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| |  | | --- | | **How to Help Yourself**Tell someone who can help.  * If you can’t talk to parents, find a friend, school psychologist, school counselor, coach or call a community help line or the National Suicide Prevention Lifeline. * Don’t be ashamed or embarrassed—many teens have problems they can’t solve on their own. * Finding the courage to get help is the first step.  Who Can Help? Help is available anytime, anywhere.   * **National Suicide Prevention Lifeline**—a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress or anyone concerned that someone they care about might be in crisis. 1-800-273-TALK * **North Key Community Care Community Crisis Lines**—a free, 24-hour local NKY agency crisis hotline. 1-877-331-3292 * **The Brooks Hospital**—a free, 24-hour local NKY agency crisis line to receive help from licensed mental health professionals 800-866-8876 or 866037306085 * **SUN Behavioral Health**—a free, 24-hour local NKY agency, phone call 859-340-8858 or telehealth consultation (<https://sunbehavioral.com/kentucky/telehealth-consultation/>) * Crisis Text Line— a free, 24-hour anonymous US based agency, Text Home to 741741 |   **How to Help a Friend in Need**   * Listen to a friend with concern and feeling—just talking to a friend and letting them know they are not alone can make a big difference. * Be especially concerned if someone tells you they have made detailed suicide plans and/or obtained a means of hurting themselves. * If you find a friend in crisis, find a responsible adult who can help—teachers, school counselors, school psychologists or other school staff. * If you suspect a friends is in crisis, tell someone immediately—even if you’re unsure they are serious.   **Use the LIFE Model**  (from The Jason Foundation) | **Resources for Teens**   * **National Institute of Mental Health** <https://www.nimh.nih.gov/index.shtml> * **National Suicide Prevention Lifeline** <https://suicidepreventionlifeline.org/> * **American Association of Suicidology** <https://suicidology.org/> * **National Association of School Psychologists** <https://nasponline.org/suicideprevention>   **References**  [www.sprc.org-featured\_resources/customized/teens.asp](http://www.sprc.org-featured_resources/customized/teens.asp)  [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  [www.jasonfoundation.com](http://www.jasonfoundation.com)  Suicide Prevention and Intervention by Lieberman, Poland, and Cowan (2006)  \*Adapted from Boone County School Psychologists Brochure   |  |  |  | | --- | --- | --- | |  |  |  |  Suicide Warning Signs for a Friend in Crisis  * Verbal and written statements about death and dying * Threatening to hurt or kill oneself * Feeling hopeless; Feeling trapped like there's no way out * Feeling of rage or uncontrolled anger * Acting reckless or engaging in risky behavior * Dramatic changes in behavior * Mood swings or sudden change in personality * Fascination with death and dying * Giving away prized possessions or making out a will * Worsening school performance * Withdrawal from family and friends * Neglecting appearance * Increasing alcohol and drug use * Feeling anxious or agitated * Increase/Decrease in sleep * Seeing no reason to live | |  | | --- | |  | |  |  |  | | --- | | Suicide Prevention Resource for Teens |       **Possible Triggers**  Possible events that may trigger a friend to talk or think about suicide:   * + Getting into trouble with authorities   + Breakup with a boyfriend or girlfriend   + Death of a loved one or significant personal loss   + Knowing someone who died by suicide   + Bullying or victimization   + Family conflict or dysfunction   + Academic crisis or school failure   + Disappointment or rejection   + Abuse or trauma   + Separation from family and friends |
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