**Suicide Prevention Training**

Office of Prevention & Intervention

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| Myths vs. Realities | | |
| Suicides usually happen without warning. | TRUE | FALSE |
| Talking about suicide makes people more likely to kill themselves. |  |  |
| Many people who are considering suicide tell others about these thoughts. |  |  |
| In order to minimize the behavior, it is appropriate to ignore people’s suicidal thoughts or behaviors when they are just trying to get attention. |  |  |
| People who attempt suicide are at the lowest risk for re-attempt within the first 6 months after the attempted suicide and may be at a higher risk after that. |  |  |
| Suicide is preventable. |  |  |

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|  | What thoughts or emotions would surface for you if you needed to address this concern with a student? |  |

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| STOP…and process it! | | |
| One thing you’ve learned that is new information… | One think you’ve heard that affirmed what you already knew… | One question that has surfaced on this topic… |
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| Warning Signs | Risk Factors |
| Talking about or making \_\_\_\_\_\_\_\_\_\_ for suicide  Expressing hopelessness about the \_\_\_\_\_\_\_\_\_\_\_  Displaying \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ emotional pain or distress  Showing worrisome \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cues or marked \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in behavior, particularly in the presence of the warning signs above. | * Having a psychiatric disorder, including depression * Loss of, or conflict with, close friends or family members * History of physical or sexual abuse or exposure to violence * Physical or medical issues, for example, becoming pregnant or having a sexually transmitted infection * Being the victim of bullying * Being uncertain of sexual orientation * Exposure to the suicide of a family member or friend * Begin adopted * Family history of mood disorder or suicidal behavior * Problems with alcohol or drugs |

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| BIG IDEA | Whether a child has risk factors, warning signs, combinations, or none, we keep our children safe by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with them and making sure they have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |

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| Overview of school-based response |
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| Student suicide crisis procedure | | | | |
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| Approaching a youth about suicide |
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| The Framework |
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