

NURSE DOUGLAS- ATKINSON

Reviewed by: Shanique Haughton-Blake, BSN, RN, Hopiann Coombs BSN, RN, Reneta Mitchell, AsCJ

**Talk Well
Live Well**

September
2025

VOLUME
#22

**WHAT IS
SUICIDE?**



NATIONAL
SUICIDE
PREVENTION
MONTH

NURSE'S NOTES

YOUR MONTHLY DOSE OF SCHOOL WELLNESS



SUICIDE

PREVENTION

VOL. 22

WHAT IS SUICIDE?

SEPTEMBER 2025

WHAT DO YOU KNOW ABOUT SUICIDE?

How do you identify someone with suicidal thoughts

What is suicide?

Suicide is death caused by injuring yourself with the intention to die.

Suicidal Ideations/Thoughts

Suicidal Ideations/Thoughts occurs when you think about, feel, or have thoughts of wanting to die.

What are some emotions associated with suicide?

- Despair
- Emotional pain
- Isolation and loneliness
- Burdensomeness
- Helplessness
- Fear
- Worthlessness
- Shame and guilt
- Hopelessness
- Inability to find meaning and purpose
- Anger
- Numbness

"It is easy to think and feel like you are alone in this world, but you aren't. You have people who are ready to hear what you have to say and help you through anything you are going through." - Nurse D ❤️

Scripture of the Month:

Joshua 3:5 (NIV)

Joshua told the people, "Consecrate yourselves, for tomorrow the LORD will do amazing things among you."

Reference

Facts about Suicide (2025) . CDC. <https://www.cdc.gov/suicide/facts/index.html>

Suicidal Ideation (Suicidal Thoughts) (2024). *Cleveland Clinic.*
<https://my.clevelandclinic.org/health/symptoms/suicidal-ideation>

Suicide (nd). Lifeline Support Toolkit.
<https://toolkit.lifeline.org.au/topics/suicide/feelings-and-effects-of-suicide>