



October 2022

Dear families,

Father John Ricardo shared recently that one big change is an increase in loss of hope and the results are crimes of despair. September was suicide awareness month and some of the local schools will start Nationwide Children's Hospital's SOS program. Here are some resources regarding this difficult topic.

What to do if someone tells you they are thinking of taking their own life:

- *ASK- While this is hard to do, research continues to show people who are having thoughts of suicide feel relief when someone caringly asks them; acknowledging and talking about suicide may reduce the ideation.*

Suicidal ideation (thoughts) Passive suicidal thoughts:

- *Do you wish you didn't have to go on living?*
- *Do you have thoughts of wanting to die?*

If the thoughts appear Active then follow up with:

- *Do you have thoughts of wanting to take your own life? Do you have suicidal thoughts?*
- *Do you have a plan on how or when you will do this?*
- *BE THERE- Individuals report feeling less depressed, less suicidal, less overwhelmed, and report increased hope after speaking to someone who listens without judgement.*
- *KEEP THEM SAFE- Studies have indicated that when lethal means are less available rates decline.*
- *CONNECT THEM-see the end of this letter for resources.*
- *FOLLOW UP-Supportive and ongoing contact may help individuals.*
- *COUNSELOR-Ask for help and support during these difficult conversations.*

Read [this article](#) to learn about the Myths and Facts regarding Suicide

Prevention including:

- How to Talk with a Child about Suicide
 - Talking about suicide provides the opportunity for communication. The first step in encouraging a person with thoughts of suicide to live comes from talking about those feelings.
- The Warning Signs to Look for
 - Recent suicide or death of a friend or relative, Previous attempts, Preoccupation with death or Expressing suicidal thoughts, Withdrawal from friends/family, Frequent irritability, Unexplained crying, Expressions of unworthiness or failure, and Lack of Interest in Future (see article for more)
- Who Can Help
 - All people who interact with adolescents in crisis can help them by way of emotional support and encouragement.
- How to Immediately Help
 - Immediate practical help such as staying with the person, encouraging them to talk and helping them build plans for the future, can avert the intention to attempt or die by suicide

Resources:



Text NAMI to 741-741 -free Crisis Text Line.

We are here to help answer questions,

Maegan Flannery MA, LPCC