



SUICIDE PREVENTION

for Schools

The Ohio Department of Mental Health and Addiction Services, along with you, your partners and caring citizens throughout the State share in the goal of reducing suicide in Ohio.



SUICIDE IS CLOSELY LINKED TO MENTAL HEALTH AND SUBSTANCE USE DISORDERS. **WHAT CAN YOU DO?**

MOST AT RISK

- ▶ History of depression, substance abuse, and/or suicide attempts
- ▶ Relationship problems with family and/or friends
- ▶ Disciplinary problems

KNOW THE SIGNS of emotional distress & suicide

- Personality changes
 -
- Uncharacteristically angry, anxious, agitated, or moody
 -
- Withdrawal or increased isolation
 -
- Poor self-care and/or engaging in risky behavior
 -
- Hopeless or overwhelmed by their situation

SUPPORT

- ▶ **National Suicide Prevention Lifeline**
1-800-273-8255
- ▶ **Crisis Text Line**
text 4hope to 741 741

TAKE ACTION

- ▶ **Include** suicide prevention as part of overall school safety
- ▶ **Recognize** how mental health can affect school performance
- ▶ **Train** all teachers and staff in recognizing the warning signs of emotional distress and suicide
- ▶ **Screen**, identify and refer at risk students to the appropriate help
- ▶ **Have** a plan for response to students, teachers, and staff in the event of a death by suicide

RESOURCES

- ▶ **Ohio Suicide Prevention Foundation**
ohiospf.org/
- ▶ **Suicide Prevention Resource Center**
sprc.org/settings/schools
- ▶ **Signs of Suicide (SOS) training**
mentalhealthscreening.org/programs/sos-signs-of-suicide/training
- ▶ **Kognito**
kognito.com/products
- ▶ **For Colleges and Universities**
suicideprevention.ohio.gov/
- ▶ **Mental Health First Aid**
mentalhealthfirstaid.org/
- ▶ **Ohio Department of Mental Health & Addiction Services**
mha.ohio.gov/suicideprevention



Ohio Department of Mental Health & Addiction Services | mha.ohio.gov

FOR A LIFE-THREATENING EMERGENCY, CALL 911