

## Suicide Prevention Discussion Questions

### 1. What are some warning signs of suicide?

Changes in school attendance

Talking about suicide or making threats of suicide

Loss of interest in things they used to enjoy

Taking unnecessary risks

Feelings of hopelessness

Depression

Change in friendships – withdrawing from friends & social activities

Increased use of alcohol & drugs

Giving away prized possessions

### 2. What would you do if a friend was thinking about suicide?

Listen carefully to what your friend is saying. Talking to the person about what they're feeling or thinking can help relieve some of their anxiety.

Let your friend know you care - be supportive and not judgmental.

Take it seriously – always take any comments about hurting oneself or killing oneself serious.

Seek help – get a responsible adult involved. This can be anyone you trust. If this adult does not take you seriously, or doesn't know how to help, go to someone else. Keep trying until you find an adult who can help.

### 3. Where can you get help?

A trusted adult – teacher, parent, counselor, pastor, coach, law enforcement, etc.

Youth Health Service (636-9450)

Appalachian Community Health Center (636-3232)

National Suicide Prevention Lifeline (1-800-273-TALK) [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Family Resource Network (636-4454)

911