



Crisis Management & Suicide Prevention for Teachers

Warning Signs:

- Suicide threats:
 - Direct/Indirect: “I want to kill myself” or “I wish I could fall asleep and never wake up”
 - All need to be taken seriously
- Suicide notes and plans:
 - The greater (more specific) the planning, the greater the risk of suicidal behavior
- Prior suicidal behaviors
- Making final arrangements:
 - Giving away prized possessions (writing a will, making funeral arrangements)
- Preoccupation with death
 - Excessive talking, drawing, reading, or writing
- Changes in behavior, appearance, thoughts, or feelings
 - Depression, sudden happiness, isolation, giving away possessions, reduced interest in previously important activities

Risk Factors:

- History of depression, mental illness, substance abuse disorders
- Presence of a firearm or rope
- Isolation, lack of social support
- Situational crises
- Family history of suicide, suicide in the community
- Hopelessness
- Impulsivity
- Incarceration

What I can do as a teacher/staff member:

- **Talk** to your student (you will not “put ideas in their head”), help them identify caring adults to talk to when they need support and guidance.
- **Know** the risk factors.
- **Remain calm.**
- **Listen** without judgment.
- **Supervise** constantly. Do not leave the individual alone until parent or crisis intervention team member has agreed to provide appropriate supervision.
- **Ask** if they have a plan. If they do, remove means.
- **Respond immediately.** Escort student to crisis team member, principal, assistant principal, counselor, etc.
- **Join** the crisis team and help provide essential background information that will help with assessment of the student.

If someone you know is in **IMMEDIATE** danger: call 9-1-1

Baton Rouge Crisis Intervention Center: FOR IMMEDIATE HELP call the 24 HOUR CRISIS LINE (225) 924-3900 or (800) 437-0303

For other questions, referrals, or assistance meeting basic needs, DIAL 2-1-1 - **National Suicide Prevention Hotline:** 1-800-273-8255

I CARE contact: (225) 226-2273 - Parents follow us on twitter @icareparents - Facebook: www.facebook.com/icare.ebr