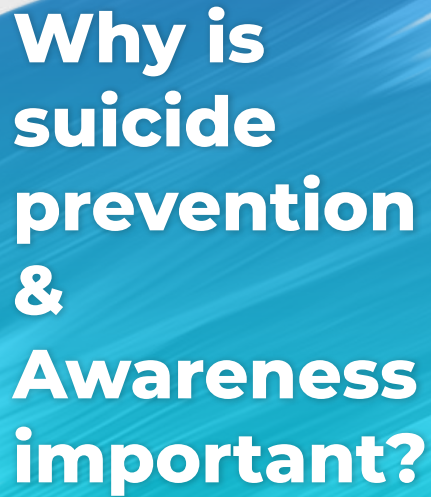




**Jason Flatt**  
**Suicide Prevention & Awareness**



## **Why is suicide prevention & Awareness important?**

## **Character, Excellence, Family**

- ❑ Your school family cares about your social and emotional well-being.
- ❑ School Counselors recognize the threat of suicide among children & adolescents and strive to create a supportive environment.
- ❑ Although difficult to discuss, silence can have tragic results, and knowledge can save lives.
- ❑ It is important to know the risk factors of suicide and to increase efforts to improve prevention.

## Who was Jason Flatt?



“Jason was my youngest son. He was an average 16-year old. He got mostly B’s on his report card, and he loved sports. Especially football. He was active in his youth group and he had a lot of friends. Jason was the one who was always up for going places and trying new things. From all appearances...my son loved life. But on July 16th in 1997, everything changed. My son, Jason became a statistic of the “Silent Epidemic” of youth suicide.”

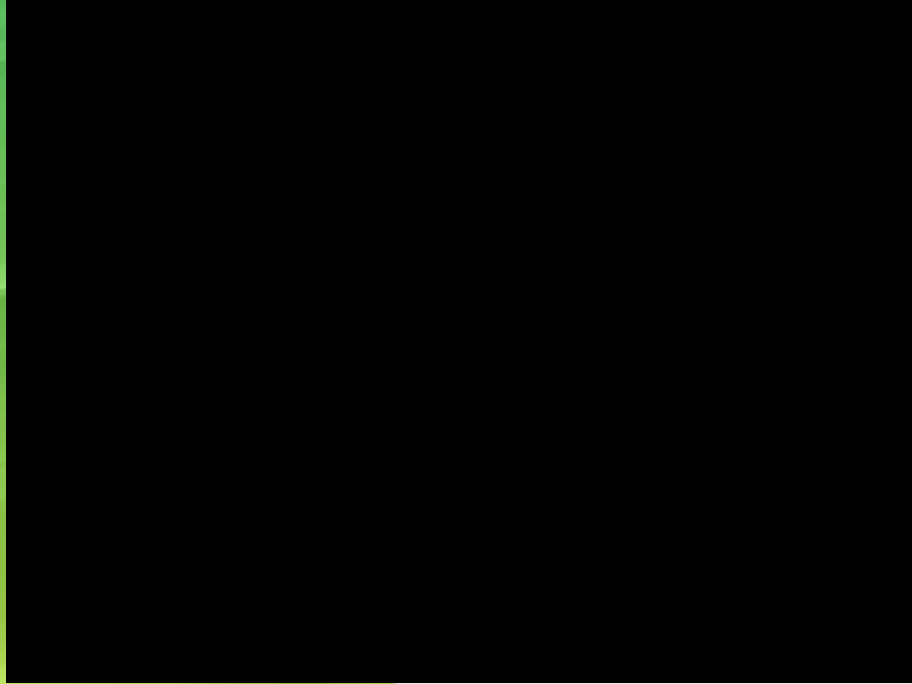
- Letter from Jason’s Father

[www.jasonfoundation.com](http://www.jasonfoundation.com)

**“Suicide in youth cuts across ethnic, economic, social, and age boundaries and has a tremendous and traumatic impact on surviving family members, friends, and the community at large.”**

*American Association of Suicidality, 2019*

# Shattering the Silence



# American Association of Suicidology

- Suicide is the 2nd most frequent cause of death among youth between the ages of 10 and 24.
- In 2019:
  - There were 5954 deaths among individuals age 15-24.
  - An average of 1 young person every 1 hour and 28 minutes died by suicide.
  - There are 3.6 male deaths for each female death.
  - Alabama's suicide death rate ranks 26 in the nation which places us above the national average.
- Suicide is the 10th leading cause of death nationally.

*American Association of Suicidality, 2019*



# Know the Signs

*“Four out of five teens  
who attempt suicide  
have given clear warning  
signs.”*



## What might I see?


- ❑ Posting on social media about death
- ❑ Withdrawing from friends and family
- ❑ Starting/increase of substance abuse
- ❑ Acting anxious or agitated
- ❑ Reckless behavior
- ❑ Showing rage
- ❑ Extreme mood swings
- ❑ Sleeping too much or too little
- ❑ Visiting people to say a form of goodbye
- ❑ Returning borrowed items/giving away possessions





## What might I hear?

- ❑ Talk about killing oneself
- ❑ Idolizing people who have died by suicide
- ❑ Having no reason to live
- ❑ Being a burden
- ❑ Feeling trapped
- ❑ Talking about seeking revenge
- ❑ A need to escape
- ❑ Verbal statements like:
  - ❑ I don't deserve to live, I suck.
  - ❑ My family would be better off without me.
  - ❑ I won't be a problem for you much longer.



**What  
stressful life  
situations  
might be  
occurring?**

- ❑ Abuse (physical, emotional)
- ❑ Suicide experience (know someone who has died by suicide or previous suicide behavior)
- ❑ Life changes (Divorce, housing, etc.)
- ❑ Loss (of loved one/pet, relationship, etc.)
- ❑ Rejection
- ❑ Struggles with sexual identity or being different



## What might I sense?

- ❑ Something is not okay (trust your gut instincts)
- ❑ Unbearable pain
- ❑ Relief or sudden improvement in mood
- ❑ Shame
- ❑ Overwhelmed with no hope for improvement
- ❑ Feeling unaccepted

# **Suicide threats are not always verbal**

- **Text messages**
- **Social Media**
- **Snapchat, Instagram, Twitter**
- **Art work, essays, poems, etc.**



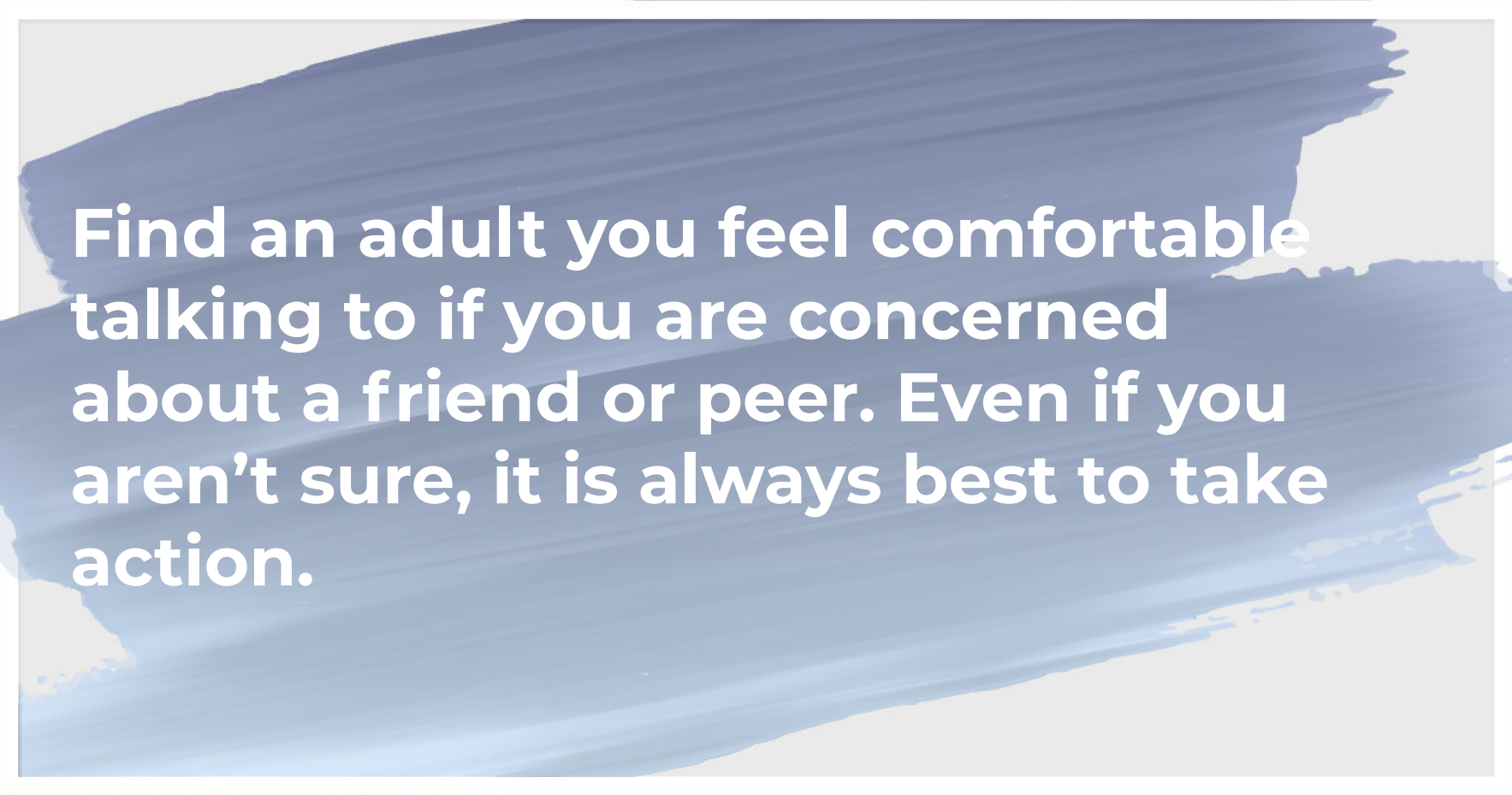
## **What can you do?**

- ❑ Start a conversation
- ❑ Listen and validate their feelings
- ❑ Don't keep a secret
- ❑ Don't leave them alone
- ❑ Get help from a adult



## Ways to Get Help

- School Counselors or Principals
- The Crisis Center—205-323-7777
- Suicide Prevention Centers/Hotlines
- Mental Health Agencies/Professionals
- Hospitals/ERs
- Psychologists/Psychiatrists
- Family Doctor
- Employee Assistance Programs (EAPs)
- Ministers/Clergy
- Law Enforcement
- 1-800-SUICIDE/1-800-273-TALK
- [www.suicidology.org](http://www.suicidology.org)
- Trevor Lifeline – 866-488-7386 OR Trevor Text – Text the word “Trevor” to 1-202-305-1200



**Find an adult you feel comfortable talking to if you are concerned about a friend or peer. Even if you aren't sure, it is always best to take action.**

A large, vibrant green brushstroke graphic that sweeps across the left side of the slide, partially overlapping a white-bordered box containing the title.

# Preventative Factors

- ❑ Effective Clinical Care
  - ❑ Mental, physical, and substance abuse disorders
- ❑ Self Worth
  - ❑ Self esteem, sense of purpose, meaning in life, optimism, hope for future
- ❑ Self Care
  - ❑ Hobbies, physical activity, creative outlet, mindfulness, giving self time to recharge
- ❑ Supports
  - ❑ Cultural, personal, and religious
- ❑ Connectedness
  - ❑ Family and community support, one caring adult/friend
- ❑ Life Skills
  - ❑ Problem solving, coping skills, ability to adapt to change, flexibility
- ❑ Reducing Stigma
  - ❑ Open and direct talk about suicide



The image features a white rectangular border containing several horizontal brushstrokes. The top stroke is a dark blue, the middle stroke is a medium blue, and the bottom stroke is a bright cyan. The text "Questions or Comments?" is centered within the border in a white, bold, sans-serif font.

**Questions or  
Comments?**