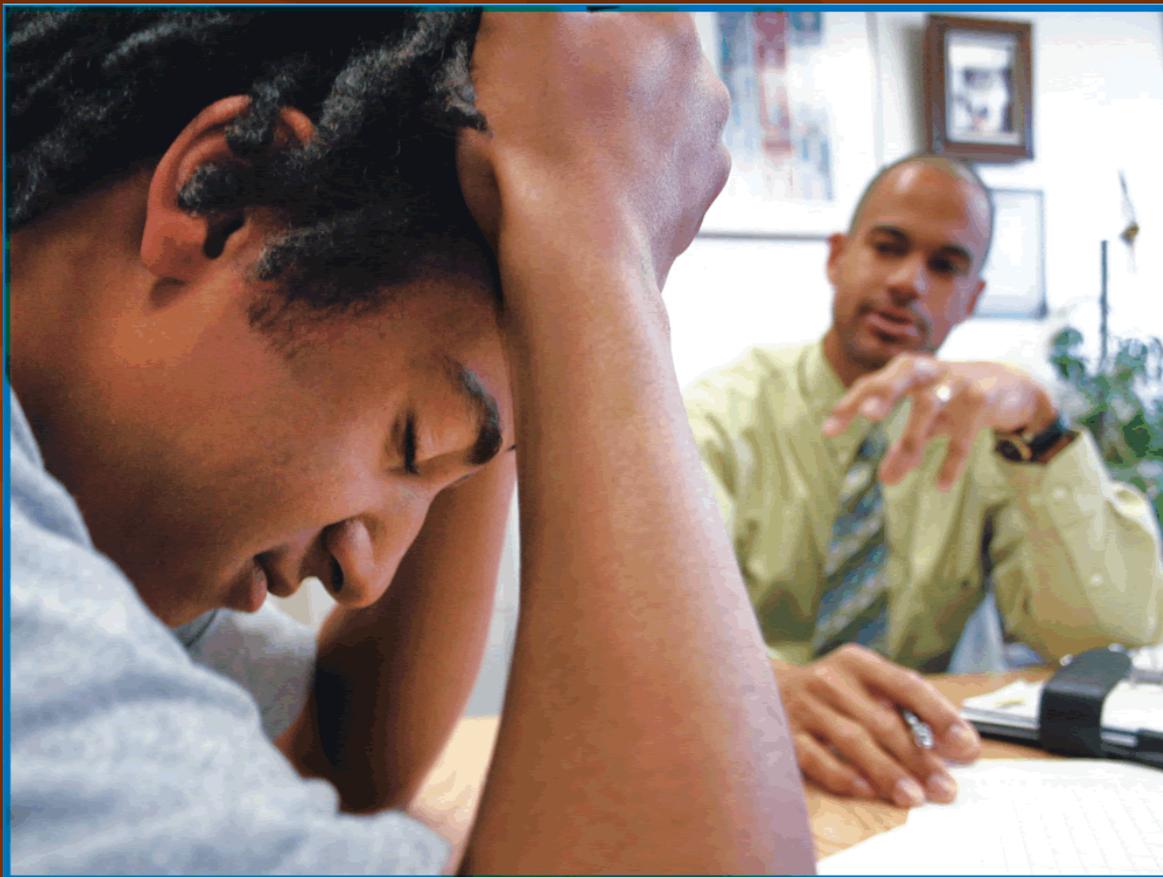


Suicide & Self-Injury



Mr. Beerbower
Health Education

Question:

- ✱ Is suicide problem in McHenry and why?
- ✱ Is cutting and self harm a problem at West Campus and why?
- ✱ What are some reasons that these things happen?

Section 4.3

Depression and Suicide

Warm-Up

Health Stats What relationship is there between risk of depression and how connected teens feel to their school?

Connection to School	Risk of Depression
Very connected	Very low
Quite a bit	Low
Somewhat	Low to moderate
Very little	Moderate
Not at all connected	High

WRITING What could make someone feel very connected to school? What could make someone feel disconnected?

Suicide

☀ Suicide is now the 3rd leading cause of death among 15-24 yr olds.

- Top 5 (2006 CDC)

1.Accidents 2.Homicide 3.Suicide 4.Cancer 5.Heart Disease

☀ **Warning Signs (*Risk Factors*):**

- Verbal suicide threats such as, “You’d be better off without me.” or “Maybe I won’t be around.”
- Expressions of hopelessness and helplessness.
- Frequent thoughts of death or suicide
- Previous suicide attempts.
- Daring or risk-taking behavior.
- Personality changes.
- Neglect for appearance or personal hygiene
- Depression.
- Giving away prized possessions.
- Lack of interest in future plans.

“a permanent solution for a temporary problem”

- As a peer, you are the first line of defense
- Before even parents and counselors, friends often recognize the warning signs of suicide first



Statistics

- Over 30,000 people in the US commit suicide (teens have highest rate)
- A person dies by suicide every 18 minutes
- An attempt is made about once a minute
- There are four male suicides for every one female (twice as many female attempts)
- Suicide in teens is up 196% in last 15 yrs.
- 95% of suicidal people don't want to die

Suicide Prevention

- ✦ **Protective Factors:** If a person is at risk for suicide, there are some factors that can help reduce the risk.
 - seeking treatment for any mental disorders
 - seeking treatment for alcohol or drug abuse
 - establishing a connection with school
 - developing closer relationships with family and friends
- ✦ **Cluster Suicides:** are series of suicides that occur within a short period of time in the same peer group or community.
 - These can occur because of a pact between friends or in response to an initial suicide.
 - Immediate counseling for peers is very important

What To Do If You Think Someone Is Suicidal

- ✦ Trust your instincts that the person may be in trouble.
- ✦ Talk with the person about your concerns. Communication needs to include LISTENING.
- ✦ Ask direct questions without being judgmental. Determine if the person has a specific plan to carry out the suicide. The more detailed the plan, the greater the risk.
- ✦ Get professional help, even if the person resists.
- ✦ Do not leave the person alone.
- ✦ Do not swear to secrecy.
- ✦ Do not act shocked or judgmental.
- ✦ Do not counsel the person yourself.

More likely to attempt if they...



- Abuse alcohol and other drugs
- Have experienced the death of a parent, parental separation, or parental divorce
- Feel alienated from family or friends
- Are teased or rejected by peers
- Have difficulty coping with body changes and sexuality

Common thinking ERROR of a suicidal person:

- ✱ All or nothing thinking: “If I’m not _____ then I’m a total loser.”
- ✱ Discounting the positive: “I know I did well, but that doesn’t mean I’m all that good. I just got lucky.”
- ✱ Emotional reasoning: “I know this is the way it is because of the way I feel.”
- ✱ Self-centered perspective: “I’m the only one who has it this bad.”
- ✱ Misattribution: “I know she did this because she hates me.”
- ✱ Assuming the worst: “I’ll never feel good again.”
- ✱ False conclusions: “My family would be happier if I was gone.”

What can I do?

- ☀ Support a school climate of mutual respect and kindness.
- ☀ Take all threats of harm to self and others seriously.
- ☀ Encourage counseling for those who have made a threat of harm to self or others.
 - *Friends & other teens are some of the FIRST people to notice warning signs.*

Self-Injury

- Self-injury is an unhealthy way to cope with emotions, stress, or traumatic events.
- **Cutting** is the use of a sharp object to intentionally cut or scratch one's body deep enough to bleed.
- Burning the skin on purpose with a lighted match or cigarette is another.

End of
Slide

Depression

- **Mild depression** if diagnosed with two to four symptoms for the duration of at least two weeks
- **Clinical depression** if diagnosed with at least five of nine general symptoms for a duration of two weeks



The End!

