



Danger Signs of Suicide

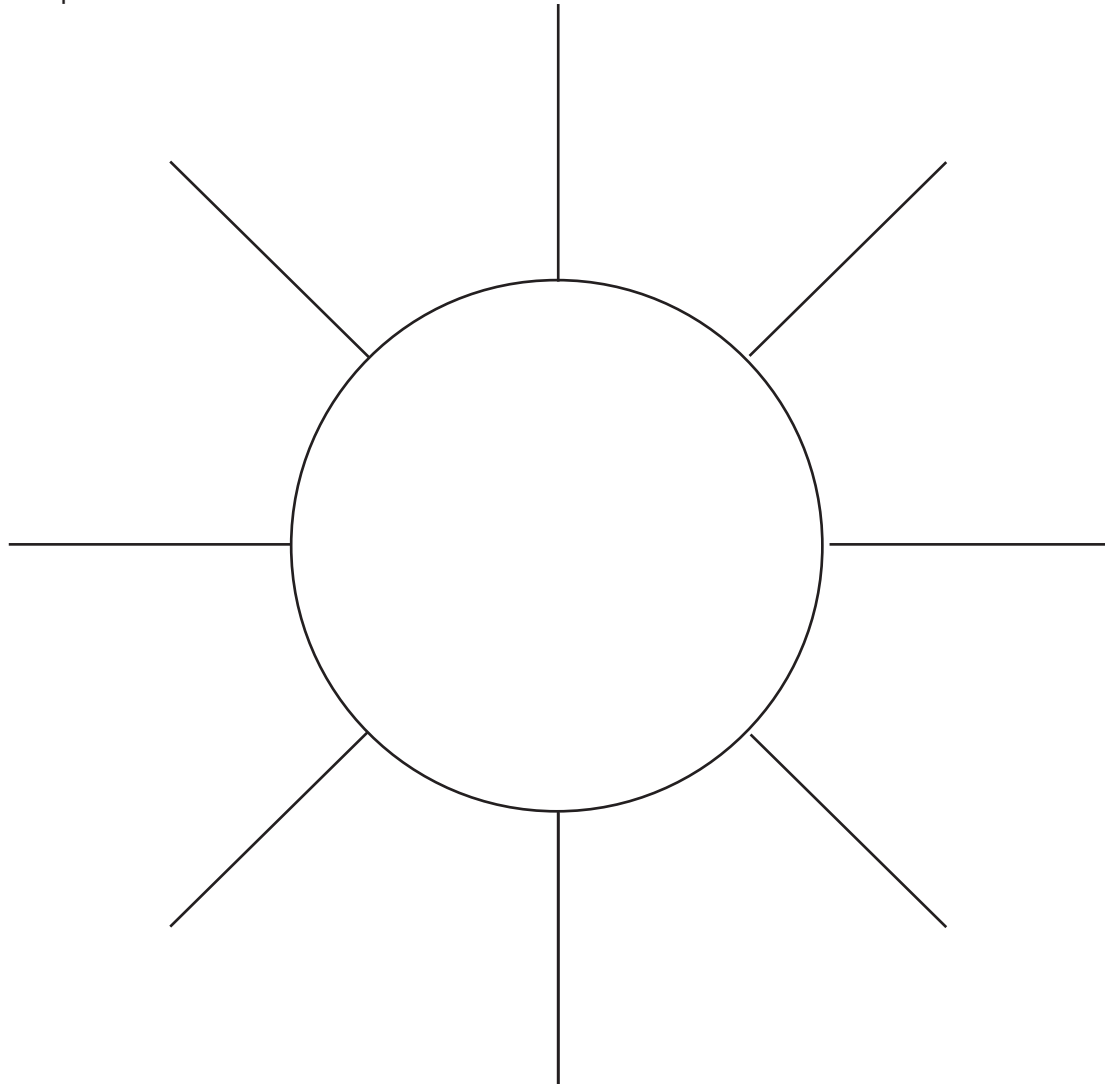
- Previous suicide attempts
- Verbalizing suicide threats
- Giving away prized personal possessions
- The collection and discussion of information on suicide methods
- The expression of hopelessness, helplessness, and anger at oneself or the world
- Themes of death or depression evident in conversation, written expressions, reading selections, or artwork
- Statements of suggestions that the speaker wouldn't be missed if he or she were gone
- Cutting or marking the body, or other self destructive acts
- Recent loss of a friend or family member through death, suicide, or other loss (example: divorce)
- Acute personality changes, unusual withdrawal, aggressiveness, moodiness, or new involvement in high-risk activities
- Sudden dramatic decline or improvement in academic performance, chronic truancy or tardiness, or running away
- Physical symptoms such as eating disturbances, sleeplessness or excessive sleeping, chronic headaches or stomachaches, menstrual irregularities, apathetic appearance
- Use or increased use of substances



Paula's Web

As the “Letter from Paula” is read, listen intently for Paula's emotions and warning signs that she needs help.

1. **INSIDE** the circle identify the feelings or emotions that you believe Paula may have had when she wrote the letter.
2. **OUTSIDE** the circle, identify the warning signs or red flags that give evidence to show that Paula is perhaps asking for help for her depression or possible suicide. In other words, what does she write in the letter that validates you to take action to help her?



For more information about Dignity Revolution, visit DignityPledge.com.

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Dear Renee,

Hi, I am sorry for whatever happened. It was all my fault Friday night. I took those pills to get rid of my problems. It didn't work! I was so sick. My mom doesn't even care. I thought no one would miss me anyway since I sit by myself every day at lunch. I didn't mean to say all those things to you. It wasn't me, it was the pills. I just wanted to die. I didn't want to hurt anyone, especially you. You are the best friend anyone could ever have. I am sorry. I won't hurt you for much longer. Soon no one will be hurt or hate me anymore.

Bye,
Paula

P.S. Thanks for being my friend.



Dear Renee,

Hi, I am *sorry* for whatever happened. *It was all my fault Friday night.* I took *those pills* to *get rid of my problems.* It didn't work! I was so sick. My *mom doesn't even care.* I thought *no one would miss me* anyway since I *sit by myself* every day at lunch. I didn't mean to say all those things to you. It wasn't me, *it was the pills. I just wanted to die. I didn't want to hurt anyone,* especially you. You are the best friend anyone could ever have. *I am sorry. I won't hurt you for much longer. Soon no one will be hurt or hate me anymore.*

Bye,
Paula

P.S. Thanks for being my friend.



Suicide Prevention Strategies

1. Share honestly how you are feeling
2. Positive self-thoughts
3. Stress management skills
4. Conflict resolution skills
5. Healthy decision making skills
 - a. Is it safe?
 - b. Is it healthy?
 - c. Is it legal?
 - d. Does it respect myself and others?
 - e. Does it respect my parent's wishes?
6. Use effective communication skills
 - a. I feel... when you... because... I need...
 - b. I care and love... I see... I feel... listen... I will or want
7. Knowing the signs of depression and suicide and how to get professional help.



Suicide Intervention Skills

How to help a friend:

1. Share your concern
 - a. I care
 - b. I love
 - c. I see
 - d. I feel
 - e. I want
 - f. I will
 - g. LISTEN

2. Ask the Question
 - a. Are you considering killing yourself?

3. Safety
 - a. Maintain your safety
 - b. Do they have a PLAN?
 - i. Lethal
 - ii. Specific
 - iii. Available

4. Stay with THEM!
 - a. Peak of impulsivity or crisis usually lasts a few minutes to a few hours

5. Tell Someone!
 - a. Ask for help
 - i. A counselor
 - ii. Parent
 - iii. Pastor
 - iv. Physician

Suicide Hotline: 1-800-273-8255



Suicide Intervention Skills Worksheet

1. List steps you would take to help Paula once you received her letter. Be specific.

2. What's one action you can take to improve your mental health today?

3. Who can you trust to share your feelings with if you need help?
