BE A FRIEND...SAVE A LIFE

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SUICIDE - RISK FACTORS

- Age
- Gender
- Sexual Orientation
- Race
- Previous Attempts
- Family History of Suicide
- Marital Status
- Alcohol & Drug Abuse
SUICIDE - RISK FACTORS

- Recent Loss
- Hopelessness
- Lack of Social Support
- Geographic Location
- Socioeconomic Status
FACTORS THAT INCREASE
THE RISK OF SUICIDE

- Recent relationship problems or a lack of significant relationships
- Poor coping and problem solving skills
- Poor impulse control and impaired judgment
- Rigid thinking and irrational beliefs
- A major psychological disorder
- Alcohol or other substance abuse
- Childhood physical or sexual abuse
- Prior self-destructive behavior or family history of suicide
- Presence of a firearm in the home
SUICIDE - WARNING SIGNS

- Risk taking behavior
- Self-mutilating behavior
- Marked change in behavior
- Organizing a suicidal plan or gathering the means
- Previous suicide attempt
- Anxiety over impending or anticipated discipline
SUICIDE - WARNING SIGNS

- Talking, writing, or joking about suicide or death
- Giving away prized possessions
- Making final arrangements
- Depressive symptoms
- Sudden, unexplained recovery from a profound depression
- Marked feelings of helplessness and hopelessness
HOW DO I HELP?

- Pay attention to changes
- ASK about those changes
- If those changes continue, talk to an adult you trust
- DON’T PROMISE TO KEEP A SECRET...IT’S OK TO BREAK CONFIDENTIALITY...IT COULD SAVE A LIFE
- Continue to be a supportive, caring friend, but understand that you cannot control what others do
- Get social media under control
- Get support for yourself from a trusted adult and/or professional
LET’S TALK ABOUT THIS...WHAT HAVE YOU EXPERIENCED?
QUESTIONS?
FAQ’S

1. Is it uncommon to think about death?
2. Does it mean you have mental health issues?
3. Is cutting a sign of possible suicide?
4. Are eating disorders signs of possible suicide?
5. What if I don’t know who to go to?
6. What if my friend gets mad at me?
How to Help?

- Contact someone you can trust (parent, counselor, teacher, etc.)
- Crisis Lines
  - Life Crisis - (314) 647-HELP
  - National Hopeline Network - 1-800-SUICIDE
  - National Lifeline Network - 1-800-273-TALK
  - Chad’s Coalition Family Support Line - 314-952-8274