

# Suicide Prevention

If you are in crisis right now,

- Call 911
- Go to your closest Emergency Room
- Call the Suicide Hotline: 1-800-273-TALK (8255) or text START to 741741

Possible indicators of depression include

- Depressed mood (this may look like irritability, anxiety, or even anger)
- Changes in sleeping patterns
- Changes in eating patterns/appetite/weight
- Loss of interest in activities, even favorite activities
- Withdrawal from family and friends
- Feelings of worthlessness, hopelessness, or guilt
- Difficulty concentrating
- Drug or alcohol use/abuse
- Neglect of physical health
- Thoughts of death, suicide or wishing to be dead (It's important to ask about this. You might say, "Sometimes people feel so overwhelmed that they think about killing themselves. Have you ever had thoughts like that?")

A recording of the GCISD-sponsored parent meeting, presented by Janice Harris Lord LCSW,ACSW, LPC of Trauma Support Services of North Texas: Parents and Suicide: How to Do Your Best to Prevent It

Links for more information and resources:

<http://www.suicidology.org>

<http://www.suicidepreventionlifeline.org>

<http://www.cdc.gov/violenceprevention/suicide/index.html>

<http://www.iamherecoalition.org/suicideprevention.html>

<http://www.teensuicide.us>

<http://www.suicide.org>

<http://www.afsp.org>

<http://www.sprc.org>

<http://www.save.org>

<http://www.mhmrtarrant.org/services/mental-health-services/crisis-relief>

As you can see, there are many resources for treating Depression and suicidal thinking. Non-urgent, non-acute, concerns may be discussed with your student's school counselor or student advocate. Again, urgent needs should be directed to 911, your closest emergency room, or the Suicide Hotline 1-800-273-TALK (8255).