**Suicide Prevention – what to do**

**Three intervention steps –**

1. show that you care,
2. ask directly about suicide,
3. get help

**Dos and don’ts**

* Do learn the [warning signs](http://www.sccenter.org/signs.html)
* Do get involved and be available
* Do be willing to listen
* Do allow expression of feelings
* Do discuss suicide openly and frankly
* Do be a non-judgmental listener
* Do show interest and support
* Do get help from agencies and professionals
* Do remove access to drugs and lethal weapons
* Do emphasize that help is available
* Don't refuse to talk about it
* Don't act shocked or outraged
* Don't offer platitudes or glib answers
* Don't "dare" a suicidal person to commit suicide
* Don't be sworn to secrecy (seek help instead)

**For Teachers**

Teachers are very important in suicide prevention. You have day to day contact w students and are most likely to notice notable differences in their behavior or attitudes. You are more accessible than other adults. You make an impact on the emotional well-being of students on a daily basis. Teachers have the opportunity to promote feelings of connectedness and belonging in the student culture. Students have a high level of trust for those teachers who have invested in developing a supportive relationship.

**For Teens**

* Take your friend's actions seriously.
* Talk to an ADULT you trust. Don't be alone in helping your friend.
* Convince your friend to call the Crisis Line and talk to someone:  
  Crisis Line Number: 214.828.1000  
  National Hotline: 800.273.TALK

**For Parents**

* Support your child (listen, do not criticize, remain connected)
* Get your child immediate help (find a mental health or medical professional)
* Become informed (Internet, local support group, library)
* Convince your child to call the Crisis Line
* Call 911 or take them to the nearest hospital. Safety first!

**Additional information for parents:**

* Suicide is the 2nd leading cause of death among youths aged 15-24.
* Young people attempt suicide at an alarmingly high rate: among 15-24 year olds, there is one suicide for every 100-200 attempts.
* A youth suicide (aged 15-24) occurs every 100 minutes.
* Young people can become emotionally distraught rather easily and thus are vulnerable to suicidal thoughts.
* Try to pick up any [suicide warning signs](http://www.suicide.org/suicide-warning-signs.html) that your children may exhibit. And always maintain good communication with them.
* Constant, open communication with your children is extremely important. Parents need to establish an environment that fosters open communication. And children need to know that they can speak up when there is a problem that they need help with.
* Single parents already have a tremendous challenge on their hands, but they must realize the potential for additional stress their children may feel because of the absence of the other parent. Again, constant, open communication is imperative.
* If A child becomes suicidal, the most important thing that you can do is to get professional help immediately. Do not try to tackle the problem alone. Suicidal feelings can be very powerful, and immediate treatment is needed.

**Never leave someone alone if they are threatening suicide. Call 911 or take the person to an emergency room or walk-in clinic at a hospital.**