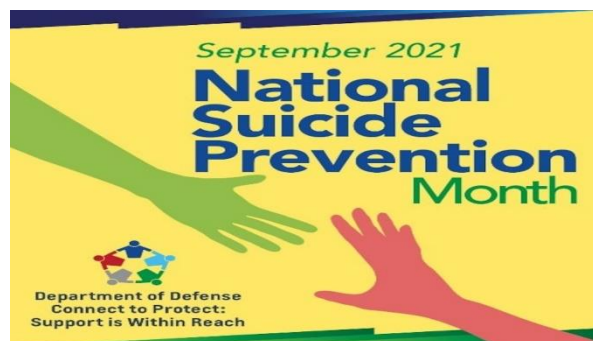




## September is National Suicide Month

**September 5- 11, 2021 is National Suicide Prevention Week** and Conecuh County Schools recognize the great importance of promoting suicide prevention. The truth is we all can help prevent suicide by being involved and proactive about spreading the word to our community, parents, students, and staff about our efforts in suicide prevention. Conecuh County Schools want to be an integral part in raising awareness about suicide prevention and incorporate on-going education and strategies that can help save a life if possible. There are so many youth and older adults who suffer from emotional distress and may have a difficult time with coping from day to day. We want to offer as much support as we possibly can. Talk to your child or loved one and express the importance of speaking to someone if they are struggling with a mental health issue or crisis experience. Encourage him or her to see the School Counselor, School Social Worker, or a trusted adult when they may need that added support. Talking about suicide may not be the easiest subject to discuss, but it is very necessary. If your child or loved one is not comfortable with speaking with someone face-to-face and would rather utilize another approach, see below for alternative methods to seek help. Our goal is to ensure that students, families, staff, and individuals have access to the resources they need to address and discuss suicide prevention and seek help if and when needed.

## September 10, 2021 is World Suicide Prevention Day



**Southwest Mental Health**

Office: 1-251-578-4545

ACCESS to Care: 251-575-4203

Crisis Hotline: 1-800-239-4673

## **Suicide Prevention Steps for Parents/Guardians**

1. **Listen carefully** – Openly talk with student about their thoughts and feelings (specifically about suicide and/or self-harm). Research indicates that asking someone about suicide does not make them go ahead and commit suicide. Take care of yourself as well (crisis hotlines are great resources for parents too - [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)).
2. Contact your medical care or mental health care provider for an appointment and/or referral for further evaluation or treatment. Ensure you follow-up with a referral or appointment for treatment with a medical care/mental health care provider after student makes a verbal threat of self-harm, displays suicidal ideations/thoughts, or have attempted suicide. Complete a release of information with agency for communication with school and provide school with an after care/treatment plan or risk assessment accordingly. It is imperative that you have on-going communication with the school as a team effort for continuity of care of the student.
3. **Contact the Crisis Line** – 1-800-273-TALK (8255) or go to the following website [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) for more information and resources. Southwest Mental Health – (251) 578-4545
4. **Remove any potential threats to safety**, for example: weapons, medications, sharp objects, toxic household substances (i.e. guns, knives, belts, bleach, etc.).
5. **Supervise and monitor** – Do not leave student alone or allow them to isolate themselves behind closed doors. If you are in need to leave or walk away, ensure someone can assist you with monitoring. The overall purpose is to ensure the student's safety. When all else fails and you are unsure or unable to secure monitoring the student, call 911 for further assistance OR take to the ER for further assessment/evaluation.
6. **National Suicide Prevention Hotline:** 1-800-273-8255
7. **Nacional de Prevención del Suicidio:** 1-888-628-9454
8. **Veterans Crisis Line:** 1-800-273-8255 or **Text:** 838255
9. **Disaster Distress Helpline:** 1-800-985-5990 or **Text:** 1-800-985-5990
10. **Options for Deaf and Hard of Hearing** – For TTY Users: Use your preferred relay service or dial 711 then **1-800-273-8255**
11. **Lifeline Chat:** [suicidepreventionlifeline.org/chat](http://suicidepreventionlifeline.org/chat)
12. **Crisis Text Line:** Text HOME to 741741
13. **The Trevor Project** (LGBTQ youth): [1-866-488-7386](http://1-866-488-7386), text START to 678678, or visit TrevorChat ([www.thetrevorproject.org/get-help-now](http://www.thetrevorproject.org/get-help-now))

