

## 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

1-800-273-8255

□ Northkey Crisis Center

859-331-3292

□ Children's Hospital

513-636-4214

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## Websites:

[www.suicidology.org](http://www.suicidology.org)  
<https://suicidepreventionlifeline.org/>

[www.save.org](http://www.save.org)  
[www.teensuicide.us](http://www.teensuicide.us)

[www.yspp.org](http://www.yspp.org)  
[www.aacap.org](http://www.aacap.org)  
[www.nmha.org](http://www.nmha.org)

[http://www.naspoline.org/resources/crisis\\_safety/savefriend\\_general.aspx](http://www.naspoline.org/resources/crisis_safety/savefriend_general.aspx)

**S**afety is most important

**U**timize every resource

**I**ndicate your needs

**C**ompassion counts

**I**nclude others

**D**epression = get help

**E**veryone matters



## Help At Cooper

- Mr. Dryden, A-G
- Mrs. Vickers, H-O
- Mrs. Guthrie, P-Z
- Mrs. Michael, College/Career
- JAM Mentor
- Any Teacher
- Any Principal
- Your Coach
- Officer Turner
- 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 increased by 56% in the last decade*

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

