

BE A FRIEND...SAVE A LIFE

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TRUE STORIES

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?

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