



**Facts on Suicide Prevention
Presented by
Killeen ISD Guidance and Counseling
Responsive Services**

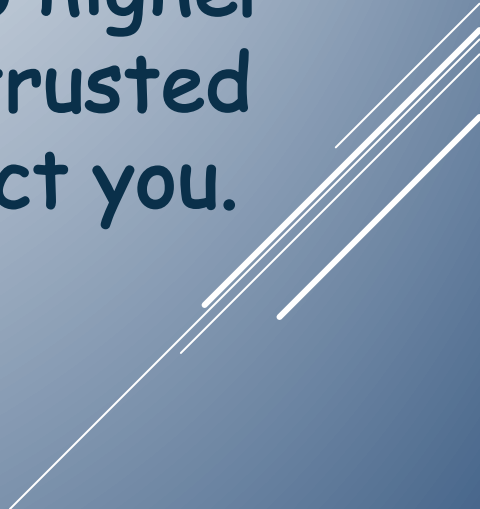


SUICIDE PREVENTION



Suicide does not have one single cause.

Factors like substance abuse and untreated depression can lead to higher risk of suicide just as having a trusted group of friends can help protect you.

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.



WARNING SIGNS

The warning signs of suicide are indicators that a person may be in danger and needs immediate help

- Making suicidal statements
- Being preoccupied with death in conversation, writing, or drawing
- Giving away belongings
- Withdrawing from friends and family
- Having aggressive or hostile behavior
- Neglecting personal appearance
- Running away from home
- Risk-taking behavior
- A change in personality



RISK FACTORS

Risk factors do not cause or predict a suicide. They are characteristics that make it more likely an individual will consider, attempt, or die by suicide.

- Depression, mood, or anxiety disorder
- A parent with a mental illness or substance abuse disorder
- Tried suicide before
- A disruptive or abusive family life
- A history of sexual abuse
- A history of being bullied
- Problems with drug or alcohol use
- Problems at school
- Loss of a parent or close family member through death, divorce or suicide
- Identifies as LGBTQ+



PROTECTIVE FACTORS

Protective factors are characteristics that make a person less likely to engage in suicidal behavior

- Strong connections to family and friends
- Skills in problem solving and handling problems in a non-violent way
- religious beliefs that discourage suicide
- Restricted access to highly lethal means of suicide
- Easy and Effective health care access for mental and substance use disorders
- Support through ongoing medical and mental health care relationships

RESOURCES

IF you believe somebody may be suicidal, do not leave them alone. Get help immediately.

Call **911** if immediate help is needed

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

or text the Crisis Text Line (text HELLO to 741741)

Both services are free and available 24 hours a day, seven days a week.

QUESTIONS? NEED MORE SUPPORT?



Contact:

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