



# District Student Services

## Suicide Prevention and Awareness

September 2021 – National Suicide Prevention Month



Individuals with suicidal ideation frequently give warning signs of their distress. When an individual does give signs, it is most important to never take these warning signs lightly or promise to keep them secret. In our schools, school counselors, school social workers, and school psychologists are specially trained to evaluate crisis situations and make appropriate referrals to assist our students. Keep in mind, **suicide is preventable**. By listening, talking, and acting you could save a life.

<b>31.6%</b> of teens nationwide have felt so <i>sad</i> or <i>hopeless</i> almost every day for two or more weeks that they've stopped doing their usual activities	<b>17.2%</b> of teens shared that they were seriously <i>considering attempting suicide</i>
<b>13.6%</b> of teens <i>made a suicide plan</i>	<b>7.4%</b> of teens <i>attempted suicide</i>

**Numbers in Perspective** In a graduating class of five hundred, **17.2%** would mean **86 teens** were seriously considering attempting suicide. Then, if **13.6%** of the class made a plan, that would be **68 teens**. Finally, if **7.4%** of the graduating class had attempted suicide, that would be **37 teens**. (CDC, 2021)

Click [HERE](#) to view the video "What is Suicidal Ideation?"

**When a youth is in crisis, call your School Counselor, School Social Worker, or the School Psychologist for assistance.**



Click on the ribbon for school highlights and more.

Click [HERE](#) to view the video "Youth Suicide Prevention"

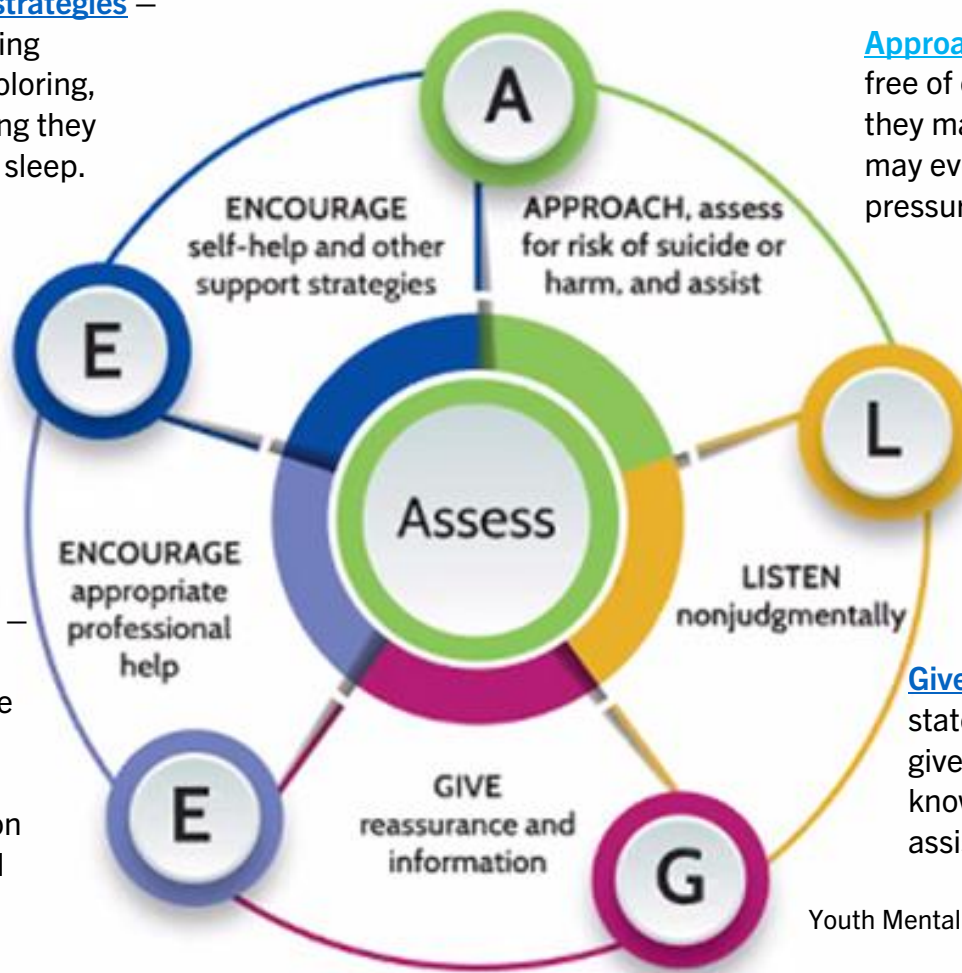
### Encourage self-help and other support strategies –

Encourage the individual to use self-coping strategies that could include exercise, coloring, journaling, listening to music and ensuring they have the proper amount of nutrition and sleep.



### Encourage appropriate professional help –

Encourage the individual to speak with a responsible adult. At school, this could be your school counselors, school social workers, or school psychologists. These individuals are trained in crisis intervention strategies and can refer to outside mental health agencies.



**Approach** – Speak privately to the individual free of distractions while understanding that they may not open-up about the situation or may even downplay the situation. Do not pressure them into talking right away.

**Listen nonjudgmentally** – Use "I" statements and allow the individual to speak uninterrupted. Ask open-ended questions, but do not push while staying focused on the individual.

**Give reassurance and information** – Provide statements, comments and actions that will give the individual hope. Let the individual know that you are there with them and can assist them with getting the help they need.

Youth Mental Health First Aid - The National Council, 2021

Title	Description	Level	Educator	Family
<a href="#">National Institute of Mental Health</a>	Suicide Prevention	6+	X	X
<a href="#">National Alliance of Mental Illness</a>	Suicide Prevention Awareness Month	6+	X	X
<a href="#">Center for Disease Control</a>	Understanding Suicide Fact Sheet	6+	X	X
<a href="#">Suicide Prevention Lifeline</a>	Mental Health & Suicide Prevention Glossary	All	X	X
<a href="#">Teen Line</a>	How Parents Can Help Prevent Suicide	All	X	X
<a href="#">Substance Abuse and Mental Health Services</a>	Coping Tips for Traumatic Events and Disasters	All	X	X
<a href="#">Change to Chill: Allina Health</a>	Mental Health Conversation Starters about Stigma	All	X	X
<a href="#">Youth Mental Health First Aid</a>	Stress, Anxiety and Depression What It Looks Like at Work and How to Help		X	

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