Five Action Steps for Helping and Preventing

1. **ASK THEM:** “Are you thinking about killing yourself?” Studies show that asking does not increase suicides or suicidal thoughts.

2. **KEEP THEM SAFE:** Reduce access to highly lethal items. Lock up guns, pills and weapons.

3. **CONNECT THEM:** Help the person connect with a trusted individual, such as a family member, friend, spiritual advisor, or mental health professional.

4. **STAY CONNECTED:** Have open communication with your child’s school team. They can support your child’s needs at school.

5. **BE THERE:** Ask and listen carefully. Acknowledging and talking about suicide reduces suicidal thoughts. Do not leave the person alone if you’re worried about their safety. *Monitor your child’s social media accounts.*

Sources: youth.gov & afsp.org
Suicide Warning Signs to Look For:

- Marked decline in school performance
- Looking for ways or means to kill themselves
- Expressing hopelessness about the future
- Talking about feeling trapped or experiencing unbearable pain
- Talking or writing about death, dying or suicide
- Showing worrisome behavioral cues or marked changes in behavior, including:
  - Withdrawal from or changes in social connections/situations
  - Increased/decreased sleep
  - Extreme mood swings
  - Difficulty concentrating at school or home
  - Increased use of alcohol or drugs
  - Talking about being a burden

Community Mental Health Resources:

UNI/Salt Lake County Crisis Line and Mobile Crisis Outreach Team:
801-587-3000

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

Your Personal Health Care Provider

Utah Community Resource Line: 211

Valley Behavioral Health:
East: 801-284-4990
West: 801-963-4200
General: 801-270-6550

Youth Services:
385-468-4500

Granite Crisis Intervention Team:
385-646-4645

Family Counseling Center:
801-261-3500

Web Resources:
UtahSuicidePrevention.org
YouTube - Mayo Clinic Suicide Prevention

School Contact: