

If you have thoughts about wanting to harm yourself or even die, remember that most humans have experienced times when they thought their pain and hurt were overwhelming and would never end. Truly, none of us can solve all of our problems on our own. We need each other. When we are in deep distress or pain, we have to reach out and get someone to help us... and it's ok to ask for help.

Before you do anything else...



- Talk to someone you trust. If you can't talk to one of your parents find a relative, a friend, or a friend's parent. Reach out and talk to a school counselor or the school nurse, a trusted teacher or coach; they're all here to help. The important thing is to **find someone to talk to and someone you can be honest with.**

- Get away from the things that you could use to hurt yourself. Remember that there are people that care about you and don't want to see you harmed.

Counseling and Social Services... Building relationships with dignity and respect



**For more information, please call
(940) 369-0160
Para más información, por favor
llame
(940) 369-0598**

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Title IX & Section 504 District Coordinator:
Mr. David Hlcks, Assistant Superintendent
Title II & Title IX District Coordinator:
Dr. Richard Valenta, Assistant Superintendent
of Human Resources
1307 N. Locust St. Denton, TX 76201



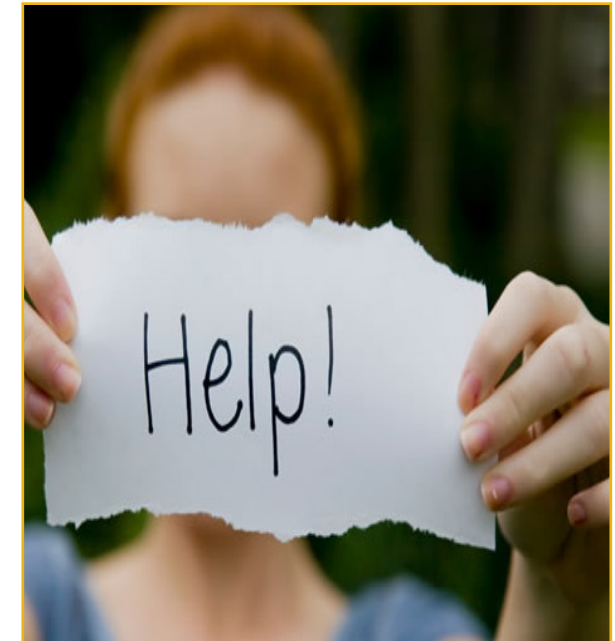
Denton
Independent School
District

1307 N. Locust St.
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Counseling & Social Services

Suicide Prevention



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Suicide Prevention & Intervention Measures

Because most people are uncomfortable talking about suicide, we do not talk about it often. When we do, we do not communicate about the things which might prevent suicides.

Knowing a bit about statistics and risk factors is important to understanding suicide. These are the facts:

- Suicide is the 10th leading cause of death in the United States.
- Suicide is the third leading cause of death among people ages 15 to 24.
- One out of every six high school students seriously considered attempting suicide in 2012 - 1 in 13 actually attempted it at least once during that year.
- Females attempt suicide nearly three times more often than males.
- Males that attempt suicide are four times more likely to die than females.
- There are records of children as young as 5-years-old that have attempted suicide.

These facts show that every time someone talks about suicide, killing themselves or says they "wish they were dead", we have a responsibility to take notice and respond.



Suicide is a complicated behavior and there is never "just one reason" why someone would end their own life. It is important to know what things might create a concern for risk of suicide such as:

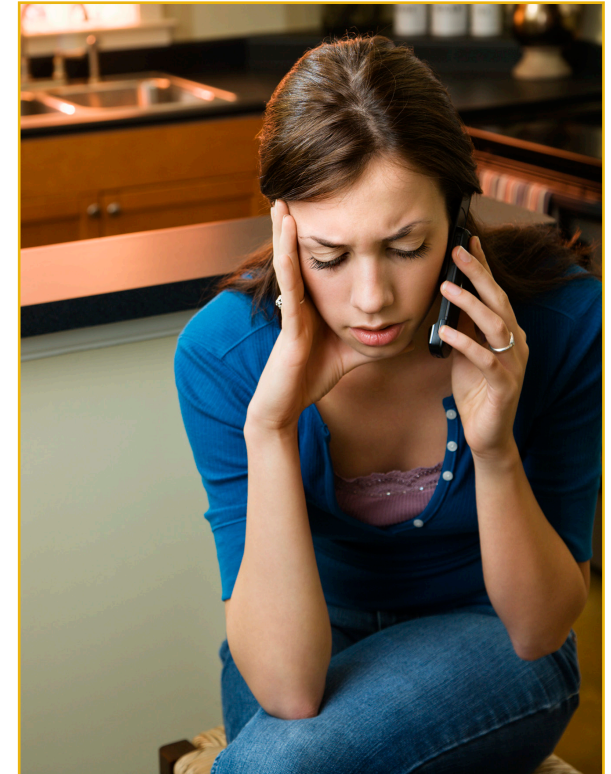
- A sudden worsening in school performance
- Becoming fixated with death or fascinated with weapons
- Having unhealthy peer relationships
- Extreme mood swings or a sudden change in personality
- Being in an abusive relationship
- Sudden changes in weight
- Difficulty adjusting to gender identity
- Being a target of bullying
- Being depressed

Warning signs that someone is a high risk for suicide include:

- Attempting suicide previously
- Having a mood disorder
- Abusing alcohol or drugs or increasing the use of alcohol or drugs
- Having the ability to get to things which could be used to kill a person
- Talking about wanting to die or having no reason to live
- Constantly looking for or exploring ways to die
- Talking about feeling hopeless, trapped, or in unbearable pain
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or seeking revenge

If any of these signs describe someone you know, please take the time to talk to a parent, a counselor or another trusted adult at your school. This is not something to keep to yourself. And the person showing these signs needs help, so...

Get help immediately!



Additional Resources

- 9-1-1
- Denton County MHMR Emergency Hotline -
Emergency suicide risk assessment
940-387-5555
- National Suicide Prevention Hotline -
Emergency suicide prevention help
1-800-784-2433 or 1-800-273-8255
- www.goaskalice.columbia.edu
This site features a Q&A service provided by Columbia University's Health Education Program.
- www.jasonfoundation.com/student.html
Basic information and suggestions for working with your school and community on suicide prevention.
- www.thetrevorproject.com
Information about recognizing and responding to the signs of suicide.
- www.suicidepreventiononlifeline.org
Information and tips on suicide prevention.