

## Recommended Reading:

### 1. *Touched by Suicide, Hope and Healing After Loss*

Carla Fine and  
Michael F. Myers, M.D.

### 2. *No Time to Say Goodbye—Surviving the Suicide Of a Loved One*

Carla Fine

### 3. *Suicide: Why—85 Questions and Answers About Suicide*

Adina Wrobleksi

### 4. *Suicide: Survivors—A Guide for Those Left Behind*

Adina Wrobleksi, Founder  
of SAVE Suicide Awareness  
Voices of Education

### 5. *Night Falls Fast: Understanding Suicide*

Kay Redfield Jamison

### 6. *The Tender Land—A Family Love Story*

Kathleen Finneran

## Resources:

- Suicide Prevention and Hotline

1-800—SUICIDE  
1-800-784-2433

- Northkey Crisis Center

859-331-3292

- Children's Hospital

513-636-4214

**S**afety is most important

**U**tilize every resource

**I**ndicate your needs

**C**ompassion counts

**I**nclude others

**D**epression = get help

**E**veryone matters

## Websites:

[www.suicidology.org](http://www.suicidology.org)

[www.save.org](http://www.save.org)

[www.teensuicide.us](http://www.teensuicide.us)

[www.yspp.org](http://www.yspp.org)

[Www.aacap.org](http://www.aacap.org)

[Www.nmha.org](http://www.nmha.org)

[http://www.naspoline.org/  
resources/crisis\\_safety/  
savefriend\\_general.aspx](http://www.naspoline.org/resources/crisis_safety/savefriend_general.aspx)



## Help At Cooper

- Mrs. Hinton, Counselor
- Mrs. Vickers, Counselor
- Mrs. Guthrie, Counselor
- JAM Mentor
- Any Teacher
- Any Principal
- Your Coach
- Officer Turner
- Any Adult

**Before you say- “I’m fine”- ask yourself if you feel:**

- Nervous or “empty”
- Guilty or worthless
- You don’t enjoy the things the way you used to
- Life is not worth living anymore
- If you are tired all the time, and you have no appetite

## Did You Know:

2nd leading cause of death between ages 15-24 years, 1st -car accidents

*Teen/ youth suicide rates have tripled since 1970*

For every suicide death, there are an estimated 30-50 attempts

*Due to stigma of suicide, statistics are likely to be underestimated*

4 times more males die by suicide than females

*1/3 of teens who have died by suicide have made 1 or more previous attempts*

## Behavior Changes To Watch For:

- Change in eating habits
- Unusual lack in energy
- Dropping out of classes and hobbies, that were previously enjoyed
- Mood swings
- Difficulty sleeping
- Low self esteem
- Self inflicted wounds
- Substance abuse
- Talk of death

## Awareness

### Suicide Risk Factors:

- Mental illness including depression, conduct disorders, and substance abuse
- Family stress/ dysfunction
- Environmental risks, including presence of a firearm in the home.
- Situational crisis (i.e., traumatic death of a loved one, family violence.)

### Suicide Warning Signs:

- Suicidal threats in the form of indirect and direct statements
- Suicide notes and plans
- Prior suicidal behavior  Preoccupation with death
- Changes in behavior, appearance, thoughts, and/ or feelings

