How to Help Yourself

- Tell someone who can help.
- If you can’t talk to parents, find a friend, a relative, teacher, guidance counselor, school psychologist, coach, or call a community help line or the National Suicide Prevention Lifeline.
- Don’t be ashamed or embarrassed—many teens have problems they can’t solve on their own.
- Finding the courage to get help is the first step.

Resources for Teens

- National Institute of Mental Health
- National Suicide Prevention Lifeline
  https://suicidepreventionlifeline.org/
- American Association of Suicidology
  https://suicidology.org/
- National Association of School Psychologists
  http://www.nasponline.org/suicideprevention

References

www.sprc.org-featured_resources/customized/teens.asp
www.suicidepreventionlifeline.org
www.jasonfoundation.com

Suicide Prevention and Intervention by Lieberman, Poland, and Cowan (2006)

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### Possible Triggers

Possible events that may trigger a friend to talk or think about suicide:

- Getting into trouble with authorities
- Breakup with a boyfriend or girlfriend
- Death of a loved one or significant personal loss
- Knowing someone who died by suicide
- Bullying or victimization
- Family conflict or dysfunction
- Academic crisis or school failure
- Disappointment or rejection
- Abuse or trauma
- Separation from family and friends

### Suicide Warning Signs for a Friend in Crisis

- Verbal and written statements about death and dying
- Threatening to hurt or kill oneself
- Feeling hopeless; Feeling trapped like there’s no way out
- Feeling of rage or uncontrolled anger
- Acting reckless or engaging in risky behavior
- Dramatic changes in behavior
- Mood swings or sudden change in personality
- Fascination with death and dying
- Giving away prized possessions or making out a will
- Worsening school performance
- Withdrawal from family and friends
- Neglecting appearance
- Increasing alcohol and drug use
- Feeling anxious or agitated
- Increase/Decrease in sleep
- Seeing no reason to live

### How to Help a Friend in Need

- Listen to a friend with concern and feeling—just talking to a friend and letting them know they are not alone can make a big difference.
- Be especially concerned if someone tells you they have made detailed suicide plans or obtained a means of hurting themselves.
- If you find a friend in crisis, find a responsible adult who can help—teachers, guidance counselors, school psychologists or other school staff.
- If you suspect a friend is in crisis, tell someone immediately—even if you’re unsure they’re serious.

**Use the LIFE Model**

(from The Jason Foundation)

**Listen to your friends when they need to talk about problems or thoughts of suicide**

**Insist** that they be honest with you

**Feelings**, share them with each other

**Extend** a helping hand and go with them to get a responsible adult to help