

The _____ School District recognizes that suicide is an important topic, and we are dedicated to working with parents and community agencies to prevent youth suicide. The suicide of a youth is largely the result of untreated or undertreated mental illness, and we as a district have developed plans for suicide prevention and intervention.

If you are a student and concerned about your friend, it is very important to get a trusted adult involved immediately. If you are a parent concerned about your child, obtain professional help for your child, increase your supervision, and remove any lethal means from their ready access. Many people are hesitant to ask directly about suicide for fear that they will be planting the idea in the mind of the person. Asking them directly about thoughts of suicide provides them an opportunity to unburden themselves and to receive the support and services they need.

The key person to contact in our district for assistance is _____, who can be reached at _____. If they cannot be reached immediately, call the National Suicide Prevention Lifeline at 1-800-SUICIDE (784-2433) or 1-800-273-TALK (8255) or text "MT" to 741741 (a free 24/7 text line for people in crisis) where trained crisis responders are available 24 hours a day. Do not leave a suicidal individual alone. If a suicide attempt has been made, immediately contact 911.

It is vital that all school staff, parents, and community members know that suicide can be prevented and know the warning signs of suicide:

- Talking about suicide
- Making statements about feeling hopeless, helpless, or worthless
- A deepening depression
- History of mental illness
- Preoccupation with death
- Taking unnecessary risks or exhibiting self-destructive behavior
- Engaging in non-suicidal self-injury
- Being victimized by bullying
- Out-of-character behavior, dramatic changes in behavior
- A loss of interest in the things one cares about
- Visiting or calling people one cares about in a way that hints at saying goodbye
- Making arrangements, setting one's affairs in order
- Giving prized possessions away
- Exposure to suicide