



## District 49 Tips for Keeping Your Child Safe

### WHAT DO I NEED TO KNOW ABOUT YOUTH SUICIDE?

Risk factors for exhibiting suicidal behavior:

- Loss of significant other
- Social or academic problems
- Family or personal stress
- Substance abuse
- Depression and other mental health issues
- Previous suicide of peer or family member
- Access to weapons/means of harming self
- Questions regarding sexual orientation

Students who are having suicidal thoughts may exhibit a variety of symptoms including, but not limited to:

- Significant changes in behavior, appearance, grades, eating or sleeping habits, or withdrawing from friends
- Making suicidal threats-either direct "I want to die" or indirect "Things would be better if I weren't here"
- Appears sad or hopeless
- Reckless behavior
- Self-inflicted injuries
- Giving away prized possessions
- Saying goodbye to friends and family
- Making out a will

**It is important to remember the signs and risk factors listed are generalities.** Not all students who contemplate will exhibit these kinds of symptoms and not all students who exhibit these behaviors are suicidal.

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### WHAT CAN I DO TO KEEP MY CHILD SAFE?

- **ASK.** Talking about suicide does not make a student suicidal. Asking if someone is having suicidal thoughts gives him/her permission to talk about it. Asking sends the message that you are concerned and want to help.
  - **TAKE SIGNS SERIOUSLY.** Studies have found that more than 75% of people who die by suicide showed some of the warning signs in the weeks or months prior to their death.
  - **GET HELP.** If you have concerns that your child is suicidal, seek immediate help from a mental health practitioner. Suicidal students need to be evaluated by an expert in assessing risk and developing treatment plans. Parents can contact school psychologists, social workers, or counselors for a listing of resources. Parents may also want to consult with their insurance company to obtain a list of mental health providers covered by their policy. When you call to make an appointment, state that your child is suicidal and needs to be seen as soon as possible.
  - **LIMIT ACCESS TO WEAPONS, PRESCRIPTION DRUGS, MEDICATION AND OTHER MEANS.**
  - **DO NOT LEAVE HIM OR HER ALONE.** It is important that parents surround themselves with a team of supportive friends or family members who can stop in and help as needed.
  - **REASSURE YOUR CHILD THAT LIFE CAN GET BETTER.** Many suicidal people have lost all hope that life can improve. They may have difficulty problem solving even simple issues. Remind your child that no matter how bad things are, the problem can be worked out. Offer your help.
  - **LISTEN WITHOUT JUDGMENT.** Avoid making statements such as "I know what it's like" or "I understand." Instead make statements such as "Help me understand what life is like for you right now."
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## **KNOW AND BE READY TO USE EMERGENCY RESOURCES**

In case of an emergency:

- 1. Call 911 – If an immediate life-threatening situation.**
- 2. Take the child to the nearest behavioral health center or emergency room.**

### **Behavioral Health Centers**

Diversus Health Lighthouse Walk-In Crisis Center  
115 S. Parkside Dr. CS, CO 80910  
(719) 635-7000

Peakview Behavioral Health  
7533 Sisters Grove CS, CO 80923  
(719) 444-8484

Cedar Springs  
2135 Southgate Rd. CS, CO 80906  
(719) 633-4114

### **Emergency Rooms**

Memorial Hospital North  
4050 Briargate Pkwy. CS, CO 80920  
(719) 364-5000

St. Francis Medical Center  
6001 Woodmen Rd. CS, CO 80923  
(719) 571-1000

### **3. Call or text one of the Suicide Prevention Hotlines**

- Suicide and Crisis Lifeline: Call / Text 988
- Colorado Crisis Center: 1-844-493-TALK (8255)
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Text TALK to 38255  
Text START to 741741