

Create a Wellness Plan

Body

Eat healthy, Exercise, Enough Sleep

Mind

Listen to music, Talk to someone you trust, Journal your feelings, Read a book, Learn something new

Spirit

Relax, Meditate, Yoga, Find your Passion and Purpose in life

How to Respond to Warning Signs

- ◆ Take it seriously, even if your friend brushes it off. Suicidal ideation (continual suicidal thoughts) is not typical and reflects a larger problem
- ◆ An angry friend is better than a dead friend
- ◆ Ask, listen, tell, if the threat is immediate stay with the person
- ◆ Bring friend to a trusted adult. If they don't know what to do or don't take it seriously find another adult
- ◆ Be a good listener but remember suicidal ideation reflects a bigger underlying problem such as depression, substance problems, abuse, problem-solving difficulties. You can listen but they need to speak to a professional.

Resources

Your school counselor or another trusted adult.

Alachua County Crisis Center Line

(352) 264-6789

Crisistextline.org; Text "HELLO" to 741741

Florida Suicide and Crisis Hotlines

The Florida Suicide and Crisis Hotline list by city; the local numbers to call for anyone in crisis and reaching out for help.

www.suicidehotlines.com/florida.html

1-800-273-TALK (8255)

National Suicide Hotline

The Substance Abuse and Mental Health Services Administration's (SAMHSA) suicide prevention helpline also offers help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and loneliness. (24 hours/7 days a week).

www.suicidepreventionlifeline.org

1-800-273-TALK (8255)

The Trevor Project

The Trevor Project is determined to end suicide among lesbian, gay, bisexual, transgender, and questioning youth by providing life-saving and life-affirming resources including a nationwide, 24/7 crisis intervention lifeline, digital community and advocacy/educational programs that create a safe, supportive and positive environment for everyone.

www.thetrevorproject.org 1-866-488-7386

Youth America Hotline

YAH is the first and only toll free, peer to peer hotline network linking callers to community based peer counseling hotlines in the nation. The YAH website is a great place to find resources, learn more about the issues that are important to youth and keep up to date on significant events.

www.youthline.us/mainflash.html

How to Save a Life Suicide Awareness



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Myths & Facts

#1 Fact: It is O.k. to talk about Suicide

Myth: "People who talk about suicide are just trying to get attention, they won't really do it."

Fact: Few people commit suicide without first letting someone know how they feel. Those who are considering suicide give clues and warnings as a cry for help. In fact, most seek out someone to rescue them.

Myth: "Once a person decides to die by suicide there is nothing you can do to stop them."

Fact: Suicide can be prevented! Most people who are suicidal do not want death, they just want the pain to stop.

Myth: "People who die from suicide don't warn others, there's no warning sign"

Fact: There are almost always warning signs. 8 out of 10 have given numerous clues and warnings to their intentions although some clues may be nonverbal or difficult to detect.

Myth: "People who attempt suicide are crazy and weak."

Fact: No, no, no. They are in pain, anyone could attempt suicide. Many people who are very "strong" die by suicide.

Myth: "When people are suicidal, they will always be suicidal."

Fact: Most people are suicidal for a short period of time, however suicidal feelings can reoccur.

Warning Signs

F — Feelings of helplessness, hopelessness, worthlessness, badness, fears of losing control and harming oneself, sadness, anger, anxiety, self-loathing.

A — Actions of drug or alcohol abuse, talking or writing about death and destruction, getting into fights, or doing dangerous things.

C — Changes in personality: acting like a different person, being withdrawn and tired, not caring about anything; becoming more talkative or outgoing, or dramatic mood changes. Changes in school participation and performance. Change in sleeping patterns, appearance, or eating habits. Sudden improvement after being down can mean the youth has made a decision to solve his problem by taking his life.

T — Threats: Overt statements like "I wish I could die," or covert statements, such as giving away favorite possessions, stashing pills, or painting a picture of dying.

S — Situations: Getting into trouble at school, at home, in relationships, or with the law.

Survivors of Suicide

Survivors of suicide are not only left with unanswered questions but also intense emotions: emptiness, despair, sadness, anger, guilt, shame and blame. Be gentle if you want to help someone grieving the loss of a loved one. Even if you don't know what to say, nothing shows you care more than just being present. Allow them their space to express their thoughts and remember it is grief being expressed. Be patient, compassionate and understanding, listen with your heart.

Your presence and desire to listen without judgment are critical helping tools. Willingness to listen is the best way to offer help to someone who needs to talk. Avoid summations like, "You're holding up so well," "Time will heal all wounds," "Think of what you still have to be thankful for" or "You have to be strong for others." They can be more damaging than helpful and might make your friend's journey through grief more difficult. You don't have to have all the answers or any-just listen...we all know how comforting it is to have someone genuinely listen with a compassionate heart.