Other General Risk Factors:
- Mental health disorders or substance use disorders
- Hopelessness
- History of trauma or abuse
- Family history of suicide
- Easy access to lethal means
- Lack of social support

Promote Belongingness
Teachers and other school personnel already play an active role in prevention by fostering the emotional sense of wellbeing among all students, not just those already at risk. Teachers also promote feelings of connectedness, belonging and capability which research shows are essential to prevent suicide and other risk behaviors.

Be Prepared to Respond to a Suicide Death
Appropriate response is critical. This response is called postvention and is handled by school administration and mental health staff. For best practice postvention guidelines, visit idaholives.org

Means Matter
If deadly methods are not readily available, a suicidal person may delay or not make an attempt. Putting time and distance between a suicidal person and their method can save a life. Parents of students at risk should temporarily remove firearms from the home and lock up medications.

Suicide Prevention Program
Idaho Department of Health and Welfare
Division of Public Health
450 West State Street, 4th Floor
PO Box 83720
Boise, Idaho 83720-0036
Phone: 208-334-4953

spp.dhw.idaho.gov

If you, or someone you know, is in crisis or emotional distress, please call 1-800-273-TALK (8255), 1-208-398-HELP (4357), or 211, press 3.

Much of the information here is courtesy of the Suicide Prevention Resource Center. Visit their website for more information on suicide prevention for schools at www.sprc.org

July 2020 update, Idaho Lives Project
Learn the Warning Signs
Knowing the warning signs for suicide can save a life. Warning signs include:
- Talking about, planning or threatening suicide
- Withdrawal or isolation from friends, family or activities
- Previous suicide attempts
- Agitation, especially when combined with sleeplessness
- Nightmares

Remember
Any one of these signs alone doesn’t necessarily indicate a person is suicidal. However, all signs are reason for concern and several signals may be cause for concern of suicide. Warning signs are especially important if the person has attempted suicide in the past.

Take Action
If you encounter a student you believe is at immediate risk, don’t be afraid to ask if they are suicidal and be persistent if necessary. Trust your gut feelings.

1. Supervise the student constantly (or make sure he/she is in a secure environment supervised by a caring adult) until he/she can be seen by a mental health professional.

2. Escort the student to see the counselor or other mental health professional. Never leave the student alone.

3. Provide any additional information to the mental health professional that could help with the assessment process. They should notify the parents.

Take Immediate Action if Someone is:
- Talking about wanting to die or kill oneself
- Seeking a way to kill oneself, e.g., obtaining a gun or medications
- Talking about feeling hopeless or having no reason to live

Why Suicide Prevention is Important

<table>
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<th>105</th>
<th>27</th>
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<td>school-aged Idaho children lost to suicide in the last five years</td>
<td>of those were age 14 or younger</td>
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Be Aware of Risk Factors

Pressures such as unrealistic academic, social or family expectations can create a strong sense of rejection and can lead to deep disappointment. Teens and young adults are especially prone to feelings of loneliness, hopelessness and rejection as a result of these pressures.

Depressed youth should receive prompt, professional treatment. Keep in mind that depression in young men often appears as anger, rage, aggression and getting into fights.

Abuse of Alcohol, Drugs or Sex are ways that some young people cope with feelings of depression or loneliness.

Isolation or Withdrawal can also be a coping strategy for the suicidal youth, making them even more susceptible to loneliness, depression and substance abuse.

*Centers for Disease Control and Prevention. 2019 Idaho Youth Risk Behavior Survey Data.*