

# SUICIDE PREVENTION

IT'S TIME TO COME TOGETHER!

## THESE ARE TRYING TIMES.

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It is important to pay attention to our students' mental health as we continue to battle COVID-19 and distance learning.

Students may be experiencing sadness, grief, depression, exhaustion, anxiety, fear, difficulty concentrating, lessened self-worth, and low levels of confidence. These feelings, paired with social isolation and the stress of distance learning, are taking a toll upon many students. Although promises of distance learning and vaccines bring some hope, we must continue to check on our students' mental health and wellbeing. To do this, we need to know the signs of depression in children and teens, as well as the signs of suicide.

Talking about suicide is hard.

We encourage you to push through these are hard conversations. Research shows that asking someone about suicide makes them less likely to follow through. See below for helpful tips to these conversations.



DEPRESSION  
IN CHILDREN

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FREQUENTLY  
ASKED  
QUESTIONS

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DEPRESSION  
IN TEENS

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FAMILY  
RESOURCES  
FROM OSD

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## HAVING THE CONVERSATION

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1. Ask them directly.
2. Reduce their access to things like alcohol, drugs, and weapons.
3. Let them talk and listen.
4. Help them connect to a helpline or counselor.
5. Stay in touch after the initial conversation.

NATIONAL SUICIDE  
PREVENTION LINE (24 HOUR):  
1-800-273-8255

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CRISIS TEXT LINE:  
TEXT "HOME" TO 741741

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NAMI HELP LINE:  
866-0403 EXT 3 OR 493-6021

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CRISIS RESPONDERS:  
754-1338 OR 800-270-0041