

jssa

SUICIDE PREVENTION

WARNING SIGNS:

Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.

- Threats or wishes to harm themselves
- Increase in drug or alcohol abuse
- Feelings of purposelessness (e.g., expressing that they have no reason to live, or expressing that they feel like a burden on others)
- Increase in agitation and restlessness
- Increase in sleep issues
- Feeling trapped, like there is no way out
- Withdrawal from friends and family
- Feelings of hopelessness (e.g., they feel there is no hope for the future or things will never change)
- Decrease in interest for things that used to be pleasurable
- Decrease in caring for self-hygiene
- Increase in anger and irritability
- Recklessness (increase in impulsivity)
- Dramatic mood changes
- Put affairs in order (e.g., they give away their personal possessions)



HOW TO TALK TO YOUR CHILD ABOUT A RECENT DEATH BY SUICIDE:

Talk, listen, empathize, validate, and review the child's coping and problem-solving skills.

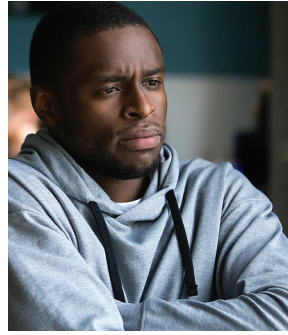
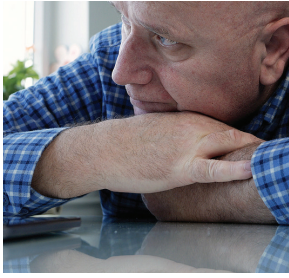
IF YOUR CHILD IS CONCERNED ABOUT A FRIEND:

Teach them the Acronym: ACT

- A** Acknowledge — Listen to your friend and acknowledge that something is wrong.
- C** Care — Let your friend know you care.
- T** Tell — Let a trusted adult know that you are worried about your friend.

IF YOU SUSPECT YOUR CHILD IS THINKING ABOUT SUICIDE:

- Take threats of suicide seriously
- Seek professional help
- Express empathy even if you think they are being dramatic
- Discuss coping and problem-solving skills
- Remove any firearms you may have
- Lock away medications



jssa

SUICIDE PREVENTION HELPLINES

- **National Suicide Prevention Lifeline:**
1-800-273-8255
- **Maryland State Crisis Helpline:** Call
211 and press 1
- **EveryMind (Montgomery County
Hotline):**
301-738-2255
- **Crisis Text Line:**
Text HELLO to 741741
- **D.C. Access Helpline:**
1-888-793-4357
- **TrevorLifeline
(for LGBTQ+ individuals under 25):**
1-866-488-7386
- **CrisisLink Hotline (Northern Virginia):**
703-527-4077
- **Montgomery County
Crisis Center:**
240-777-4000

SUICIDE PREVENTION RESOURCES



- American Foundation for Suicide Prevention (SAVE):
afsp.org
- Alliance of Hope:
allianceofhope.org
- Suicide Awareness Voices of Education:
save.org
- The Jed Foundation: **jedfoundation.org**
- Children's Safety Network (CSN):
childrenssafetynetwork.org
- The Trevor Project:
thetrevorproject.org

**JSSA MENTAL HEALTH SERVICES
FOR CHILDREN, TEENS, ADULTS,
AND SENIORS**

Inquiry and Screening Lines:

- 301-816-2633 (Maryland)
- 703-896-7918 (Virginia)