



Recognizing warning signs of suicide.

And what to do when you recognize
them....during distance learning

Clues and Warning Signs

- Direct verbal
- Indirect verbal
- Behavioral
- Situational

Direct Verbal

- “I wish I were dead”
- “I’m going to kill myself”
- “If _____, then I’m going to end it all”

Indirect Verbal

- “What’s the point?”
- “My family would be better off without me”
- “You’re going to be sorry you treated me this way”
- “What happens when someone commits suicide?”

Situational

- Sudden rejection by loved one
- Death of loved one
- Diagnosis of serious illness
- Unexpected loss of freedom or loss of significant opportunity (such as impending incarceration or loss of scholarship or college rejection)
- Loss of financial security or significant opportunity.

Behavioral

- Giving away possessions
- (positive to negative, or negative to positive)
- Loss of coordination, understanding, judgment, or memory
- Relapse with drugs/alcohol
- Changes in behavior or demeanor

What about cutting?

- Cutting used as a coping tool, and is a sign that someone is struggling.
- It usually isn't done as a suicide attempt
- It warrants a referral to a screener. Student needs support, even if not suicidal.

If you see clues or warning signs during school hours:

- Let student know you care, stay in contact if able
- Get student location and contact info
- Text Lancelot, Casandra, Greg, and Kim. Avoid using student full name. This team will identify a screener
- Screener will communicate with student, determine level of concern, and take appropriate action

(more details in handout)

Contacts

Lancelot	503-473-1774
Casandra	541-554-1236
Greg	206-795-0305
Kim	541-760-2578

If a student reports **suicidal intent** outside of school hours

- Call 911
- Stay with student unless they pose a risk to you.
- Inform parent of your concern and actions taken
- Text admin and nurse
- Document events and actions taken in writing

If you see clues or warning signs
outside of school hours, **WITHOUT**
suicidal intent:

- Text or email admin and nurse. Team will create plan for assessment and referral (may be during following school day)
- Call parent/guardian and share your concerns.
- Document events and actions taken in writing

Follow up

- Check in with student. Are they getting help?
Are things better?
Show you care, offer to help connect them
again if they haven't gotten help
- Document what you have done