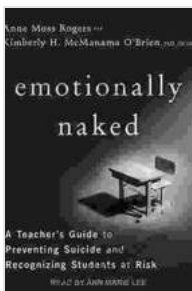


The Teacher's Guide to Preventing Suicide and Recognizing Students at Risk

Suicide is the second leading cause of death for young people ages 15-24. In the United States, more than 6,000 young people die by suicide each year. Suicide is a preventable tragedy, and teachers can play a vital role in preventing suicide and saving lives.



Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk

by Anne Moss Rogers

★★★★☆ 4.8 out of 5

Language	: English
File size	: 8613 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 351 pages
Lending	: Enabled



Preventing Suicide

There are a number of things that teachers can do to prevent suicide, including:

- **Create a positive classroom environment.** A positive classroom environment is one in which students feel safe, respected, and

supported. This type of environment can help to reduce stress and anxiety, which are risk factors for suicide.

- **Be aware of the warning signs of suicide.** The warning signs of suicide include talking about suicide or death, giving away belongings, and withdrawing from social activities. If you are concerned that a student may be at risk for suicide, it is important to talk to them and get them help.
- **Talk to students about suicide.** Talking to students about suicide can help to reduce the stigma surrounding suicidio and make it easier for students to seek help if they are struggling.
- **Be a role model for healthy coping.** Teachers can be role models for healthy coping by demonstrating how to manage stress, resolve conflict, and cope with loss. This can help students to learn how to cope with difficult situations in a healthy way.
- **Get involved in suicide prevention programs.** There are a number of suicide prevention programs available for schools. These programs can provide teachers with training and resources to help them prevent suicide.

Recognizing Students at Risk

It is important to be able to recognize the warning signs of suicide so that you can get students the help they need. The warning signs of suicide include:

- Talking about suicide or death
- Giving away belongings

- Withdrawing from social activities
- Changes in mood or behavior
- Increased risk-taking behavior
- Substance abuse
- History of mental illness
- Family history of suicide

If you are concerned that a student may be at risk for suicide, it is important to talk to them and get them help. You can do this by:

- Talking to the student directly about your concerns.
- Encouraging the student to talk to a mental health professional.
- Contacting the student's parents or guardians.
- Reporting your concerns to the school administration.

Responding to a Suicidal Student

If you encounter a student who is suicidal, it is important to stay calm and take the following steps:

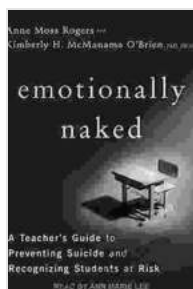
- **Call 911 or your local emergency number.**
- **Stay with the student until help arrives.**
- **Talk to the student in a calm and reassuring voice.**
- **Listen to the student's concerns.**
- **Do not judge or criticize the student.**

- **Reassure the student that there is help available.**

Suicide is a preventable tragedy, and teachers can play a vital role in preventing suicide and saving lives. By creating a positive classroom environment, being aware of the warning signs of suicide, talking to students about suicide, and responding to a suicidal student, teachers can help to ensure that students get the help they need.

Resources

- National Suicide Prevention Lifeline
- Crisis Text Line
- JED Foundation
- Suicide Prevention Resource Center



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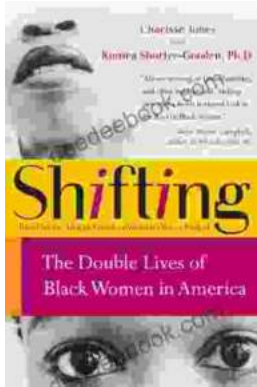
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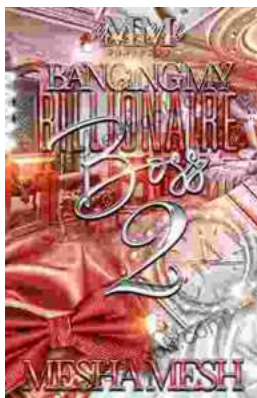
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