

## SUICIDE WARNING SIGNS

People who kill themselves exhibit one or more warning signs, either through what they say or what they do. The more warning signs, the greater the risk.

**Talk** If a person talks about:

- Killing themselves.
- Having no reason to live.
- Being a burden to others.
- Feeling trapped.
- Unbearable pain.

**Behavior** A person's suicide risk is greater if a behavior is new or has increased, especially if it's related to a painful event, loss, or change.

- Increased use of alcohol or drugs.
- Looking for a way to kill themselves, such as searching online for materials or means.
- Acting recklessly.
- Withdrawing from activities.

IF YOU ARE IN CRISIS, CALL  
1-800-273-TALK (8255)

## NATIONAL SUICIDE PREVENTION LIFELINE

### More Behavior

- Isolating from family and friends.
- Sleeping too much or too little.
- Visiting or calling people to say goodbye.
- Giving away prized possessions.
- Aggression.

### Mood

People who are considering suicide often display one or more of the following moods.

- Depression.
- Loss of interest.
- Rage.
- Irritability.
- Humiliation.
- Anxiety.



# Adolescent Suicide

## Prevention:

*a Publication  
for Students*



Jackson  
County  
Schools  
2019-2020  
**SAVE A LIFE!!!**



House Bill 2535 or “Jamie’s Law” passed during the 2015 Regular Legislative Session. Jamie’s Law requires public middle and high school administrators to disseminate and provide opportunities to discuss suicide prevention awareness information to all middle and high school students.

This law was put in place to help students and staff to learn about the causes of suicide and to give students like you tools to literally save your own life, a friend’s life or a classmate’s life.



People are getting smarter about this sad occurrence. Not so long ago, suicide was a taboo topic. You just weren’t supposed to talk about it. Fortunately, some people did, and we have come to understand it as a significant public health concern.

## YOU MATTER!

No matter if it doesn’t always feel like it. **YOU MATTER!** And in moments when you feel like you just need some support, there *is* help out there. *You Matter* is a movement to spread the word that your problems, your worries, your fears, and above all *you*—unique and real *you*—matter.

And because just about everyone—at some point—hits the wall, we’re here to help you get over that wall. Reach out to the National Suicide Prevention Lifeline 1-800-273-TALK (8255).

<http://www.youmatter.suicidepreventionlifeline.org/about-you-matter-2/>

*The best way to prevent suicide is through early detection, diagnosis, and treatment of depression and other mood disorders.*

**AMERICAN  
FOUNDATION  
FOR SUICIDE  
PREVENTION**



Learn more at [afsp.org](http://afsp.org)

## FREQUENTLY ASKED???

### **What should I do if someone tells me they are thinking about suicide?**

Tell them you will support them to find help. Ask if they have a specific suicide plan. If they do, do not leave them alone, and take away any objects they could use to hurt themselves. Take them to a teacher, administrator, doctor, mental health professional, or hospital emergency room, or call 911 or the National Suicide Prevention Lifeline at 1-800-273-8255 for help.

### **If somebody really wants to end their life, is there anything I can do to stop them?**

Most of the time, when someone thinks or talks about suicide they have mixed feelings about dying. Suicidal feelings come from having a mental illness, and these illnesses can be treated with professional help.