

Resources

National Suicide Prevention
Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

Crisis Text Line
www.crisistextline.org

Suicide Prevention Resource
Center
www.sprc.org

Prevent Suicide WV
www.preventsuicidewv.org

ReachOut
us.reachout.com

WV Department of Education
www.wvde.state.wv.us/safeschools

WV Department of Health and Human
Resources
www.dhhr.wv.gov/suicideprevention

Follow Prevent Suicide WV on:



Jamie's LAW for secondary schools

Public middle and high school administrators will disseminate and provide information and opportunities for discussion of suicide prevention awareness to all middle and high school students consulting with the Bureau for Behavioral Health and Health Facilities (BBHFF) or utilizing any prevention program recommended through West Virginia Department of Education (WVDE).



What Families Need to Know About Suicide



www.preventsuicidewv.org

Recognize: The Signs

There are behaviors that could indicate a person is at immediate risk for suicide and action should be taken right away:

- ◆ Talking about wanting to die/kill oneself
- ◆ Looking for a way to kill oneself
- ◆ Talking about feeling hopeless or having no reason to live

Other behaviors may also indicate a serious risk – especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change:

- ◆ Talking about feeling trapped or in unbearable pain
- ◆ Talking about being a burden to others
- ◆ Increasing the use of alcohol or drugs
- ◆ Acting anxious or agitated; behaving recklessly
- ◆ Sleeping too little or too much
- ◆ Withdrawing or feeling isolated
- ◆ Showing rage or talking about seeking revenge
- ◆ Displaying extreme mood swings
- ◆ Engaging in risk taking behaviors

Respond: Ask about Suicide

You have to respond by asking the question. There is nothing to lose, and much to gain, in asking about suicide.

- ◆ Don't be afraid to say the word "Suicide"
- ◆ Ask the question directly
- ◆ Don't be afraid of saying the wrong thing
- ◆ Asking about suicide does not create or increase risk
- ◆ Don't show shock or disapproval, just LISTEN

Responding is knowing it is time to do something, acknowledging the concern and offering help. Many parents have been where you are and may feel what you feel. They know the difficulty in addressing the circumstances; they also know the potential of not doing so. The first step is open dialogue and communication with your teen regarding suicide.

*This is a life or death conversation worth having.
Let them know it is ok and help is available.*

REACT: Seek Help

Reacting is seeking the appropriate help for the person at risk and assisting in immediate safety.

- ◆ Actively link the person to a medical or mental health professional
Immediately
- ◆ Stay with the person until they are linked to additional help
- ◆ If a plan was identified, disable the plan.
- ◆ Restrict access to lethal means by removing firearms, prescription medications or any other potential means

If you are not sure what to do:

***Call the National Suicide
Prevention Lifeline***

1-800-273-8255

OR

in an emergency, 911