

STUDENT GATEKEEPERS FOR SUICIDE PREVENTION

Here's what you can do:

- 1. Don't be afraid to talk to your friends about suicide, you will not be “putting ideas into their heads.”** Listen to their feelings. Make sure they know how important they are to you, but don't believe you can keep them from hurting themselves on your own. Preventing suicide will require adult help.
- 2. Know the risk factors of suicide**
 - a. Depression
 - b. Alcohol and substance abuse
 - c. Previous suicidal behavior
 - d. Recent losses (death, relationship, romance)
- 3. Know the warning signs of suicide**
 - a. Suicide notes
 - b. Plan, method and access (have they communicated how they would end their life?)
 - c. Threats: Direct (“I want to die”) and indirect (“The world would be better without me”)
 - d. Depression/hopelessness: sad, crying, low energy, feeling that things can't get better
 - e. Final arrangements (giving away prized possessions such as clothes, jewelry or pictures; written goodbye notes or via social media)
 - f. Efforts to hurt self
 - g. Sudden changes in personality, dress, friends, etc.
 - h. Death and suicidal themes in written or artwork
- 4. Make no deals.** Never keep secret a friend's suicidal plans or thoughts. You cannot promise that you will not tell—you have to tell to save your friend!
- 5. Tell an adult.** Talk to your parent, your friend's parent, your school's psychologist, social worker, nurse or counselor--a trusted adult. And don't wait! Don't be afraid that the adults will not believe you or take you seriously—keep talking until they listen! Even if you are not sure your friend is suicidal, talk to someone. This is definitely the time to be safe and not sorry!



Resources

- [Crisis Text Line](#)
 - Nationwide, free 24/7 text hotline for teens in crisis
 - Text FB to 741741 to chat with a compassionate trained counselor
- [Teen Line](#)
 - Teens helping teens
 - Call (310) 855-HOPE or (800)TLC-TEEN from 6pm to 10pm
 - Text “TEEN” to 839863 between 6pm and 9pm
- [Your Life Your Voice](#)
 - Call: 1-800-448-3000 – available 24/7
 - Text: “VOICE” to 20121- available 12pm-12am
- [Suicide Prevention Lifeline](#)
 - Call: 1-800-273-TALK (8255)- Free 24/7

LGBTQ Specific Resources

- The below are from www.thetrevorproject.org
 - TrevorLifeline: Crisis intervention and suicide prevention phone service available 24/7 at 1-866-488-7386
 - TrevorText: Text “Trevor” to 1-202-304-1200. Standard text messaging rates apply. Available Monday through Friday between 3pm–10pm EST / Noon–7pm PT
 - [TrevorSpace](#)—An online international peer-to-peer community for LGBTQ young people and their friends.
 - [Trevor Support Center](#)—Where LGBTQ youth and allies can find answers to FAQs and explore resources related to sexual orientation, gender identity and more