

If you have thoughts about wanting to die, remember that most humans have experienced times when pains and hurts have felt like they 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 your parent, find a relative, a friend, the school counselor or the school nurse, a trusted teacher or coach, or a friend's parent.

Get away from the things that you could use to hurt yourself.

It will take courage to reach out and get help to solve your problems. You can do it. There are people who want to believe in you and want to help.

*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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DENTON
INDEPENDENT SCHOOL DISTRICT

**Counseling &
Social Services**

Suicide Prevention



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Suicide Prevention & Intervention Measures

Because most people are uncomfortable talking about suicide, we often 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 young people ages 15 to 24.
- About 1 out of every 6 high school students seriously considered attempting suicide in 2012 and 1 in 13 actually attempted it at least once during that year.
- Females attempt suicide nearly three times more often than males.
- Males die four times more often as females.
- There are records of children as young as five attempting to kill themselves.

Every time someone talks about killing themselves or wishing they were dead, we have 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.

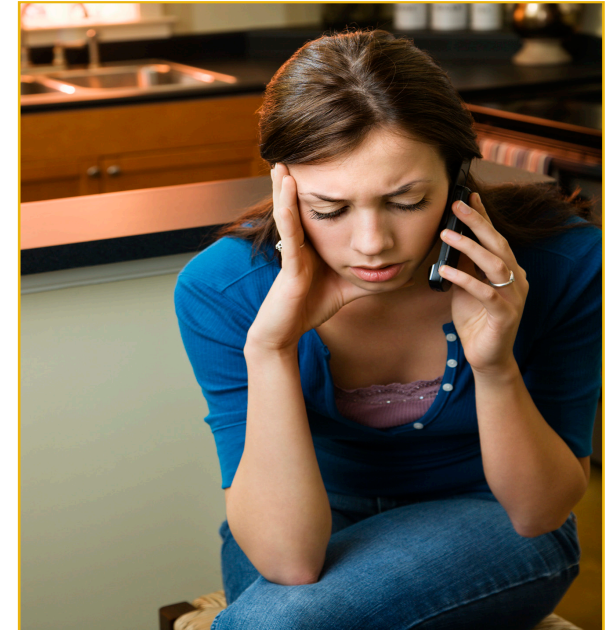
- A sudden worsening in school performance
- Becoming fixated with death or fascinated with weapons
- Having unhealthy peer relationships
- Extreme mood swings or a sudden change in personality
- Being in an abusive relationship
- Sudden changes in weight
- Difficulty adjusting to gender identity
- Being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

These warning signs may mean someone is a high risk for suicide include:

- Attempting suicide previously
- Having a mood disorder
- Abusing of 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 this describes someone you know, please take the time to talk to a counselor or another trusted adult at your school. This is not something to keep to yourself.

Get help immediately!



Additional Resources

9-1-1

- Denton County MHMR Emergency Hotline - *Emergency suicide risk assessment and referral information*
1-800-762-0157 or 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 and an email advice feature.