



Suicide Prevention

WALK-IN HELP

Contact:

Coastal Care Crisis
Response Center
RHA Behavioral
Health Services

910-353-5118

Open



215 Memorial Drive
Jacksonville, NC 28546

Note: There is no charge for crisis care.

1. Immediate psychiatric care and short-term mental health, substance abuse and developmental disability crisis stabilization services.
2. Crisis evaluation, triage, and assessment of emergent and urgent mental health, developmental disability and substance abuse needs.
3. Referrals for complete assessment, plan development and linkage to enhanced services or appropriate treatment resources in the community.
4. Coordination of services with primary care physicians and other clinical providers for mental health, substance abuse/detoxification and developmental disability services

You are Unique You may not think that the world needs you, but it does. For you are unique, like no one that has ever been before or will come after.



No one can speak with your voice, say your piece, smile your smile, or shine your light. No one can take your place, for it is yours alone to fill.

If you are not here to shine your light, who knows how many travelers will lose their way as they try to pass by your empty place in the darkness.

Keeping Students Safe!

Onslow County Schools is concerned for the safety of all students. The purpose of this resource is to provide accurate, easy to read information to help parents, guardians, and friends help students who may be in crisis.

What happens when I call?

When you dial **1-800-273-TALK** (8255), you are calling the crisis center in the Lifeline network closest to your location. After you call, you will hear a message saying you have reached the National Suicide Prevention Lifeline. You will hear hold music while your call is being routed. You will be helped by a skilled, trained crisis worker who will listen to your problems and will tell you about mental health services in your area.

Your call is confidential and free.



Feelings

- Hopelessness: feeling like things are bad and won't get any better
- Fear of losing control, going crazy, harming him/herself or others
- Helplessness: a belief that there's nothing that can be done to make life better
- Worthlessness: feeling like an awful person and that people would be better off if he/she were dead
- Hating him/herself, feeling guilty or ashamed
- Being extremely sad or lonely
- Feelings of anxious, worried, or angry all the time

Actions

- Drug or alcohol abuse
- Talking or writing about death or destruction
- Aggression: getting into fights or having arguments with other people
- Recklessness: doing risky or dangerous things

Changes

- Personality: behaving like a different person, becoming withdrawn, tired all the time, not caring about anything, or becoming more talkative or outgoing
- Behavior: can't concentrate on school or regular tasks
- Sleeping Pattern: sleeping all the time or not being about to sleep at all
- Eating Habits: loss of appetite and/or overeating and gaining weight
- Losing interest in friends, hobbies, and appearance or in activities/sports previously enjoyed
- Sudden improvement after a period of being down or withdrawn

Warning Signs....

can be organized around the word...

Threats

- Statements like "How long does it take to bleed to death?"
- Threats like "I won't be around much longer" or "Don't tell anyone else...you won't be my friend if you tell."
- Plans like giving away favorite things, studying about ways to die, obtaining a weapon or a stash of pills

If the person has a plan and the means to implement the plan, there is a serious, significant high risk of suicide attempt.

- Previous suicide attempts like overdosing or wrist cutting

Signs

- Getting into trouble at school, at home or with the law
- Recent loss through death, divorce, or separation; the breakup of a relationship losing an opportunity or dream; loss of self-esteem
- Changes in life that feel overwhelming
- Being exposed to suicide or the death of a peer under any circumstances.

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If you notice any of these things in a child who has been impulsive in the past, make previous suicide attempts or threats, or seem vulnerable in any way, you should get consolation from a mental health professional.

Contrary to myth, talking about suicide

CANNOT plant the idea in someone's head!

It actually can open up communication
about a topic that is often kept

a secret.



How ?



- ♦ **Timing is everything!** Pick a time when you have the best chance of getting your child's attention. Sometimes a car ride, for example, assures you a captive, attentive audience. Or a suicide that has received media attention can provide the perfect opportunity to bring up the topic.



- ♦ **Think about what you want to say** ahead of time and rehearse a script if necessary. It always helps to have a reference point: ("I was reading in the paper that youth suicide has been increasing..." or "I saw that your school is having a program for teachers on suicide prevention").



- ♦ **Be honest.** This is a hard subject for you to talk about, admit it! ("you know, I never thought this was something I'd be talking to you about, but I think it's really important"). By acknowledging your discomfort, you give your child permission to acknowledge his/her discomfort, too.



- ♦ **Ask for your child's response.** Be direct! ("What do you think about suicide?"; "Is it something that any of your friends talk about?"; "The statistics make it sound pretty common. Have you ever thought about it? What about your friends?")



- ♦ **Listen to what your child has to say.** You've asked the questions, so simply consider your child's answers. If you hear something that worries you, be honest about that too. "What you're telling me has really gotten my attention and I need to think about it some more. Let's talk about this again, okay?"



- ♦ **Don't overreact or under react.** Overreaction will close off any future communication on the subject. Under reacting, especially in relation to suicide, is often just a way to make ourselves feel better. ANY thoughts or talk of suicide ("I felt that way awhile ago but don't any more") should ALWAYS be revisited. Remember that suicide is an attempt to solve a problem that seems impossible to solve in any other way. Ask about the problem that created the suicidal thoughts. This can make it easier to bring up again in the future ("I wanted to ask you again about the situation you were telling me about...").

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Excellence in Education

Important

These resources are not meant to be exhaustive. In addition, the links provided are subject to change without notice.



Additional Resources



Much of the information contained in this literature came from The Society for the Prevention of Teen Suicide. The parent videos provided on the website are outstanding resources. The “Educator Training Modules” are an excellent resource for anyone working with teens. <http://www.sptsusa.org>

Other Online Resources

American Academy for Child and Adolescent Psychiatry, www.aacap.org

American Association of Suicidology, <http://www.suicidology.org>

Depression and Bipolar Support Alliance (DBSA), www.dbsalliance.org

Light for Life Program, <http://www.yellowribbon.org/>

Suicide http://www.nasponline.org/resources/crisis_safety/savefriend_general.aspx

Times of Tragedy: Preventing Suicide in Troubled Children and Youth, Part I
http://www.nasponline.org/resources/crisis_safety/suicidept1_general.aspx

National Association of Secondary School Principals, “*Taking the Lead on Suicide Prevention and Intervention in the Schools.*” It will be posted at www.nasponline.org/resources/principals/index.aspx This will be a helpful resource to share with your school administrators.

National Institute of Mental Health Suicide Prevention Resources, <http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

National Mental Health Association, www.nmha.org

S.O.S High School Suicide Prevention Program, <http://www.mentalhealthscreening.org/highschool/>

Suicide Awareness/Voices of Education (SAVE), www.save.org

U.S. Department of Health and Human Services, National Strategy on Suicide Prevention, <http://www.mentalhealth.samhsa.gov/suicideprevention/>