**Sample Talking Points - Suicide**

1. We have been informed one of our students has died. The cause of death was suicide.
2. Our thoughts and support go out to [his/her] family and friends at this difficult time.
3. The school will be hosting a meeting for parents and others in the community at [date/time/location].
   1. Members of the school’s Crisis Response Team [or mental health professionals] will be present to provide information about common reactions following a suicide and how adults can help youths cope.
   2. They will also provide information about suicide and mental illness in adolescents, including risk factors and warning signs of suicide, and will address attendees’ questions and concerns.
   3. A meeting announcement has been sent to parents, who can contact school administrators or counselors at [number] or [e-mail address] for more information.
4. Trained crisis counselors will be available to meet with students and staff starting tomorrow and continuing over the next few weeks as needed.
5. We will are in regular contact with the family and will share information related to funeral arrangements in accordance with their wishes.

**Suicide Warning Signs**

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has recently increased in frequency or intensity, and if it seems related to a painful event, loss, or change.

* Talking about wanting to die or kill oneself
* Looking for ways to kill oneself, such as searching online or buying a gun
* Talking about feeling hopeless or having no reason to live
* Talking about feeling trapped or in unbearable pain
* Talking about being a burden to others
* Increasing the use of alcohol or drugs
* Acting anxious or agitated, or behaving recklessly
* Sleeping too little or too much
* Withdrawing or feeling isolated
* Showing rage or talking about seeking revenge
* Displaying extreme mood swings

**Behavioral Health Access and Crisis Line:** 1-888-724-7240 (Hearing Impaired TTY: 619-641-6992.)

Professional counselors will answer your call and help you through a crisis. Counselors offer a broad range of services, including crisis and suicide intervention, and referrals to appropriate mental health professionals or programs for face to face services Assistance is available in Spanish and other languages, 24 hours per day, 7 days per week.

**National Suicide Prevention Lifeline:** 800-273-TALK (8255)