



Counselor/teacher remarks:

I'm going to share some facts with you about suicide.

The number one fact to remember – if you don't remember anything else today, remember this:

- Suicide is preventable.

The next things to remember are that

- We all can help prevent suicide.
- Suicide can happen in any community, at any age, among any group of people.
- 90% of people who've died by suicide had an emotional health issue. *(since people are hearing this, not reading it, short simple language will probably sink in more easily).*
- You can learn warning signs, and you can act to make a difference.
- Warning signs include someone...
 - hurting him- or herself,
 - talking about having no hope,
 - seeming depressed & losing interest in things that used to be important,
 - being really reckless,
 - seeming really angry, or
 - suddenly seeming calm and resolved after having been troubled.
- It is OK to ask someone if he or she is considering suicide.

Wall of Hope project 2012

- If a friend or classmate does or says troubling things, tell an adult you trust, or call Careline, **1-877-266-HELP**.
- You absolutely should speak up if you are worried about someone, but you are not responsible if someone chooses to hurt him- or herself.

In case you didn't hear it the first time I said it, the most important things to know about suicide are

- 1) that it's preventable,
- 2) it's almost always the result of a treatable emotional health issue, and
- 3) we can all help prevent suicide.

If you want more information about learning warning signs & how to react, there are classes & programs available. Come ask me later.

People care about you more than you know. If you're having a tough time, please reach out for help, because it is available. We want to help. If your first attempt to reach out doesn't work, please try again. Things can and will get better.

This project is a collaboration between the Alaska Association of Student Governments, Alaska Native Tribal Health Consortium, Southeast Alaska Regional Health Consortium, the Statewide Suicide Prevention Council, the Advisory Board on Alcoholism and Drug Abuse, the Alaska Mental Health Board, the Division of Behavioral Health, the Department of Health and Social Services, and numerous schools and school districts throughout Alaska.