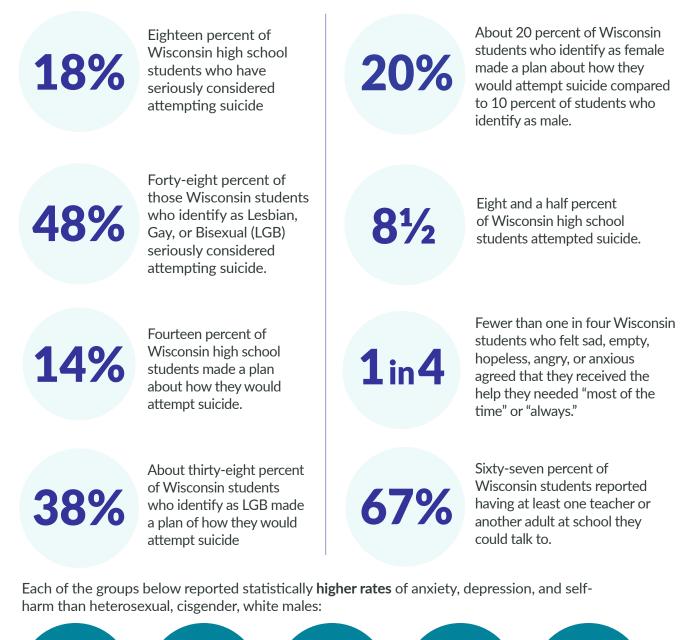
YOU MATTER in Suicide Prevention and Awareness

What we do matters. What we do makes a difference.



Food

Insecure

Students

Hispanic/

Latinx

Students

Data from the Wisconsin 2021 Youth Risk Behavior Survey (YRBS) (Participating students' reported during the 12 months preceding the YRBS survey.)

Students

who

Identified

as Female

LGB

Students

Students

with Low

Grades

You Matter in Suicide Prevention and Awareness

(continued)

WARNING SIGNS

Watch for changes in thoughts, behaviors, appearance, and feelings, especially if they are connected to a current or past painful experience.

Student Voice:

- Direct (I'm going to kill myself) and indirect (I won't be bothering you anymore) (NASP 2023)
- Feeling hopeless and without purpose
- Perceived burdensomeness
- Feeling trapped or experiencing unbearable pain

Student Behavior:

- Searching for ways or making plans to end their life
- Making final arrangements (giving away possessions, saying goodbye to family and friends)
- Increased alcohol or drug use
- Sleeping or eating too much or too little
- Withdrawing from activities, family, and friends
- Acting recklessly

Student Emotion:

- Extreme mood swings
- Persistently sad or depressed
- Anxious, agitated, irritable, or angry
- Humiliation, shame
- Expression of relief for sudden improvement in emotion (American Foundation for Suicide Prevention n.d.)

CARE:

If a youth expresses suicidal ideation:

- Be there listen, show care and empathy.
- Maintain supervision and student safety while connecting the youth with a guardian/caring adult.
- Consult with a mental health professional in their life - student services professionals (school counselor, psychologist, social worker, nurse) or community therapist.

CONNECT YOUTH TO RESOURCES:

- Dial 988 Suicide and Crisis Lifeline
- Text "HOPELINE" to 741741
- Trevor Lifeline <u>https://www.thetrevorproject.</u> org/get-help/_

REFERENCES:

- American Foundation for Suicide Prevention. n.d. "Risk factors, protective factors, and warning signs." Accessed May 18, 2023. <u>https://afsp.org/</u> risk-factors-protective-factors-and-warning-signs
- National Association of School Psychologists. Accessed May 18, 2023. https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide/ preventing-youth-suicide-tips-for-parents-and-educators
- Center for Disease Control and Prevention (CDC). 2021. National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021 on CDC WONDER Online Database. Accessed May 18, 2023. <u>http://wonder.cdc.gov/</u> ucd-icd10-expanded.html.

Data from the Wisconsin 2021 Youth Risk Behavior Survey (YRBS): (Participating students' reported during the 12 months preceding the YRBS survey.)

