



Suicide Prevention Awareness for Staff

What should I do if a student is suicidal?

- See something - know & recognize the signs
- Act immediately & ensure student is supervised
- Say something - notify the Suicide Threat Prevention Liaison (STPL)/Crisis Team Member about the student of concern

Suicide Risk Factors

There are certain risk factors that may increase suicide risk; in isolation, these factors are not signs of suicidal thinking. However, when present with the warning signs listed below, they may signal the need to take action.

- Access to means (e.g., firearms, knives, medication)
- Stressors (e.g., loss, peer relations, school, gender identity, family dynamics)
- History of depression, mental illness, or substance/alcohol abuse
- History of suicide in the family or of a close friend
- History of mental illness in the family

Suicide Warning Signs



Warning signs are observable behaviors that may signal the presence of suicidal thinking. If you observe the warning signs below, get help and connect the student with the proper supports immediately.

- Feelings of sadness, hopelessness, helplessness
- Taking pills, drugs, alcohol with the intent to die
- Significant changes in behavior, appearance, thoughts, and/or feelings
- Social withdrawal and isolation
- Suicide threats, notes, and plans, evident in notebooks and social media posts
- History of suicidal ideation/behavior
- Self-injurious behavior
- Preoccupation with death
- Making final arrangements (e.g., giving away prized possessions, sending text messages to friends)

988 Suicide and Crisis Lifeline (24/7)

For individuals experiencing mental health-related distress or are worried about a loved one who may be in crisis, call **988** or **800.273.8255**, text **988**, or visit <https://988lifeline.org/>.

LAUSD Student and Family Wellness Hotline

(213) 241-3840 | Monday-Friday | 8am-4:30pm

Here's What You Can Do

LISTEN

- Listen without judgment.
- Be aware of verbal and non-verbal communication.

PROTECT

- Take action immediately.
- Do not leave the student alone. Student should be supervised/monitored at all times by a staff member, not a peer.

CONNECT

- Connect student with an administrator, crisis team member, or the STPL at your school site.
- Contact staff/resources listed below, as needed.
- Contact the appropriate child protective services agency when there is reasonable suspicion of abuse.
- During non-school hours/days, ensure the parent/caregiver and administrator have been informed of safety concerns.

MODEL

- Remain calm.
- Be aware of your thoughts, feelings, and reactions as you listen without judgment.
- Establish a safe environment to talk about suicide and/or connect them with an administrator, crisis team member, or the STPL at your school site.

TEACH

- Teach students how to ask for help and identify *Trusted Adults* at home and at school.
- Teach healthy ways to cope with stress, including deep breathing, writing/drawing, exercise, or talking.

School Contact Information

School: _____

STPL: _____

Phone/Extension: _____

Crisis Team Member: _____

Phone/Extension: _____

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