

Suicide Prevention Month

This September, as we mark Suicide Prevention Month, we have an opportunity to take care of one another by increasing awareness around suicide and opening up a dialogue about this issue. We want you to have the information that you need to recognize the risk factors and warning signs, learn action steps to help prevent suicide, and access mental health resources for yourself and your family members.

Youth Suicide Warning Signs

The presence of more than one of the following warning signs may increase a youth's risk for engaging in suicidal behaviors in the near future:

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or changing in social connections/situation
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability

How to Respond

If you notice any of these warning signs in anyone, you can help!

1. Ask if they are OK or if they are having thoughts of suicide
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are treatments available that can help
7. If you are or they are concerned, guide them to additional professional help

Get Help

If you think that your child or another youth may need help right now, call the Suicide & Crisis Lifeline at 988. Your call is free and confidential. Trained crisis workers in your area can assist you and the youth in deciding what they need right now.



Remember, if anyone is harming themselves now or has just harmed themselves, call 911 or take them to an emergency room immediately.

A powerful student video about suicide prevention

CCSD students and staff developed a powerful, four-minute video to empower all of us to do our part in preventing suicide. By talking to the people in our lives, letting them know that they matter and have support, we can make a difference in the lives of those in our community. Watch the video by clicking below.

<https://youtu.be/5V8yFsC0BY>

In the weeks to come we will be presenting **Signs of Suicide** to all of our students. Watch for more information to come home about these presentations.

The counseling and mental health offices can provide additional resources:

Counseling: 720-554-2705

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