Instead of saying "committed suicide," let's say "died by suicide"



Look for Signs
Empathize & Listen
Ask about suicide
Reduce the danger
Next steps

Student Training Worksheet L.E.A.R.N.



WHAT WE KNOW

Myth or fact: Which of these is true?

- □ Suicide affects all communities
- ☐ Asking about suicide does not cause suicide
- Suicide results from multiple complex factors

WHAT PROTECTS AGAINST SUICIDE?

Underline any that feel important to you.

- ☐ Connections to friends, family, relatives, culture, and community
- ☐ Limited access to lethal methods (e.g., firearms, medications)
- ☐ Coping and problem-solving skills
- □ Access to physical and mental health care



LOOK FOR SIGNS

What are some of the warning signs in the scenario? Write them down below.

E

EMPATHIZE & LISTEN

If you had a friend/peer who was having a problem, how could you show empathy? What would you want to hear from a friend/peer if you were the one having a problem.

A

ASK ABOUT SUICIDE

- 1. Let's practice how to ask with signs you have noticed.
- 2. Think of some examples for how you could respond if they say "Yes" but ask you NOT to tell anyone.



Sometimes when people are _____,
They're thinking about suicide.

Are you thinking about suicide?



Always tell a counselor or trusted adult if there are concerns about suicide. No exceptions! Getting this person help is worth risking a friendship. It's better to have a mad friend than keeping suicide a secret.

"I understand you wanting to keep this private but... your safety is the most important thing right now. I need you to be safe." R

REDUCE THE DANGER

Reducing the danger means always bringing any concerns to trusted adults.

- This includes information about firearms, medicines / medications, etc.
- These help us know what kind of information to pass on to trusted adults.

Important follow-up questions

These help us know what kind of information to pass on.



N

NEXT STEPS

This is about connecting a person in crisis to resources that can help. Ask these follow-up questions and always tell a trusted adult if you are concerned about someone.

- 1. What actions would you take if you saw a suicidal message online or at school?
- 2. What if you saw the person writing it and they said, "Relax, it's a joke."
- 3. What stops us from taking immediate action in these kinds of situations?
- 4. Are people who talk or write about suicide really serious?
- 5. What if this person refused to talk to a counselor or other adult? What should we do? Brainstorm a few suggestions here.

Thank You!

Your participation in this life saving training really matters.

Interested in helping our school with suicide prevention efforts?

Just let your trainer know.



Here are actions steps you can take, starting now.



Add 24-hour crisis resources into your devices



Let adults know about any access to lethal means



Check in with your friends regularly



Seek out counselors, crisis lines, and trusted supports



Report concerning content when you see it online

Suicide and Crisis Lifeline: 988

- Press 1: Veteran services
- Press 2: Spanish services
- Press 3: The Trevor Project
- Press 4: Native & Strong (WA)

Crisis Text Line: Text "HEAL" to 741741

• Trans Lifeline: 1-877-565-8860

• The Trevor Project: 1-866-488-7386