

Counselor's Corner

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Help Prevent Suicide: Know the Warning Signs

Students give a range of signs and exhibit a variety of behaviors that can signal that they are struggling and may be overwhelmed. Many of the warning signs can indicate that a student is depressed, suicidal, or perhaps simply overwhelmed and without the skills to cope. Listed below are some signs of suicide to be aware of.

- Talks, writes or otherwise expresses a preoccupation with suicide or death in general.
- Complains of being a bad person.
- Gives verbal hints such as, "I'd be better off dead", "I won't be a problem for you much longer", "Nothing matters", "It's no use".
- Withdraws from family and friends.
- Significantly changes eating, sleeping, or appearance habits.
- Experiences sudden drop in academic performance.
- Puts affairs in order; for example, gives things away or throws away important belongings.
- Acts rash, hostile, irrational, expresses rage or displays severe emotional pain or distress.
- Feels overwhelmingly hopeless.
- Shows little interest in favorite activities or the future.

If a child you know seems constantly depressed, angry, or withdrawn, pay attention and encourage communication. If you are worried that they are thinking about hurting or killing them self, ask, even though it may be difficult. Asking shows that you care and that the student is not alone. It is a myth that talking about suicide will put the idea into their minds. Bringing up the topic indicates your willingness to talk and creates a sense of safety. Often it brings relief that someone noticed their plight.

There are a variety of resources on our website under "counseling". Listed below are several related to crisis support.

Crisis Text Line 741-741

Care Crisis Response 1-800-584-3578

Online Crisis Support www.imhurting.org

Suicide Prevention Lifeline 1-800-273-TALK

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