

Safe Messaging Overview

Point(s) of contact: Luke Qi, lukeqi.7@gmail.com

It is imperative that we prevent suicide contagion as we honor Liam's life. When speaking at the vigil, we must be careful of our language and setting the tone for the event in a way that is safe.

You must read through the “Best Practices and Recommendations for Reporting on Suicide” and “Tips for Talking About Suicide” pamphlets if you wish to speak. These are short but important pieces of information.

There are more resources linked with some summary notes as well. We work with experts from AFSP that have given us resources and will be attending the vigil to support. Their email is linked, please reach out if there are any concerns.

Resources

Best Practices and Recommendations for Reporting on Suicide:

Link:

 Recommendations-eng.pdf

Tips for Talking About Suicide:

Link:

 Tips for Talking about Suicide.pdf

Framework for Safe Messaging:

Link:

<https://suicidepreventionmessaging.org/>

After a Suicide: A Toolkit for Schools:

Link:

 flipbook.pdf

Summary Notes:

Memorialization:

- Schools should strive to treat all deaths in the same way.
- It is important to memorialize the student in a way that does not inadvertently glamorize or romanticize either the student or the death.
 - Focus on how the student lived, rather than how he or she died.
 - If the student had underlying mental health problems, seek opportunities to emphasize the connection between suicide and those problems, such as depression or anxiety, that may not be apparent to others (or that may manifest as behavioral problems or substance abuse).
- Articles may also be used to educate students about suicide warning signs and available resources.
 - Having some focus on healthy coping, resilience, and recovery is also helpful.
- Simply prohibiting any and all memorialization is problematic in its own right. It is deeply hurtful to the student's family and friends and can generate intense negative reactions.

Model School Policy for Suicide Prevention:

Link:

 Model School Policy.pdf

Summary Notes:

Messaging and Suicide Contagion:

- Research has shown that talking about mental health and suicide in a nonjudgmental, open way that encourages dialogue and help-seeking does not elevate risk.
- In the case of a suicide death it is important to acknowledge the student's death in a way that does not inadvertently glamorize or romanticize either the student or the death.
- Schools can do this by seeking opportunities to emphasize the importance of seeking help for self or others when there is concern about underlying mental health issues, such as depression or anxiety, and provide resources on where to seek help.

- schools can also help students understand the importance of recognizing the signs of suicide, building resiliency and coping skills, and helping to decrease the stigma associated with seeking help for mental health concerns.

Contact Information

Karen Heisig from AFSP: kheisig@afsp.org

Stacy Green from AFSP: stacy244@hotmail.com