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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
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**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

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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

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| 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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