

BCSD Counselors' Corner

September 2019 Edition



Suicide does not discriminate. It affects people of all ages, races and socioeconomic classes. According to the Center for Disease Control and Prevention, suicide is the second leading cause of death among young people ages 10-24, claiming nearly 100 young lives each week in the United States.

As part of Suicide Awareness Month, we felt it important to share ways that we as parents, teachers, and students can play an important role in suicide prevention. We all can be sources of support and hope when a friend, student or loved one is contemplating suicide.

What Can You Do?

Be Mindful of Warning Signs – Be able to identify these warning signs in a friend who may be struggling with thoughts of suicide.

- ⌘ Makes direct or indirect threat(s) of suicide
- ⌘ Is depressed
- ⌘ Becomes angry easily and is increasingly irritable
- ⌘ Shows no interest in activities once enjoyed
- ⌘ Shows a decline in academic performance
- ⌘ Lacks interest in the future
- ⌘ Has sudden changes in appearance or personality
- ⌘ Has changes in eating or sleeping patterns
- ⌘ Is preoccupied with death and suicide
- ⌘ Is overwhelmed with guilt, shame or rejection
- ⌘ Gives or throws away favorite possessions



Take ACTION – If you think someone you know is at immediate risk of suicide, then you need to ACT.

A sk

Ask your friend if he/she is planning to end his/her life. Be direct and non-judgmental. Show you care.



C are

If there is immediate concern for your friend's safety, stay with him/her. Do not leave someone with suicidal thoughts alone. Be sympathetic and supportive and offer to find help.

T ell

Your friend may ask you not to tell anyone, but you should never keep suicide a secret. Tell a trusted adult. It is better to break a friend's trust than for that friend to lose his/her life.

Where Can I Go for Help?

Seek help from:

- ⌘ A trusted adult
- ⌘ Parents
- ⌘ School Counselor
- ⌘ Doctor
- ⌘ Clergy
- ⌘ Teacher
- ⌘ Coach
- ⌘ Local mental health center
- ⌘ Crisis line (1-800-SUICIDE) or (1-800-273-TALK)



Make a Mobile Connection?

Consider adding “A Friend Asks”, a free smart-phone app, to your phone.

“A Friend Asks” is a great resource which helps provide information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Read more about the app [here](#).



If you or someone you care about is in immediate danger or taking suicidal action, call 911 or go to the closest emergency room for help.

Content adapted from Red Flags “Suicide: A Permanent Solution to a Temporary Problem” and “How to Help” and information from The Jason Foundation website.