

RESPONSE

STUDENT COMPONENT



What might stop us from getting
help for someone?

DAY 1



RESPONSE is a program designed to help students identify another student who may be struggling or thinking about suicide and how to get help.



Why?












- ✓ Suicide is the 2nd leading cause of death for teens in Oregon
- ✓ Many people will have thoughts of suicide sometime in their life
- ✓ It can be difficult to reach out for help
 - ✓ Stigma ... Define stigma....
- ✓ Having thoughts of suicide does not mean the person will always feel that way
- ✓ There is support and help for those who are struggling
- ✓ It's important to know where to get help if you or someone you love is struggling



What to Look For



What Stresses Us Out?

-  Feeling overwhelmed with school work/ extra curriculars/ jobs
-  Feeling isolated
-  Fighting with family/ friends
-  Struggling with our mental health
-  Social Media
-  Bullying
-  Financial struggles
-  Death of a loved one
-  Loss of a relationship/ friendship
-  When our friends are struggling
-  The future!

What might we notice if we are struggling and might need support?



- ✓ Withdrawal
- ✓ Sad, angry or irritable for 2+ weeks
- ✓ Loss of interest in usual activities
- ✓ Mood swings – intense sadness/fatigue to intense energy/happiness
- ✓ Difficulty concentrating
- ✓ Substance abuse
- ✓ Sleep/appetite changes
- ✓ Isolation
- ✓ Intense fear/anxiety/ panic
- ✓ Drop in grades
- ✓ Hopelessness
- ✓ I am or my friends are struggling



What we might notice if someone is thinking of suicide?

- ✓ An increase of the things we saw on the last slide
- ✓ Thinking, Talking or Writing about Suicide or death (Ideation)
- ✓ Talking about needing to escape
- ✓ Withdrawal from friends, family, or society/ Isolation
- ✓ Making a plan for suicide
- ✓ Recent recklessness or taking unnecessary risks
- ✓ Feelings of hopelessness, purposelessness, or despair



What we might notice if a person is thinking of suicide?

- ✓ Dramatic mood changes
- ✓ Pain/Loss
- ✓ Feeling Trapped
- ✓ Giving away personal stuff
- ✓ Increased alcohol or drug use
- ✓ Gut feeling
- ✓ Reaching out for help
 - ✓ There might be some barriers- we'll discuss tomorrow!



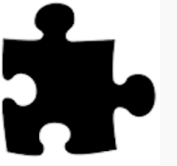
Video Clip



Ideation~

- IDEATION- is defined as self-reported thoughts of engaging in suicide or suicidal behaviors.
- -Can be expressed through terminal statements- **“I would be better off dead.”**
- -May also be expressed in statements, journals, on-line, or in school work.

Conclusion



- Questions or concerns?
- Discussion topic for tomorrow
- Self Care!
- Reach out if needed
 - *YouthLine 877-968-8491 or text teen2teen to 839863*
 - *LifeLine 800-273-8255 or text 273TALK to 839863*
 - *School counselor info*

