Welcome to today’s Infopeople Webinar!

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TEEN SUICIDE PREVENTION

Cheryl Eskin, MFT and Michelle Carlson, MSCPH
Mental Health Statistics in the U.S.

21% of youth 13-18 live with a mental health condition

90% who die by suicide had an underlying mental illness

Average delay between onset of symptoms and intervention is 10 years

HOW CAN WE HELP?

Know the signs & start the conversation!

TEEN LINE 2017
Real stories of hope and help...

Ginger, 16
Myth or Fact?

- Suicide usually occurs with no warning signs.

- **MYTH!**

TEEN LINE 2017
Myth or Fact?

- People who take their own life are weak and just looking for “attention.”  
  ■ MYTH!
Myth or Fact?

- Asking someone if they are thinking about suicide will put the idea in their head.

- **MYTH!**

TEEN LINE 2017
Suicide Specific Information

- Not everyone who thinks about suicide makes an attempt
- 17% of high school students report seriously considering suicide
- Suicide is the 2nd leading cause of death among 10-24 year olds

TEEN LINE 2017
Risk Factors for Suicide

- Previous suicide attempts
- Recent loss
- Access to guns
- Suicide and/or mental illness in family
- Abuse & bullying
- Stress resulting from prejudice/discrimination – LGBTQ+
- Stigma around mental illness & asking for help
- Alcohol or drug abuse
A Better Understanding

Stressors

- BF/GF
- School
- Friends
- Family
- Loss
- Bullying
- Identity
- Depression
- BF/GF
- Friends
- School

I can’t see what’s on the other side!

TEEN LINE 2017
Helpless

Hopeless

No way out

Pain

Alone

Tunnel vision

TEEN LINE 2017
Suicide WARNING SIGNS

Feeling WORTHLESS
Feeling TRAPPED

A sense of HOPELESSNESS or NO HOPE for the FUTURE

Social ISOLATION or FEELING ALONE

Alcohol and DRUG misuse

Giving things AWAY

Feeling like you DON’T BELONG

Engaging in “risky” BEHAVIORS

A HISTORY of SUICIDAL BEHAVIOUR

FREQUENTLY TALKING about DEATH

Dramatic changes in MOOD and BEHAVIOUR

Possessing LETHAL MEANS

Aggressiveness and IRRITABILITY

Feeling LIKE A BURDEN to others
Buffers/Protective Factors

- “Permission” to talk about feelings
- Someone to talk to who will really LISTEN
- Responsibility to the community
- Connectedness – to individuals, family, community & social institutions
- Problem solving skills – ability to adapt to change
- Religion
How Can You Help?

Ask! Are you thinking of killing yourself?

- I’m really concerned for your safety. Are you thinking of killing yourself?
- When people are feeling extremely upset, they can have thoughts of suicide. Is this something you’ve been thinking about?
What if they say YES?

ASSESS!

- Do you have a plan?
  - Is it realistic and/or easily accessible?
- Do you have a specific time frame?
- Have you attempted before?

If they answer YES, call 911 or the PET team.

If they answer NO, professional help should be obtained ASAP.
Do and Don’ts with Suicidal Teens

- Be comfortable with the word “suicide.”
- Know how to assess for plans, means, lethality, etc.
- Safety Plan - Involve collaterals as much as possible (including school, siblings, etc)
- Don’t promise to keep their suicidal thoughts a secret.
- No debates about the moral aspects of suicide.
- Let the teen know in advance if you plan to involve others

TEEN LINE 2017
If they’re not suicidal, but you’re still concerned….

- Talk and LISTEN to them.
- Let them know you appreciate their sharing
- Connect with parents (if appropriate)
- Give them opportunities to shine
- Provide resources
- Take care of yourself
Stop, Breathe & Think
http://www.stopbreathethink.org/
TEEN LINE 2017
Resources

MY3 APP
http://www.my3app.org/
TEEN LINE 2017
Resources

Virtual Hope Box in the app store

VIRTUAL HOPE BOX

Remind Me
Distract Me
Inspire Me
Relax Me
Coping Tools

Distract Me
Sudoku Puzzle
Photo Puzzle
Word Search
Mahjong Solitaire

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Resources

Search for Teen Line on any smart phone
http://www.TeenlineOnline.org/Downloads/

TEEN LINE 2017
Resources

National Suicide Prevention Lifeline
1-800-273-8255 24/7
SuicidePreventionLifeline.org

The Trevor Project
LGBTQ
1-866-488-7386 24/7
TheTrevorProject.org

Know the Signs
SuicideIsPreventable.org

TeenlineOnline.org
310-855-4673 or
Text “TEEN” to 839863
Any questions?:

Please contact Cheryl Eskin, Program Director, at 310-423-1604 or cheryl@teenlineonline.org or
Michelle Carlson, Executive Director, at 310-423-1084 or michelle@teenlineonline.org

THANK YOU FOR YOUR TIME!

TEEN LINE 2017