



NOVEMBER: SUICIDE AND SELF HARM PREVENTION

– What Staff Need to Know –

The Basics

As a teacher, you're often the first to notice changes in your students. Responding to a student in distress can be scary, but you don't have to do it alone. If a student discloses thoughts of suicide or self-harm, always reach out to a member of your wellness team for support. Here is a guide to help navigate this situation.

Signs to Look out for that Something may be off:

- Talking excessively about death or dying and/or writing about death or dying in assignments
- Extreme moodiness
- Unusually withdrawn or isolated
- Asks if others would miss them if they were gone
- Says things like "I'm over it all" or "I'm done"
- Making comments about wanting to die
- Signs of self-harm may include visible cuts on arms/wrists, student may try to hide or cover up the marks with long sleeves or in other ways

Questions to get you started when talking with the student:

1. "I care about you and notice you've seemed off lately. How are you really doing?"
2. "What do you mean when you say _____?"
3. "It's important we get you help from someone who can support you. Why don't we walk together to the office of someone from the wellness team?"

Supporting a student who is experiencing suicidality or self-harm can be overwhelming. Coping strategies may help you!

Additional Resources

- Website: [Suicide Prevention Resource Center](#)
- Article: [Resources for Suicide Prevention](#)
- Article: [Signs of Self Harm](#)

Remember that the wellness team at your school has the training needed to support these students. Also, remember to take care of yourself after you connect the student to the school wellness team. Taking deep breaths, connecting with your loved ones, spending time outdoors, and connecting with your Employee Assistance Program can all be ways to manage the challenges.