



Suicide Prevention Manual

For Teachers



NORTH DAKOTA
DEPARTMENT *of* HEALTH



RISK FACTORS

Suicidal risk factors are characteristics or conditions that increase the chance that a person may attempt to take his or her life. Suicide risks tend to be highest when someone shows several of the following factors at the same time.

Some risk factors for suicide are:

- Depression or other health/mental health disorder
- Drug/alcohol abuse
- Sexual orientation
- Previous suicide attempt(s)
- Impulsivity or aggression
- Lack of coping, stress, feeling overwhelmed
- Switch, alienate, withdraw from friends
- Change in habits (drop in grades, loss of appetite, appearance)
- Truancy or increased absence
- Traumatic life event (death in family, divorce, illness)
- Bullying/teasing others OR being bullied or teased
- Unstable family dynamics
- Removed or cut off from something they enjoy
- Victim of abuse
- Poor self-esteem/ worthlessness



WARNING SIGNS

Warning Signs, or indicators, are actions that show someone may be in danger of suicide, either immediately or in the near future.

Warning Signs for suicide include:

- Suddenly worsening school performance
- Giving away prized possessions
- Fixation with death or violence (through poetry, essays, art or obsessions with violent movies, video games or music)
- Talking about feeling hopeless or having no reason to live
- Looking for ways to kill themselves (seeking access to pills, weapons, other means)
- Threatening to hurt or kill themselves (example: verbalization or messages on social media)
- Having and/or sharing a plan of suicide



RESPONSE PROCEDURE

If you have concern for a student's well-being talk with the student about what is going on by asking a few questions. (If you are uncomfortable asking questions, **refer the student to a school counselor**)

Direct Questions:

Are you thinking about killing yourself?

Have you been thinking about suicide?

After talking with the student are there **WARNING SIGNS** for suicide?

NO?

Continue to MONITOR student's behavior and NOTIFY counselor or administrator about Situation as soon As possible.

YES?

Make call to counselor or an Administrator immediately to enact SP Protocol.

IF you are *UNSURE* of what step to take after talking with a student, *ALWAYS* contact your school counselor or administrator, by the *BEST MEANS POSSIBLE*, to discuss the next steps. *NEVER* do nothing.

REFERRALS

When a student is identified by a staff person as potentially suicidal, the student will be brought in and **action will be taken by the student's parents and/or counselor (admin)** that same day to facilitate referral for assessment.

North Dakota referral options include:

National Suicide Prevention Hotline
800-273-8255

Human Service Center
701-857-8500

*Available 24/7 for free
risk assessment

Mental Health Professional

Family Doctor

Emergency Room (extreme cases or
immediate evaluation)

Call 911 (if in immediate danger to
self or others)

