

# UNDERSTANDING AND REACHING OUT



## School and Community Resources:

School Counselors, School Psychologists, School Social Workers and Mental Health Therapists.

## National Suicide Prevention Lifeline

Dial 988 or text Hope to 741741  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

## 24-Hour Local Suicide Prevention Crisis Line

(916) 368-3111

## Care Solace

[caresolace.com/site/egusdfamilies](https://caresolace.com/site/egusdfamilies)

## Trevor Project

[thetrevorproject.org](https://thetrevorproject.org)

## Know the Signs

[suicideispreventable.org](https://suicideispreventable.org)

## American Foundation for Suicide Prevention

[afsp.org](https://afsp.org)

## NAMI Sacramento: Crisis Help for Mental Illness

[namisacramento.org/resources-home/crisis-contacts-services](https://namisacramento.org/resources-home/crisis-contacts-services)

## SCHOOL BOARD MEMBERS

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NANCY CHAIRES ESPINOZA

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GINA JAMERSON

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# SUICIDE PREVENTION AWARENESS



SAVE A LIFE / REACH OUT

## KNOWING THE SIGNS IS THE FIRST STEP

Suicide prevention is the collective effort of school, family and community providers working together to support our students.



Unified School District

# STEPS TO TAKE TO HELP A SUICIDAL STUDENT:

(see more crisis resources back page of this brochure)

## 1. Getting the Student Help

Never leave the student alone. The student should be supervised by a trusted adult until further help arrives. Contact your administrator or wellness provider in-person or by phone. They will determine the level of risk and next steps to be taken.

## 2. Ask the hard question

Be direct and caring

Ask, "Do you have thoughts of suicide?"

Ask, "Have you thought about killing yourself?"

## 3. Show you Care

Model calm for the student. Don't become too excited or distressed. Listen without judging and don't offer advice or give your opinion Say, "You mean a lot to me and I want to help."

## 4. Provide a 24-Hour Crisis number

Elementary school staff should provide a 24-hour crisis number to the family. Secondary school staff should remind students there is a 24-hour crisis number on the back of their student I.D. cards. Have them put the information into their phone if possible.

### Wellness Providers :

School Counselors, School Social Workers, School Psychologists and Mental Health Therapists

### Administrator Will:

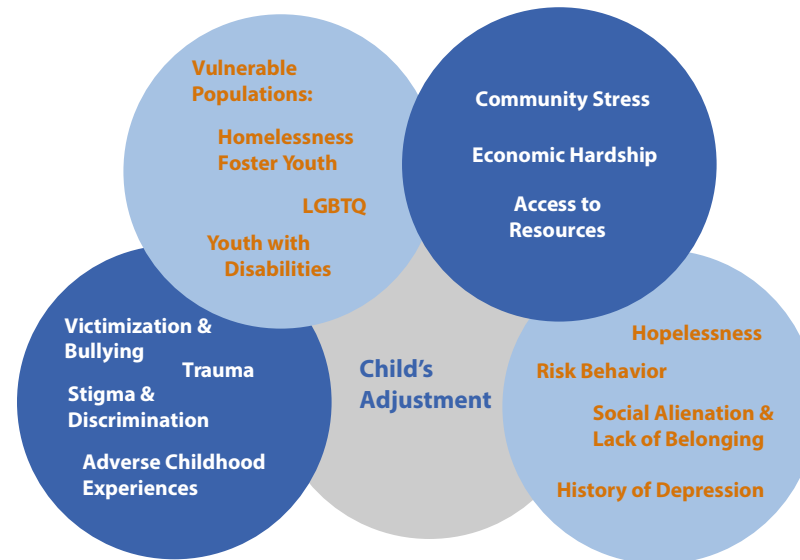
Inform the parent/guardian

Work with their school Wellness Provider(s)

Contact Safety and Security potentially

# RISK FACTORS FOR SUICIDE:

Suicide is a complex phenomenon. It does not have to do with an individual's willpower. There is no simple explanation for suicide and there is no one agreed upon risk factor. Risk factors refer to personal and environmental characteristics that are associated with suicide.



# PROTECTIVE FACTORS AT SCHOOL

Protective factors buffer individuals from suicidal thoughts and behavior. Identifying and understanding protective factors is a critical component of suicide prevention. These actions by school staff which enhance protective factors are an essential element of supporting our students:



- Positive school experiences
- Being part of a close school community
- Safe school environment
- A sense of connectedness to the school
- School and family connectedness
- Respect for all the cultures
- A student has one positive relationship with an adult at school

## WARNING SIGNS

Warning signs are observable behaviors that may signal the presence of suicidal thinking. They might be considered "cries for help" or "invitations to intervene". We encourage our staff to follow their instincts; it is not overreacting. Please communicate with your counselor or mental health professional on site if you observe behaviors that concern you.

- Feelings of sadness, hopelessness, helplessness
- Changes in sleep patterns or eating habits
- Significant changes in behavior, appearance, thoughts, and/or feelings

- Change in school attendance/tardies
- Social withdrawal and isolation
- Suicide threats (direct and indirect)
- Suicide notes and plans
- History of suicidal ideation/ behavior
- Self-injurious behavior
- Preoccupation with death
- Making final arrangements (e.g., giving away prized possessions, posting plans on social media, sending text messages to friends)