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

### 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

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