

Suicide Prevention & Intervention

Suicide is a serious public health problem that takes an enormous toll on individuals, families and communities.

But **suicide is preventable** so it's important to know what to do.

It is our goal to reduce the incidents of suicide through **education, awareness and resources.**



CDC WISQARS; 2015; AB2246 Webinar: Suicide Prevention Policies and Administrative Regulations for Local Educational Agencies

Suicide Warning Signs

If you observe the following behaviors in someone you know this may be a sign of suicidal thinking. They could also be considered "cries for help" or "invitations to intervene." Don't ignore these behaviors. Get help for the individual immediately.

- Feelings of sadness, hopelessness, helplessness
- Changes in behavior, appearance, thoughts, feelings
- Talking about feeling trapped or in unbearable pain
- Social withdrawal and isolation
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Displaying extreme mood swings
- Showing rage or talking about revenge
- Self-injurious behavior
- Suicide notes or plans
- Suicide threats (direct or indirect)
- Preoccupation with death
- Making final arrangements (giving away possessions, posting plans on social media, sending text messages to friends.)

The path that leads to suicidal behavior is long and complex and there is no "profile" that predicts suicidal behavior with certainty. However, when these signs are present they signal the need to be vigilant. (LAUSD, Student Health and Human services).

What you can do:

- Listen without judgement.
- Ask open-ended questions.
- Do not leave student alone.
- Adult supervision is needed.
- Always remain calm.
- Be aware of your thoughts, feelings and reactions.
- Encourage help-seeking behaviors and help students identify adults that they can trust at home and at school.
- Take action immediately and refer!



SBCUSD has 3 Evaluators; School Counselors, School Nurses and School Psychologists.

- ⇒ Evaluator will conduct a Suicide Risk Assessment
 - ⇒ Parents/Guardians will be contacted
 - ⇒ Family will be given local resources and referrals
- ⇒ Evaluator will follow-up upon students return and conduct a re-entry assessment.

***Once the student is referred to a SBCUSD evaluator, interventions between student and family are confidential.**

Sources:

Suicide Prevention Awareness for Staff LAUSD

Suicidal Behavior, MentalHealth.gov

Assembly Bill 2246 Pupil Suicide Prevention

Aligned with Board Policy 5141.52 Suicide Prevention

Understanding Suicide: Myths and Facts

To understand why people attempt to take their own lives, it is important to know the facts.

Myth: Suicide can't be prevented. If someone wants to take their own life, there is nothing you can do to stop them.

Fact: Suicide is preventable. The vast majority of people contemplating suicide are seeking an end to intense pain. Intervention can save lives.

Myth: Someone who threatens suicide is just looking for attention.

Fact: Most people who die by suicide have given an indication and warning prior to. Take all threats of suicide seriously. We can't afford not to.

Myth: If I ask someone who is contemplating suicide if it is true, I will actually place the idea in their head.

Fact: Asking someone who may be considering suicide can actually help, as it gives them an opportunity to open up and share their burdens.



Resources: Suicide Prevention & Intervention

District Support

Student Wellness and Support Services

Director, Rose Ann Bomentre

(909) 473-2081 Fax: (909) 473-2081

Monday-Friday from 8am–4:30 pm

Community Resource

Community Crisis Response Team

Department of Behavioral Health

(909) 421-9233



Resources for Distribution

National Suicide Prevention Lifeline

1-800-273-(TALK) 8255 (24 hours)

sprc.org (Suicide Prevention Resource Center)

Crisis Text Line

Text TALK to 741741

Trevor Lifeline

(866) 488-7386 (24 hours)

If you need immediate help, call 911.

San Bernardino City Police Department

(909) 384-5742 www.sbcity.org