Recommended Reading:

1. *Touched by Suicide, Hope and Healing After Loss*

Carla Fine and Michael F. Myers, M.D.

1. *No Time to Say Goodbye– Surviving the Suicide Of a Loved One*

Carla Fine

1. *Suicide: Why– 85 Questions and Answers About Suicide*

Adina Wrobleski

1. *Suicide: Survivors– A Guide for Th*ose *Left Behind*

Adina Wrobleski, Founder of SAVE Suicide Awareness Voices of Education

1. *Night Falls Fast: Understand-ing Suicide*

Kay Redfield Jamison

1. *The Tender Land– A Family Love Story*

Kathleen Finneran

Resources:

# Suicide Prevention and Hotline

1-800– SUICIDE

1-800-784-2433

# Northkey Crisis Center

859-331-3292

# Children’s Hospital

513-636-4214

Websites:

www.suicidology.org www.save.org

www.teensuicude.us www.yspp.org

Www.aacap.org

Www.nmha.org

http://www.naspoline.org/ resources/crisis\_safety/

savefriend\_general.aspx

Safety is most important

**U**tilize every resource

**I**ndicate your needs

**C**ompassion counts

**I**nclude others

**D**epression = get help

# **E**veryone matters

**Help At Cooper**

* Mrs. Hinton, Counselor
* Mrs. Vickers, Counselor
* Mrs. Guthrie, Counselor
* JAM Mentor
* Any Teacher
* Any Principal
* Your Coach
* Officer Turner
* Any Adult

**Before you say- “I’m fine”- ask yourself if you feel:**

Nervous or “empty”

Guilty or worthless

You don’t enjoy the things the way you used to

Life is not worth living anymore

If you are tired all the time, and you have no appetite

**Did You Know:**

2nd leading cause of death between ages 15-24 years, 1st -car accidents

*Teen/ youth suicide rates have tripled since 1970*

For every suicide death, there are an estimated 30-50 attempts

*Due to stigma of suicide, statistics are likely to be underestimated*

4 times more males die by suicide than females

*1/3 of teens who have died by suicide have made 1 or more previous attempts*

**Behavior Changes To Watch For:**

* Change in eating habits
* Unusual lack in energy
* Dropping out of classes and hobbies, that were previously enjoyed
* Mood swings
* Difficulty sleeping
* Low self esteem
* Self inflicted wounds
* Substance abuse
* Talk of death

**Awareness**

*Suicide Risk Factors:*

* Mental illness including depression, conduct disorders, and substance abuse
* Family stress/ dysfunction
* Environmental risks, including presence of a firearm in the home.
* Situational crisis (i.e., traumatic death of a loved one,
* family violence.)

*Suicide Warning Signs:*

* Suicidal threats in the form of indirect and direct statements
* Suicide notes and plans
* Prior suicidal behavior Preoccupation with death
* Changes in behavior, appear-ance, thoughts, and/ or feelings

