

Suicide Prevention in Schools

School Training:

Suicide Safety for School Staff: 60-90 min training designed to meet the basic needs of school staff. Emphasis is on recognizing warning signs, clarifying the referral process, and making a warm handoff

Lifelines Postvention: Full day workshop which helps school crisis teams review current procedures for suicide and other traumatic deaths in the community

More than Sad: Teaches teens to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process

Programming:

Individual Consultation for education administration

Guidance with school policy on suicide prevention, intervention, and postvention

Access to suicide prevention materials

Tabling at health fairs and school events

Resources:

The National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

suicidepreventionlifeline.org

Cattaraugus County Counseling Center:

716-373-8040

American Foundation for Suicide Prevention:

afsp.org

Suicide Prevention Center of New York:

preventsuicideny.org

The Society for the Prevention of Teen Suicide:

sptsusa.org

The Suicide Prevention Resource Center:

sprc.org

The Veteran's Crisis Line:

veteranscrisisline.net

Coaching Into Care:

mirecc.va.gov/coaching/

Military.com Suicide Prevention:

Military.com/benefits/veterans-health-care/suicide-prevention

#Bethelto Campaign

Bethelto.com

#Seizetheawkward Campaign

Seizetheawkward.com

For More Information :

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www.cattco.org/community-services/suicide-prevention-coalition

Cattaraugus
County

Suicide Prevention Coalition



Through education, awareness, partnerships, resiliency, and recovery we will build a knowledgeable community for suicide prevention.

Together we can make a suicide-safer community....



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Risk Factors

A combination of individual, relationship, community, and societal factors contribute to the risk of suicide. They are characteristics associated with suicide— but they may not be direct causes.

Individual Health Factors:

Mental health conditions: Depression, anxiety, alcohol or drug misuse, mood changes

Physical health conditions: serious or chronic illness, chronic pain, traumatic brain injury

Environmental and Relationship Factors:

Recent losses or transitions: breakups, job loss, retirement, financial, deaths

Prolonged stressors: harassment, bullying, domestic violence, unemployment

Exposure to another person's suicide

Barriers in accessing mental health or physical health treatment

Stigma of seeking help

Historical Factors:

Previous suicide attempts

Family history of suicide attempts or deaths

History of abuse or maltreatment

Warning Signs

Most people who attempt suicide display warning signs, either through what they say or do and we can recognize these signs when we pay attention



Things people say or talk about:

- Killing themselves
- Feeling hopeless or helpless
- Feeling trapped or feeling the need to escape
- Having no reason to live
- Feeling like a burden on friends and family
- Being in unbearable pain



Things people feel

- Depression
- Anxiety
- Guilt or Shame
- Loss of interest
- Extreme anger or rage
- Dramatic mood swings



Things people do

- Increased substance use
- Withdrawing from things
- Isolating from friends and family
- Increased aggression
- Sleeping too little or too much

What you can do

Get Informed

The Coalition offers several different training programs. Attend one of the public offerings or contact us to schedule one for your workplace or program.

Available Training:

SafeTALK– Suicide Alertness for Everyone: 3 hr workshop that alerts one to warning signs indicating risk of suicide. It emphasizes the importance of recognizing signs, listening to what the person has to say, and connecting them to resources that will keep persons at risk safe.

ASIST– Applied Suicide Intervention Skills Training: 2 day intensive, interactive, practice-dominated course designed to help people recognize and review risk and intervene to prevent the immediate risk of suicide.

Talk Saves Lives: 60-90 min community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide.

It's Real: College Students and Mental Health: 17 min documentary film featuring stories of 6 college students across the country, followed by a facilitated discussion about depression and other mental health conditions, conveying the message that they can be managed through treatment and interventions.