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.

30%
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.

70%

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

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

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