

"Take 2" to Prevent Suicide



Just the Facts....



- Suicide is the second leading cause of death among young people ages 10-19.
- In a typical high school, it is estimated that three students will attempt suicide each year.
- On average, a young person dies by suicide every two hours in the U.S.
- For every young person who dies by suicide, many more youth make suicide attempts or are thinking about suicide (Suicide Ideation).

Most Importantly:

- Suicide is preventable! Students, teachers and schools are *key to prevention*.

"Take 2" Minutes

- To help yourself
- To help a friend
- To be a friend
- To listen
- To act

- To *Save a Life*



“Take 2”

Know the Signs



Right click and open YouTube video in new browser.

10 Common Warnings Signs of Mental Health Conditions 1 in 5 Youth and Young Adults

Presented by **NAMI**



"Take 2" Minutes



- To see the signs
- To talk to your teacher
- To visit your counselor
- To tell an adult
- To say it out loud
- *To Save a Life*

"Trapped"

by Laura Celis, Rosie Galvez, Annette Baeza, Brianna Espino (KHS
advisor Fabian Montagut)

Right click and open Google video in new window.



Title: Trapped

Filmmakers: Laura Celis, Rosie Galvez,
Annette Baeza, Brianna Espino

School/Org: William J. Pete Knight High School

County: Los Angeles



Advisor: Fabian Montagut

Category: Suicide Prevention

"Take 2"

8 Reasons Why

decision

Suicide is NOT the right

- Suicide is NOT noble, brave or courageous
- Suicide does NOT punish the people you may be angry with
- Suicide lets people who don't care about you win
- Suicide hurts the people you don't want to hurt
- Suicide attempts can leave you paralyzed, brain-dead or worse
- There are people who can help you get through tough times
- Horrible and hopeless situations can and do get better
- The world is better with you in it!!!



"Take 2"

Keepin it Real

Others expectations of you are their reality

Society shouldn't dictate what you look like - what's important is the way **YOU** feel about yourself

- We come in all shapes and sizes
- Our looks are only a small part of who we are
- Focus on being the best person you can be
- Take pride in your health and well being
- Choose role models who seem to have a healthy balance



"Take 2"

Keepin it Real

In diversity there is beauty and strength

- Some people are straight and some are gay
- Some people live with their mom and dad, some live with their relatives, some live with legal guardians or foster parents
- Some people have their own home to go to, some people live with their relatives or in other people's homes, some people live in an RV or in a hotel or shelter
- Everyone has different levels of physical and intellectual ability

We are all the same and we are all different but we all deserve to be loved and respected!



"Take 2" Minutes

- To be a good friend
- To take threats of suicide seriously
- To have the courage to ask if your friend is thinking of ending their life
- To never promise to keep a threat of suicide secret
- To avoid being judgmental and overly critical
- To think about what you post on Instagram or other social media
- To get your friend the help they need

To Save a Life





Resources



- Preventing Suicide: A toolkit for High Schools – U.S. Department of Health and Human Services <http://store.samhas.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>
- Trevor Resource Kit - The Trevor Project: www.thetrevorproject.org/resourcekit
- National Suicide Prevention Lifeline: 1-800-273-8255
<http://www.suicidepreventionlifeline.org>
- American Foundation for Suicide Prevention: <https://afsp.org/>
- National Association of School Psychologists: www.nasponline.org
- American School Counselors Association: www.schoolcounselor.org