

Youth Suicide Prevention

Helping Your
Friends



IDAHO
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PROJECT



Helping Yourself

Everyone has problems they cannot solve on their own. Finding the courage to get help is often the first step toward solving your problems and becoming a happier person. Focus on your strengths.

- Family Support: Who in your family supports you?
- Positive Friends: Who are your positive friends and what makes you a positive friend?
- Mentors: What adults in your life do you look up to and have your best interest?
- Healthy Activities: What activities are fun and help you feel less stressed?
- Generosity: What do you do to help other people, animals, society or the world?
- Spirituality: What lifts your spirit or makes you connected to something bigger than yourself?
- Physical Health: What do you do to take care of yourself, even daily?
- Mental Health: How do you care for your mental health?

If you are having problems and thinking of hurting or killing yourself, tell a trusted adult who can help. If you cannot talk to your parents, find someone else: a relative, an adult friend, a teacher, a coach, the school nurse or guidance counselor, or a friend's parents. You can also call or text the Idaho Crisis and Suicide Hotline at 988.

Helping a Friend or Peer

It can often be hard to tell if someone is really thinking about killing themselves. Some of the suicide warning signs may also be signs of drug use, serious family problems or depression. People with these problems still need help — and you can help.

Learn the Warning Signs

Knowing the warning signs for suicide can save a life. Most people considering suicide give some of the clues and warning signs listed here. By learning the warning signs, paying attention and trusting your own judgment, you can make a difference between life and death.

- Talking about, planning or threatening suicide
- Previous suicide attempts
- Agitation, especially combined with sleeplessness
- Withdrawal or isolation from friends, family or activities
- Looking for ways to die
- Giving away things that are important to them
- Acting in ways they don't normally behave
- Nightmares in adolescents or older youth

Talking Can Make a Big Difference

Teens will often share secrets and feelings with other teens they will not share with adults. However, you may need to be persistent before a friend is willing to talk. Ask them if they are thinking about suicide. Talking about suicidal thoughts will not push someone to kill themselves. Even if you don't think they mean it, if a friend says they are thinking about killing themselves, take your friend seriously and tell a trusted adult.

Never promise to keep someone's intention to kill or hurt themselves a secret. Let the person know you would never tell this secret to just anyone, but because you care, you will tell a trusted adult.



Getting Help for Your Friends and Other Peers

If you think any of your friends or classmates may be thinking of killing themselves, have made a suicide attempt or have serious problems they have not told anyone about — tell a trusted adult. Be brave and do something heroic. You could save a life.

If a friend tells you they have a way to kill themselves or a plan to do so, stay with that friend until they are willing to go with you and talk to a trusted adult. You can also call or text the Idaho Crisis and Suicide Hotline at 988.

If your friend has their method of dying with them, call 911.



Youth Suicide Prevention Program

Youth Suicide Prevention & Safety Coordination
Idaho State Department of Education
Idaho Lives Project
(208) 332-6816
idaholives.org



Idaho Crisis & Suicide Hotline
by JANNUS

If you or someone you know is experiencing an emotional or suicide crisis, contact the Idaho Crisis & Suicide Hotline by calling or texting 988.

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

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