**LESSON 3: SUICIDE PREVENTION**

Certain risk factors increase thoughts of \_\_\_\_\_\_\_\_\_\_\_ and suicide attempts.

Alienation – often caused by \_\_\_\_\_\_\_\_\_\_\_\_, feeling isolated and separated from everyone else.

Suicide – the act of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ taking one’s own life.

Cluster suicides – a series of suicides occurring within a short period of time and involving several people in the same \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or community.

**Myths & Reality – Dangerous myths about suicide:**

• Myth – People who \_\_\_\_\_\_\_\_\_\_\_\_ about suicide won’t really attempt it.

Fact – People who talk about \_\_\_\_\_\_\_\_\_\_ are usually considering it and should be taken seriously.

• Myth – When people are determined to commit suicide, nothing can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ them.

Fact – Getting help for \_\_\_\_\_\_\_\_\_\_\_\_ people can prevent them from taking their lives.

• Myth – Talking about suicide may give someone the idea to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ suicide.

Fact – Talking about \_\_\_\_\_\_ and where to go for help may help prevent someone from attempting suicide.

**Strategies to Prevent Suicide – recognizing the signs of suicide may help prevent it.**

**Recognizing the Signs of Suicide**

• Direct \_\_\_\_\_\_\_\_\_\_\_\_ such as “I wish I were dead.”

• Indirect statements such as “\_\_ can’t take it anymore.”

• Writing poems, \_\_\_\_\_\_\_\_ lyrics, or diary entries that deal with death.

• Direct or indirect \_\_\_\_\_\_\_\_\_\_\_\_\_ threats.

• An unusual obsession with \_\_\_\_\_\_\_\_\_\_.

• Withdrawal from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• Dramatic changes in personality, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, or appearance.

• Impulsive, irrational, or unusual behavior.

• A sense of guilt, shame, or rejection, negative self-evaluation.

• Deterioration in \_\_\_\_\_\_\_ or recreational performance.

• Giving away personal belongings.

• Substance abuse.

• Complaints about \_\_\_\_\_\_\_\_\_\_\_\_ symptoms, such as stomachaches, headaches, and fatigue.

• Persistent \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and indifference.

• Violent actions, rebellious behavior or running away.

• Intolerance for praise or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**How You Can Help**

• Initiate a meaningful \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• Show support and ask questions.

• Try to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the person to seek help.

**LESSON 4: GETTING HELP**

When help is needed- the first step is getting help for a \_\_\_\_\_\_\_\_\_\_\_\_ health problem is being aware that help is needed.

**Teens should seek help if they experience any of the following:**

• Feeling \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or worrying all the time.

• Feelings that affect sleep, \_\_\_\_\_\_\_\_\_\_\_\_ habits, schoolwork, job performance, or relationships.

• Becoming involved with alcohol or other drugs.

• Becoming increasingly aggressive, \_\_\_\_\_\_\_\_, or reckless.

The benefits of treatment encourage people to overcome a reluctance to get help. Where to go for Help - Mental Health Professionals

**People in our community are available to help.**

• **Counselor** – a professional who handles \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and educational matters.

• School psychologist – a professional who specializes in the assessment of learning, emotional and behavioral \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of schoolchildren.

• **Psychiatrist** – a physician who diagnoses and treats mental \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and can prescribe medications.

• **Neurologist** – a physician who specializes in physical disorders of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and nervous systems.

• **Clinical psychologist** – a professional who diagnoses and treats emotional and behavioral disorders with counseling. Some can prescribe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• **Psychiatric social worker** – a professional who provides guidance and treatment for emotional problems in a hospital mental health clinic, or family service agency.

**Treatment Methods -** Several methods can be helpful in treating a mental health problem.

• **Psychotherapy** – an ongoing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ between a patient and a mental health professional.

• **Behavior therapy** – a treatment process that focuses on changing unwanted behaviors through rewards and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• **Cognitive therapy** – a treatment method designed to identify and correct distorted thinking patterns that can lead to feelings and behaviors that may be troublesome, self-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or self-destructive.

• **Family therapy** – helping the family function in more positive and \_\_\_\_\_\_\_\_\_\_\_\_ ways by exploring patterns in communication and providing support and education.

• **Group therapy** – treating a group of people who have similar problems and who must regularly with a trained \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

• **Drug therapy** – the use of certain medications to treat or reduce the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of a mental disorder.