

Suicide Intervention

Recognize signs of potential teen suicide:

- Loss of interest in activities and relationships
- Personality change
- Social withdrawal
- Substance abuse
- Sudden mood changes
- Reckless behavior
- Hopelessness/ emphasis on death and morbid topics
- Giving away personal belongings
- Neglect of personal appearance
- Physical pain
- Changes in sleep
- Decline in school performance

Care through confrontation in a conversation:

ASSESS: Be Direct!

- ❖ Are you considering ending your life?
- ❖ Do you know how you would end your life?
- ❖ Do you know where and when you would end your life?
- ❖ Do you have the means (a weapon, pills) to act on your plan?

ACTIVE LISTENING:

- ❖ Normalize her emotions.
- ❖ Affirm the relationship and her identity

ASSISTANCE:

- ❖ Call for help!

National Suicide Prevention Lifeline (24/7): 1-(800) 273-8255

Create a safety plan

Great Online Resources (and references for this handout):

1. <http://www.suicideispreventable.org>
2. <http://store.samhsa.gov/shin/content/SMA12-4669/SMA12-4669.pdf>