



YSPP

Youth Suicide Prevention Program

www.yspp.org

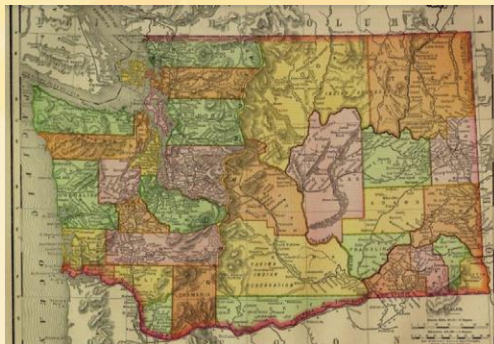
What's the goal?

- Recognize when a friend is in trouble;
- Know what you can do to help; &
- Know where to find that help.

knowing this could **save a life.**

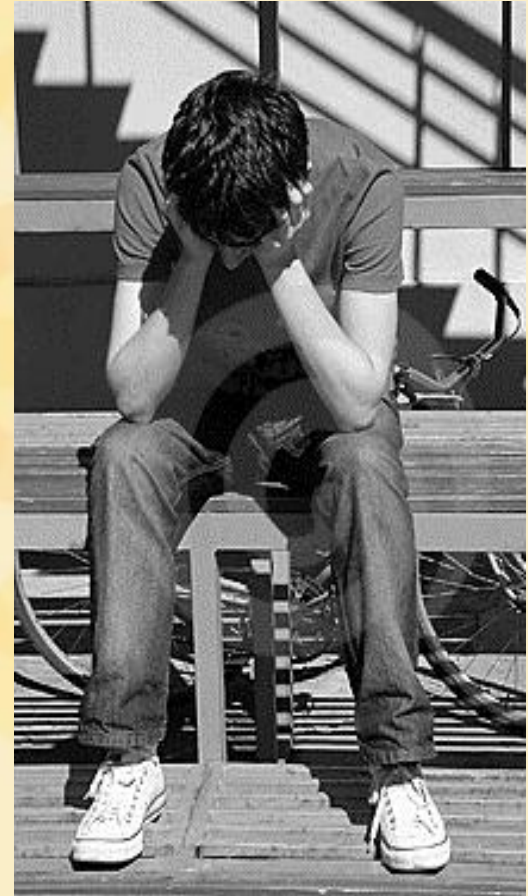
Why the Concern?

- Two Washington State Youth (10-24 years old) die by suicide each week.
- 1 of 5 youth seriously considers suicide.
- Suicide is the 2nd leading cause of death.
- 80% of people who die by suicide have given off clues or talked about suicide.



Signs & Symptoms of Depression

- Anxiety or irritability
- Changes in eating/sleeping habits
- Physical complaints
- Poor school performance
- Drug or alcohol abuse
- Moodiness, hopelessness, withdrawal



Benefits of Getting Help for Depression

- Safe place to talk
- Someone to listen
- Learn coping skills
- Get support

Cups Model

- Think of **stressors** you or your peers might have ...a problem, a worry, a concern, a barrier...
- They can be “large”, “small”, long term, or short term
- **1 cup = 1 stressor**



What's YOUR Role?

Friend's Role

Be a good friend

Educate yourself about suicide prevention

Adult's Role

Ensure safety

Teach skills

Show you care

Don't keep a secret

Know the warning signs

Offer Support

Listen

Warning Signs

- Talk of suicide
- Making a suicide plan
- Moodiness, irritability, sadness
- Withdrawal, hopelessness
- Alcohol or drug abuse
- Impulsivity
- Change in school performance

S.A.G.

- **Show you care**
 - ✓ “I am worried about you; I want to help.”
- **Ask the question**
 - ✓ “Are you thinking about suicide?”
- **Get help**
 - ✓ Do not leave him/her alone
 - ✓ “You are not alone, let me help you find help.”



Resources for Help

- Trusted adult friend
- School counselor
- Teachers or coaches
- Faith community
- Older sibling
- Parents or other close family
- For Immediate Help:

Crisis Line 1-800-273-TALK

LGBTQ 1-866-4U-TREVOR



More Resources for Help

- Open Line: 509 575-4200
800 572-8122
- Teen Line: 877-345-TEEN
- www.reachout.com
- www.mindyourmind.ca
- www.thetrevorproject.org (GLBTQ)
- www.suicidepreventionlifeline.org

Facing the Facts

- Youth suicide is a problem in Washington State.
- Bringing up suicide **will not** put the idea in their head.
- By talking about suicide **you** may help **save a life.**

A close-up photograph of two hands, one on the left and one on the right, pulling apart a red paper heart. The heart is split down the middle, and the hands are holding the edges of the two halves, pulling them away from each other. The background is plain white.

“The Break-Up”

Background

A pair of hands is shown tearing a red heart-shaped paper. The hands are positioned on the left and right sides of the heart, with fingers pulling at the edges. The heart is split down the middle, and the two halves are slightly separated, creating a jagged tear. The background is plain white.

- ✓ Jack and Ashley just broke up
- ✓ Jack previously said he'd kill himself if they broke up
- ✓ Jack doesn't seem like himself
- ✓ You asked Jack about what he said, but he said he was fine and wouldn't hurt himself
- ✓ You aren't sure if Jack was serious
- ✓ You are concerned and wonder what you should do

A close-up photograph of two hands pulling apart a red heart-shaped paper cutout. The heart is split vertically down the middle, and the hands are positioned at the top edges, pulling the two halves away from each other. The background is plain white.

What should you be looking for?

- ✓ **Talk of suicide**
- ✓ **Making a suicide plan**
- ✓ **Moodiness, irritability, sadness**
- ✓ **Withdrawal, hopelessness**
- ✓ **Alcohol or drug abuse**
- ✓ **Impulsivity**
- ✓ **Change in school performance**

What should you do?

- ✓ Show Jack you care
- ✓ Directly ask Jack if he is thinking about suicide
- ✓ Take the situation seriously and get help
- ✓ Don't leave Jack alone if he is suicidal
- ✓ Offer to find Jack help

A pair of hands is shown holding a red heart that has been cut vertically down the middle, symbolizing emotional pain or a need for help. The hands are positioned on either side of the heart, with fingers gripping the edges. The background is plain white.

Who could you go to for help?

- ✓ **School counselor**
- ✓ **Jack's favorite coach or teacher**
- ✓ **Your parents**
- ✓ **Teen Health Center at school**
- ✓ **Crisis line 1-800-273-TALK**

Remember: S.A.G

- **Show you care**
- **Ask the question**
- **Get help**

**Knowing the signs could
save a life.**