

NURSE DOUGLAS- ATKINSON

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

**Talk Well
Live Well**

September **2025** VOLUME
#24

**HOW TO
IDENTIFY
SOMEONE WITH
SUICIDAL
IDEATION**

 **NURSE'S
NOTES** 

YOUR MONTHLY DOSE OF SCHOOL WELLNESS



NATIONAL
**SUICIDE
PREVENTION
MONTH**

WHAT DO YOU KNOW ABOUT SUICIDE?

How do you identify someone with suicidal ideations?

Lets take a step back

It's very disheartening that we have lost there (3) children to suicide since July. That's three (3) too many. Mental Health is no longer taboo, but it is still not being treated with the urgency that it needs. I recognise that many individuals are troubled by the death of these children. The truth is, we should've been concerned the moment they started showing signs of depression and suicidal ideations; not when they are no longer with us and we can't do anything to help them. With that, please pay keen attention to what comes next.

WARNING Signs of Suicide

Talking about:

- Wanting to die
- Great guilt or shame
- Being a burden to others

Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain

Changing behavior, such as:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items
- Displaying extreme mood swings
- Eating or sleeping more or less
- Using drugs or alcohol more often

"PAY ATTENTION, Please."

Reference

Warning Signs of Suicide (2025). *National Institute of Mental Health.*

<https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide#:~:text=Withdrawing%20from%20friends%2C%20saying%20goodbye,or%20sleeping%20more%20or%20less>