

Student Take-Home Resources

Prevention of suicide

Grade 10

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>Help as soon as you can.</p> <p>Empathize with others.</p> <p>Listen without trying to fix it.</p> <p>Plan 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>Apply coping strategies.</p> <p>Consider your options for help.</p> <p>Talk to a person you trust.</p>
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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
- Hope for Healing: <http://www.hopeforhealingfl.com/>