

Suicide Warning Signs

- *Appearing Depressed (Untreated depression is the number one cause for suicide)
- *Experiencing unbearable pain
- * Talking or writing about death or suicide
- *Isolating from family and friends
- *Feeling Hopeless/ Helpless
- *Feeling strong anger/rage/ anxiety/ humiliation
- *Feeling Trapped- like there is no way out of the situation
- * Visiting or calling people to say “good-bye”
- *Experiencing dramatic mood changes
- *Abusing drugs and alcohol
- *Change in behavior or entirely new behaviors
- *Impulsively / recklessly
- *Losing interest in most activities
- *Experiencing a change in sleeping habits (too much or too little) and/or eating habits
- *Performing poorly at school
- *Giving away prized possessions



The Conference Council on Youth Ministry (CCYM)

Resource Ideas for Leaders Working with Depression, Suicide and Cutting



Contact Us:

CCYM@BWCUMC.org

<http://bwcumc.org/ministries/conference-council-on-youth-ministries-2/>



How to Help

Always take suicidal comments seriously. Do not hesitate to call 911 immediately. Use the example, with your youth, that if you saw a car accident, you would call 911 for help. You do the same for a friend. It is no different. Do not handle the situation by yourself.

Listen, Empathize, Affirm, Direct, Enlist and Refer

While you are waiting for help to arrive listen attentively to the person. Listen closely to everything the person has to say. Learn as much as possible about what is causing the suicidal feelings. Comfort the person with words of encouragement. Let the person know that you are deeply concerned. If the person is at high risk of suicide, do not leave that person alone until help arrives. Don't be judgmental and be careful of the statements you make. Let the person express emotion in the way they want.

Maryland Suicide Hotlines

Maryland Youth Hotline - State Wide..... 1-800-422-0009
Baltimore County.....410-521-3800
Columbia County.....410-531-6677
Fredrick County.....301-695-5683
Glenn Burnie410-931-2214
Salisbury410-749-4357 (HELP)

National Suicide Prevention Hotlines

1-800-SUICIDE (784-2433)
1-800-273-TALK (8255)

Cutting

Cutting is not typically a suicide attempt it is about dealing with stress. A great article about cutting found on www.m.webmd.com "Cutting and Self-Harm: Warning Signs and Treatment" by Jeanie Lerche Davis

Self-injury hotline at 1-800-DONTCUT (1-800-366-8288).

Resources for Planning a Youth Session

Helping Friends in Crisis by Jim Burns. This book has a youth session and a hand out for parents to talk with their teens.

This is a YouTube link to a video put out by the Mayo Clinic. It is a great opening activity to help in a discussion about preventing teen suicide.

<https://www.youtube.com/watch?v=3BByqa7bhto>

Books to read.

The Comprehensive Guide to Youth Ministry Counseling published by Group Capter 10 talks about Depression. Chapter 25 titled "I Can't Go On - Intervention in the Life of a Suicidal Student".

Handbook on Counseling Youth by Josh McDowell and Bob Hostetler.

Adolescents in Crisis by G. Wade Rowatt Jr.

On suicide.org Kevin Caruso has a section of books listed about suicide and grief.

Internet Resources

www.Suicide.org

www.afsp.org

www.youthministry.com/discussing-suicide-in-youth-group/

www.teachthought.com/whole-child/preventing-youth-suicide-through-lessons-of-hope/

www.webmd.com/depression/guide/teen-depression

www.livingworks.net