



There is Hope. There is Help. Suicide is Preventable.

If you or someone you know is thinking of dying by suicide, get help immediately.
Call 911 or the National Suicide Prevention Lifeline at **1-800-273-TALK**
or text "HOME" to 741741 to the Crisis Text Line.

Things to Know and Say



Everyone's life matters.
Help is available.



People do care.
Treatment works.



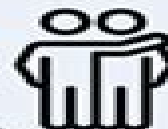
Don't keep it to yourself.
Tell a trusted adult.

What to Do



- Identify trusted adults at school and home.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friend Asks.
- Recognize the warning signs in yourself, your friends, on social media.
- **Get help. You can't do it alone.**
 - Tell a school psychologist, counselor, teacher, parent, or other adult.
 - Call 911 or 1-800-273-TALK or text "HOME" to 741741.

Reminders for Friends



- **Connect.** Listen, be accepting, don't judge.
- **Confirm.** Ask if they have thoughts of dying or of suicide.
- **Protect.** Take any threats they make seriously. **Do not agree to keep a secret!** Tell someone.
- **Stay.** Do not leave alone a person you are concerned about being at imminent risk. You might be their lifeline.
- **Act.** Call for help immediately!

Risk Factors



- Feeling depressed, hopeless
- Deliberate self injury ("cutting")
- Prior suicidal thinking and behavior
- Having family members or friends who have attempted or died by suicide
- Loss of an important relationship (e.g., breaking up)
- Being isolated or alone
- Having been traumatized or abused
- Drug and alcohol use

Warning Signs



- Suicidal threats, both direct ("I want to die") and indirect ("I wish I could go to sleep and not wake up")
- Suicide notes, plans, social media posts
- Making final plans; giving away favorite things
- Preoccupation with death or revenge
- Changes in behavior, sleeping, eating, appearance, thoughts and/or feelings
- Extreme mood swings, rage, withdrawal
- Sudden unexplained happiness

Suicide Information For Teens Health Tip

RJ Shavelson



Suicide Information For Teens Health Tip:

Suicide Information for Teens, 4th Ed. James Chambers, 2020-06-01 Provides consumer health information for teens about teen suicide from a global perspective and how culture plays a role in teen suicide It discusses mental health disorders and life threatening behaviors linked to suicide risk including depression bipolar disorder anxiety disorders eating disorders borderline personality disorder schizophrenia substance abuse and self injury

Death, Loss, and Grief in Literature for Youth Alice Crosetto, Rajinder Garcha, 2012-11-21 All human beings encounter loss and death as well as the grief associated with these experiences It is therefore important for children and adolescents to understand that such events are inevitable and to learn how to accept loss and cope with their emotions In order to help children through their pain parents and caregivers need access to the proper resources that will help them discuss these topics and educational professionals need reliable resources for creating courses of study on these subjects In *Death Loss and Grief in Literature for Youth* Alice Crosetto and Rajinder Garcha identify hundreds of resources that will help educators professionals parents siblings guardians and students learn about coping with the loss of a loved one and the grief process These resources include books Internet sites and media titles aimed at students and those helping them through the grieving process Chapters in this volume include fiction and non fiction titles about the loss of a family member a friend and a pet as well as general reference resources curricular resources and websites Annotations provide complete bibliographical descriptions of the entries and each entry is identified with the grade levels for which it is best suited Reviews from recognized publications are also included wherever possible Anyone interested in locating helpful resources regarding death and grieving will find much of value in this essential tool

Teen Suicide Lorena Huddle, Jay Schleifer, 2012 This book briefly examines the causes and warning signs of teen suicide and presents ways to help prevent it

Teen Suicide Heidi Williams, 2009-08-07 Our teens are at risk for suicides and this essential volume will help you help your at risk teens from the devastation of suicide This volume expertly recognizes the intimate relationship between its subject and reader as it weaves together different points of view Does the desire for attention motivate teens to commit suicide Do antidepressants contribute to an increase in teen suicides Are gay teens at a greater risk for suicide Can silencing cyberbullies put an end to suicides These and other important questions are answered

Adult Health Concerns Sourcebook Sandra J. Judd, 2008 Provides information for adults who need to make health related choices

Sleep Disorders Sourcebook Amy L. Sutton, 2005 Provides basic consumer health information about diagnosis treatment and management of various sleep disorders and sleep problems related to disease Includes index glossary of related terms and other resources Provided by publisher

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symptoms diagnosis and treatment of mood anxiety compulsive impulsive behavioral personality and psychotic disorders discusses related topics including self esteem stress exercise grief genetics and chemical dependency and provides directories of related organizations hot lines free medication programs and other resources *Respiratory Disorders Sourcebook* Sandra J. Judd,2008 Breathing is an activity many people take for granted An average person takes almost 25 000 breaths a day and processes more than 10 000 liters of air When the respiratory system functions properly this work is done automatically When things go awry however a wide range of conditions can develop that lead to outcomes varying in severity from transient to chronic and from mild to fatal Furthermore respiratory disorders are widespread affecting people at all stages of life In fact the National Center for Health Statistics estimates that in the United States more than 3 6 million children and 22 million adults suffer from chronic respiratory diseases *Serving Teens with Mental Illness in the Library* Deborah K. Takahashi,2019-04-10 As a teen librarian you are more likely than not to encounter teens with mental health issues Will you know how to help them This guide explains what to do and what not to do Mental illness among teens has risen to epidemic levels When mental health issues come to the library what is the librarian s role This book asserts that you don t have to be a social worker or mental health professional to provide guidance to teens with mental health issues By creating collections that contain mental health resources working with community partners and initiating dialogues with library patrons that de stigmatize mental illness you can serve a positive and proactive role in helping teens to get help This book provides readers with practical guidelines for building collections programs and services that support teens experiencing mental health challenges and explains how to create a supportive welcoming environment in the library In addition it shows how to forge partnerships with other community agencies in this endeavor how to advocate for mentally ill teens and how to teach them to advocate for themselves Lastly it discusses how to evaluate these programs and services and how to take care of your own needs while serving others

Suicide Information For Teens Health Tip Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Suicide Information For Teens Health Tip**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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