

## Student Take-Home Resources

### Prevention of suicide

#### Grade 9

**Key Takeaways:**

1. Suicide is preventable.
2. Everyone has a role in preventing suicide.

**Vocabulary:**

1. Suicide- the act of intentionally causing one’s own death
2. Attempted suicide- an action to take one’s life that does not end in death, but rather, self-injury
3. Bullycide- suicide as a result of incessant bullying

<p>If you have a FRIEND who you think is showing symptoms of mental illness, it’s time to HELP.</p> <p><b>H</b>elp as soon as you can.</p> <p><b>E</b>mpathize with others.</p> <p><b>L</b>isten without trying to fix it.</p> <p><b>P</b>lan your next steps.</p>	<p>If YOU are experiencing symptoms of mental illness for a long time and they’re keeping you from being able to do what you need or want to do, it’s time for you to ACT.</p> <p><b>A</b>pply coping strategies.</p> <p><b>C</b>onsider your options for help.</p> <p><b>T</b>alk to a person you trust.</p>
--	---

**Resources:**

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat:  
<https://suicidepreventionlifeline.org/chat/>
- Text a counselor at the Crisis Text Line (Text HOME to 741741) or go to [www.crisistextline.org](http://www.crisistextline.org)
- Hope for Healing: <http://www.hopeforhealingfl.com/>