

Counselor Connection

September 2021 Suicide Awareness Month

Your Mental Health Matters

Ways PVA can help

- Wellness Weeks for tutorials, club meetings, extra study time, down time and rest
- Counselor lessons about how to find help
- Individual meetings with counselors available
- Confidential reporting
- Wrap around specialist with mental health referrals
- HSPVA faculty trained on suicide awareness
- HISD Let's Stay Connected 24/7 Help line **713-556-1340**
- 24/7 support #'s on the back of all HISD Student ID's
- Sandy Hook app to report any crisis concern anonymously

1-844-5-SAYNOW

Suicide Facts and Statistics

According to the National Alliance on Mental Illness and Suicide Awareness Voices in Education

- Suicide is the 2nd leading cause of death in people ages 10-34
- 80% of teens who die by suicide show warning signs
- 90% of teens who die by suicide have a mental health condition
- LBGTQIA+ youth are 4 times more likely to attempt suicide than any other youth
- 41% of transgender adults have already attempted suicide
- Suicide can be prevented. Know the warning signs and reach out for assistance to help those with suicidal thoughts and feelings

- Talking about wanting to die
- Looking for a way to kill oneself
- Talking about having no reason to live
- Giving away prized possessions
- Acting anxious or agitated
- Talking about being in unbearable pain
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Increasing the use of alcohol or drugs
- Showing rage or seeking revenge
- Displaying extreme mood swings
- Talking about being a burden to others
- Exhibiting daring or risk-taking behaviors
- Showing lack of interest in future plans

Look for the warning Signs

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)

How Parents can Help Someone with Suicidal Thoughts

Approaching someone who is struggling can be difficult, but it's worth the discomfort to help save a life.

ASK

Ask the person if they think about dying or killing themselves. Don't hesitate to do this - asking will not put the idea in their head, nor will it make them more likely to attempt suicide.

LISTEN

Start a conversation with the person and listen without judging to show you care. Create a safe space for them to share their feelings and vent.

STAY

Don't leave the person alone. Stay with them or make sure they are in a private, secure place with another caring person until you can get further help.

SECURE

If you suspect the person could be a harm to themselves, take them seriously. Remove any objects that could be used in a suicide attempt.

CALL

Call the National Suicide Prevention Lifeline at **1-800-273-8255** and follow their guidance. If danger for self-harm seems immediate, call 911

HOUSTON ISD
LET'S STAY CONNECTED
MENTAL HEALTH HOTLINE

HISD HAS LAUNCHED THE **LET'S STAY CONNECTED MENTAL HEALTH HOTLINE** TO PROVIDE EMOTIONAL, SOCIAL, & PSYCHOLOGICAL SUPPORT TO STUDENTS & PARENTS WHO FEEL THE NEED FOR ASSISTANCE.

THE HOTLINE IS AVAILABLE 24 HOURS A DAY, SEVEN DAYS A WEEK, AND CALLERS MAY REMAIN ANONYMOUS:
713-556-1340

SAY SOMETHING

ANONYMOUS REPORTING SYSTEM

SEE IT. REPORT IT.



MOBILE APP



1-844-5-SAYNOW



SAYSOMETHING.NET