



**PASADENA UNIFIED SCHOOL DISTRICT
CHILD WELFARE, ATTENDANCE & SAFETY
Mental Health Services**

Suicide Prevention Awareness for Parents/Adults

You have the power to say, "This is not how my story will end." -anonymous

Behind the statistics of suicide attempts are real people, survivors who struggled in their darkest days and were able to break through.

If you think someone is considering suicide:

- Trust your instinct that the person might be in trouble
- Talk to the person about your concerns
- Ask direct questions without being judgmental
- Get professional help, even if the person resists
- Do not leave the person alone
- Do not swear to secrecy
- Do not act shocked or judgmental
- Do not counsel the person yourself



Crisis Chat (11am-11pm)

<http://www.crisischat.org/chat>

Teen Line- text "TEEN" to 839863



Know the warning signs that a young person might be suicidal

- Feelings of sadness, hopelessness, helplessness
- Significant changes in behaviors, appearance and/or feelings
- Social withdrawal and isolation
- Suicide threats (direct and indirect)
- History of suicidal ideation/behavior
- Self-Injurious behaviors
- Making final arrangements (e.g., giving away prized possessions, posting plans on social media, sending texts to friends)

Risk Factors can include:

- Access to means (e.g., firearms, knives, medication)
- Stressors (e.g., loss, peer relations, school, gender identity issues)
- History of depression, mental illness or substance/alcohol abuse
- History of suicide in the family or a close friend
- History of mental illness in the family

Protective Factors may include:

- Access to mental health services
- Family and social connectedness
- Self-esteem and sense of meaning in life
- Emotional self-regulation
- Ability to make friends and get along with others
- School engagement
- Healthy coping skills