



SUICIDE PREVENTION

BEHAVIORAL HEALTH SERVICES

Suicide Prevention involves the collective efforts of parents, students, teachers and local organizations to protect the health and well-being of all students by having procedures in place to prevent, assess the risk of, intervene in, and respond to warning signs of suicide.

Parents and educators who learn the following warning signs are better equipped to connect children with professional help:

- Feeling trapped
- Acting recklessly
- Loss of interest
- Sleeping too much or too little
- Giving away prized possessions

Risk Factor: characteristic or condition that increases the chance that a person may try to take his or her life (e.g., major depression, substance abuse, previous suicide attempts)

Protective Factor: characteristics or conditions that may help to decrease a person's suicide risk (e.g., effective mental health care, positive social connections)

The following groups have elevated risk for suicidal behavior: Individuals who...

- Have mental and/or substance use disorders
- Engage in self-harm or have a history of previous suicide attempts
- Were involved with juvenile justice or child welfare
- Are homeless
- Identify as LGBTQ
- Have been exposed to suicide

Suicide is the third leading cause of death among young cause of death among people ages 10-19 (CDC, 2010)

How to Build Support

- Foster a safe and supportive
- School climate
- Provide mental health Services
- Foster positive student- teacher relationships
- Conduct SOS procedures
- Provide LGBTQ supports

Community Supports

The Trevor Lifeline
(specializes in LGBTQ youth)
1-866-488-7386

Samaritans
1-800-252-8336

Boston Emergency Services Team (BEST)
1-800-981-4357

District Supports

Behavioral Health Services
(617) 635-9676

