



Suicide Facts at a Glance

WHAT YOU NEED TO KNOW

- RISD has a procedure in place to help our students in need.
- Campus counselors, nurses and administration are prepared to address concerns.
- Procedures include: parent notification, distribution of educational materials and resources.

Non-Emergency Numbers

Richardson
972-744-4800

Dallas
214-670-7253

Garland
972-485-4840

Plano
972-424-5678

FOR IMMEDIATE ASSISTANCE CALL 911

What do you do if someone has the warning signs of suicide?

- ACT!
- Do not be afraid to talk with them about suicide.
- Do not make any deals.
- Tell an adult who can help.

• Suicide is the third-leading cause of death among persons aged 15-24 years, second among persons aged 25-34 years, fourth among persons aged 35-54 years, and eighth among persons 55-64 years.

• Based on data in 16 states that report to the National Violent Death Reporting Systems, 33.3% of suicide deaths tested positive for alcohol, 23% for antidepressants, and 20.8% for opiates, including heroin and prescription drugs.

• Among 15-24-year olds, suicide accounts for 20% of all deaths annually.

• The prevalence of suicidal thoughts, suicide planning, and suicide attempts is significantly higher among young adults aged 18-29 years than among adults older than 30 years.

Risk Factors For Suicide

A combination of individual, relational, community and societal factors contribute to the risk of suicide. Risk factors are characteristics associated with suicide, not necessarily direct causes:

Family history of suicide

Family history of child maltreatment

Previous suicide attempts

History of mental disorder or depression

History of alcohol and substance abuse

Feeling of hopelessness

Impulsive or aggressive tendencies

Cultural or religious beliefs

Local epidemics

Isolation, lack of connectedness

Barriers to accessing mental health treatment

Relational, social, work, or financial loss

Warning Signs

Depression, moodiness,
or lack of energy

Talking directly or
indirectly about dying

Changes in sleep
patterns

Withdrawal from
social contacts

Drop in grades

Increased use of
alcohol or drugs

Talking about feeling
hopeless, trapped or
having no reason to live

Essential Steps for Averting Suicide

**If you suspect someone you know is
suicidal, remember the following:**

Do learn the warning signs.

Do get involved and be available.

Do be willing to listen.

Do allow expression of feelings.

Do discuss suicide openly and frankly.

Do be a non-judgmental listener.

Do show interest and support.

Do get help from agencies and professionals.

Do remove access to drugs and lethal weapons.

Do emphasize that help is available.

Don't refuse to talk about it.

Don't act shocked or outraged.

Don't offer trivial or generic answers.

Don't dare a suicidal person to commit suicide.

Don't be sworn to secrecy. Seek help instead.

Should a student report these feelings during the school day, the legal guardian will be required to pick up their student as soon as possible. Procedures include parent notification and distribution of educational materials and local resources.

Helpline Numbers for Parents and Students

National Suicide Prevention Lifeline

800-784-2433 or 800-273-8255

Suicide Hotline

214-828-1000

Adapt Crisis Line

866-260-8000

Texas Runaway Help Line

800-392-3352

National Domestic Violence Line

800-392-3352

Resources Include Centers of Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics and Reporting System (WISQARS) [online]. (2010). [cited 2012 Oct 19] Available from www.cdc.gov/injury.wisqars/index.html.

For More Information Contact the Office of Student Welfare

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