

EDUCATORS MAKE A DIFFERENCE

Suicide Prevention Referral Card

AT RISK STUDENTS

Students in some groups are at higher risk for suicide than other students.

These groups may include:

- Students who previously attempted suicide or who know someone who died by suicide
- Students with a mental health concern
- Victims of abuse or harassment
- Students who harass or abuse others
- Students who are gay, lesbian, bisexual, transgender, or questioning their sexuality
- Students who abuse alcohol or other drugs
- Students who are highly aggressive or impulsive
- Perfectionists and high-achievers, or potential dropouts
- Students dealing with a recent loss in the family, including pets
- Students experiencing stressful life events (divorce/separation, move, parent loss of job)
- Students that do not have an adult to go to for help

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If you observe the following student behaviors, please take the time to share your concern with the student:

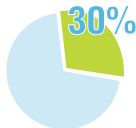
- Expressions of sadness and/or hopelessness
- Expression of wanting to harm him – or herself, or die
- Major change in affect, appearance or academic performance
- Major change in behavior such as aggression, withdrawal from peers or social isolation
- Struggling to keep up with routine

Among CT High School Students in 2019

Mental Health



Students reported that their **mental health was not good** including stress, depression, and problems with emotions, on at least 1 day in the past 30 days.



Student felt **sad or hopeless** almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months.

Only **1 in 4** of these students said they got the help they needed

Suicidal Behavior

1 in 8 Seriously considered attempting suicide during the past 12 months



1 in 15 Actually attempted suicide during the past 12 months



IF YOU OBSERVE ANY OF THESE BEHAVIORS
PLEASE BRING YOUR STUDENT TO:

