



Welcome to today's Infopeople Webinar!

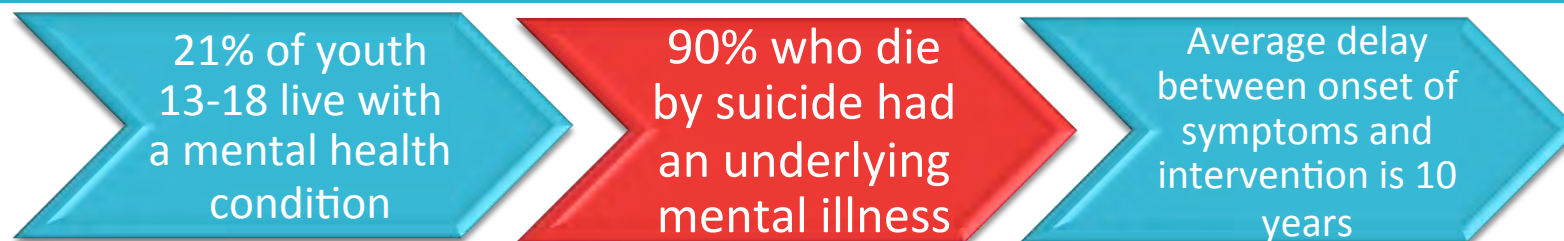
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# TEEN SUICIDE PREVENTION

Cheryl Eskin, MFT and Michelle Carlson, MSCPH

# Mental Health Statistics in the U.S.



## HOW CAN WE HELP?

Know the signs & start the conversation!

Real stories of hope and help...



Ginger, 16

TEEN LINE 2017

[https://youtu.be/ErA\\_nfjTA4](https://youtu.be/ErA_nfjTA4)



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# Myth or Fact?



▣ Suicide usually occurs with no warning signs.

▣ **MYTH!**

# Myth or Fact?

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▣ People who take their own life are weak and just looking for “attention.”

■ **MYTH!**

# Myth or Fact?

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

▣ **MYTH!**



## Suicide Specific Information

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

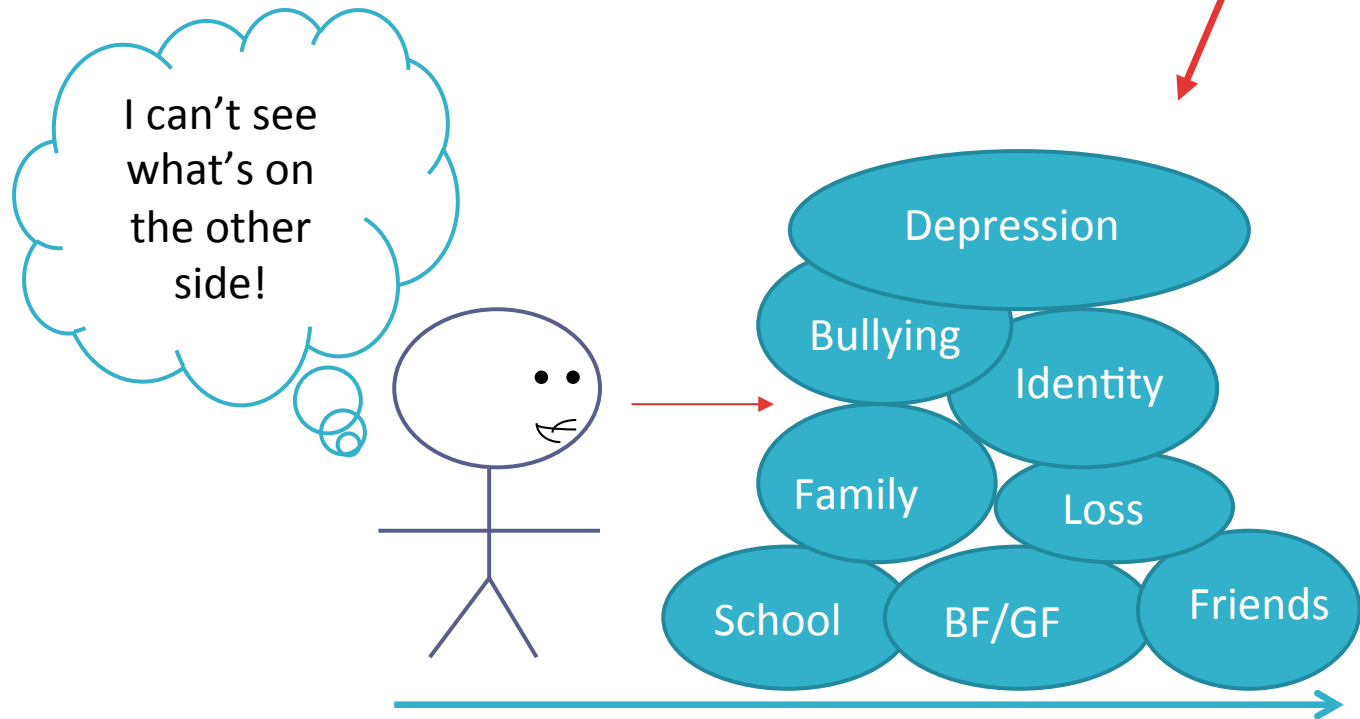
# Risk Factors for Suicide



- ❑ 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



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Helpless

No way out

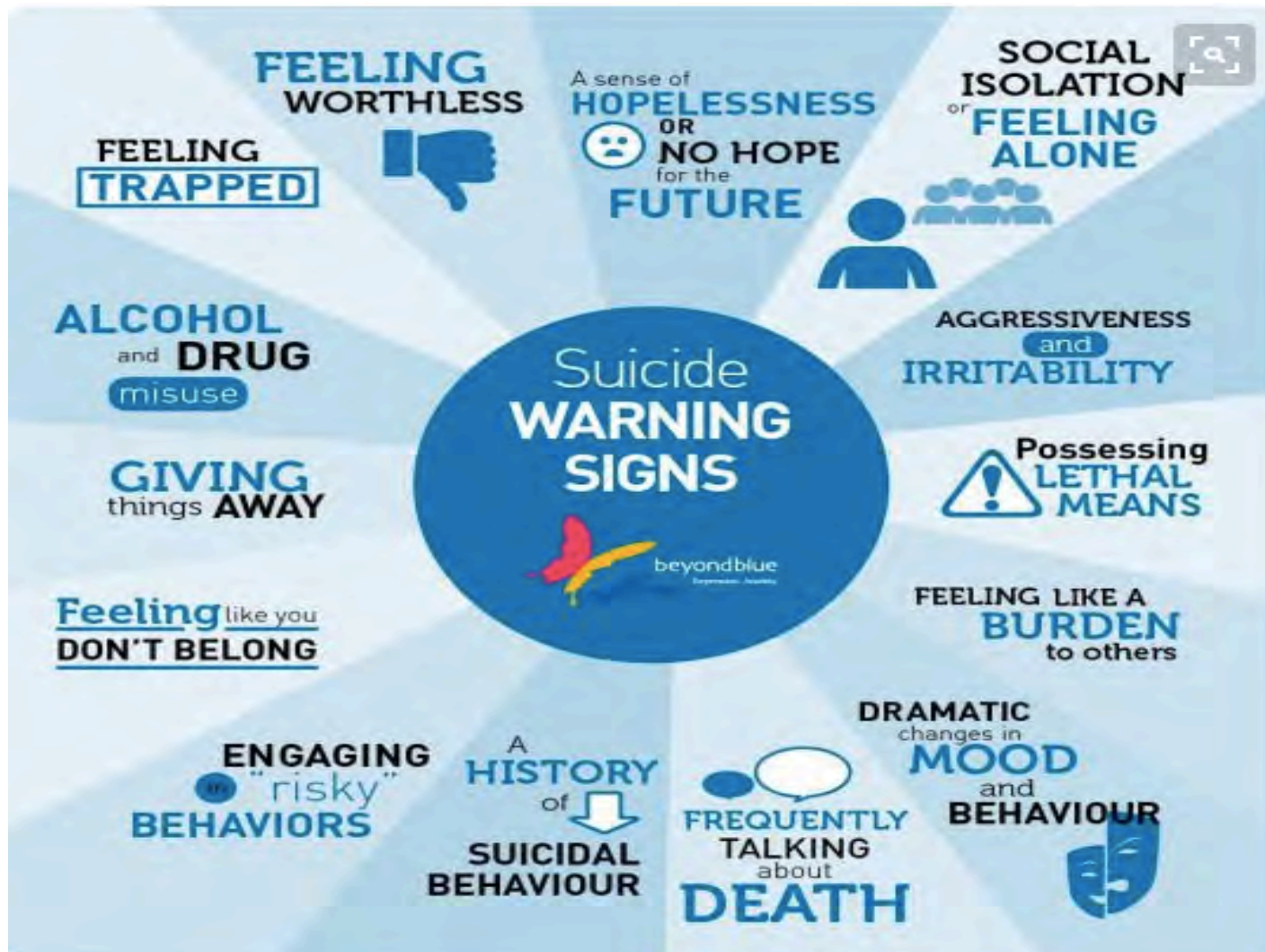
Pain

Hopeless

Alone

Tunnel vision

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# Buffers/Protective Factors

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- ❑ “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?

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**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

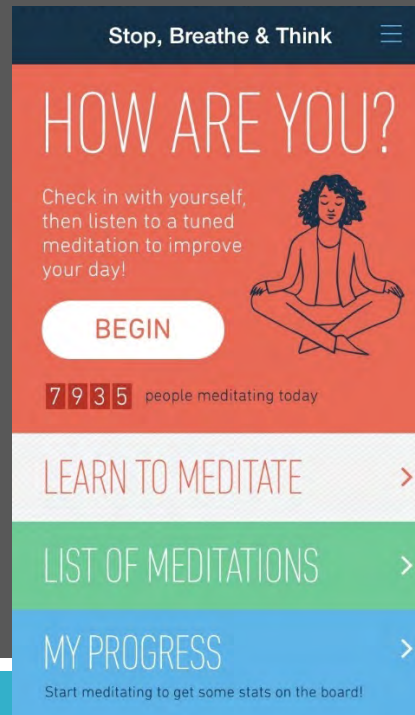
- Be comfortable with the word “suicide.”
- Know how to assess for plans, means, lethality, etc.
- Safety Plan - Involve collaterals as much as possible (including school, siblings, etc)
- Don't promise to keep their suicidal thoughts a secret.
- No debates about the moral aspects of suicide.
- Let the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

# If they're not suicidal, but you're still concerned....

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- ❑ 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

# Resources



Stop, Breathe & Think  
<http://www.stopbreathethink.org/>

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# Resources

MY3

## YOUR SAFETY PLAN

Fill out your safety plan and reference it when you are having thoughts of suicide

- ▼ 1. MY WARNING SIGNS EDIT
- ▼ 2. MY COPING STRATEGIES EDIT
- ▼ 3. MY DISTRACTIONS EDIT
- ▼ 4. MY NETWORK EDIT
- ▼ 5. KEEPING MYSELF SAFE EDIT

MY3

Kate Bell  
EDIT

John Hardy

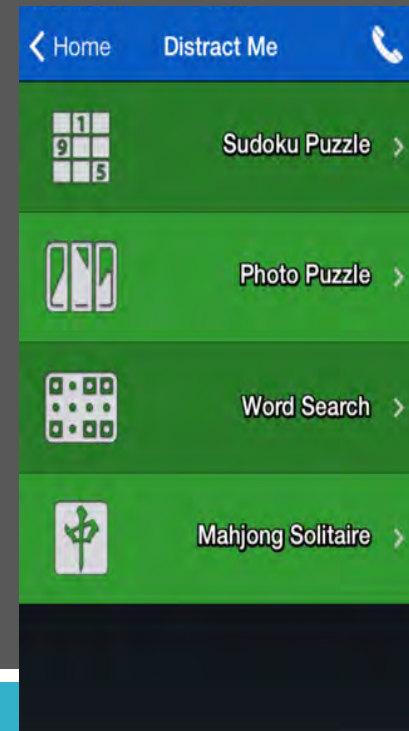
Russell Dempsey

GET HELP NOW  
Call the National Suicide Prevention Lifeline

CALL 911

MY3 APP  
<http://www.my3app.org/>  
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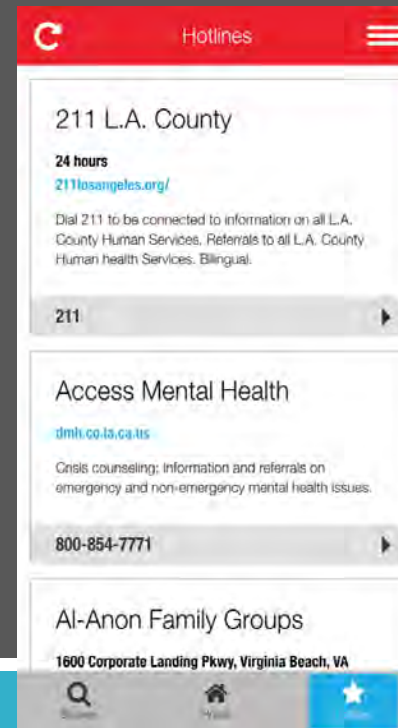
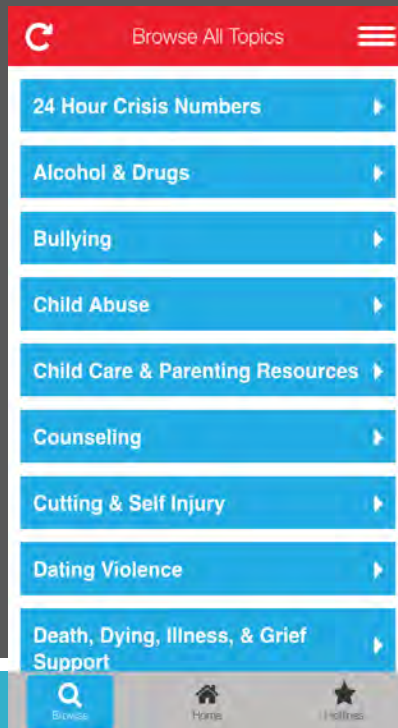
Resources



Virtual Hope Box in the app store

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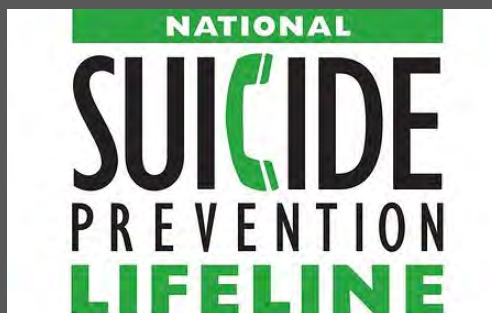
# Resources



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

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# Resources



1-800-273-8255 24/7  
SuicidePreventionLifeline.org



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



Know the Signs  
SuicidesPreventable.org



310-855-4673 or  
Text "TEEN" to 839863  
TEEN LINE 2017 TeenlineOnline.org

# Any questions?:



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## THANK YOU FOR YOUR TIME!

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