



SUICIDE PREVENTION

Parents, September is National Suicide Prevention Awareness Month—a time to raise awareness and shed light on suicide. This week, Coffee High School will be participating in a school-wide prevention activity during advisement to raise awareness. If your child or someone your child knows is having thoughts about suicide, please contact a counselor or the **suicide crisis hotline at 1-800-342-8168**, Crisis Text Line: Text HOME to 741741 or Crisistextline.org.



Suicide is the second leading cause of death among school age youth. Know the warning signs:

- Talking about wanting to die or kill themselves
- Looking for any way to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol
- Acting anxious or agitated: behaving recklessly
- Sleeping too much or too little
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

Protective factors that can lessen the effects of risk factors:

Family Support
Peer Support
School Connectedness
Community Connectedness
Healthy Problem-Solving Skills

Coffee High School