in behavior, appearance, thoughts, and/ or feelings

