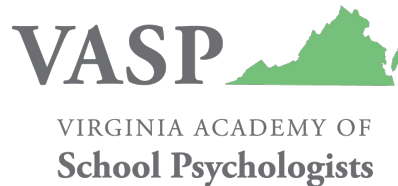


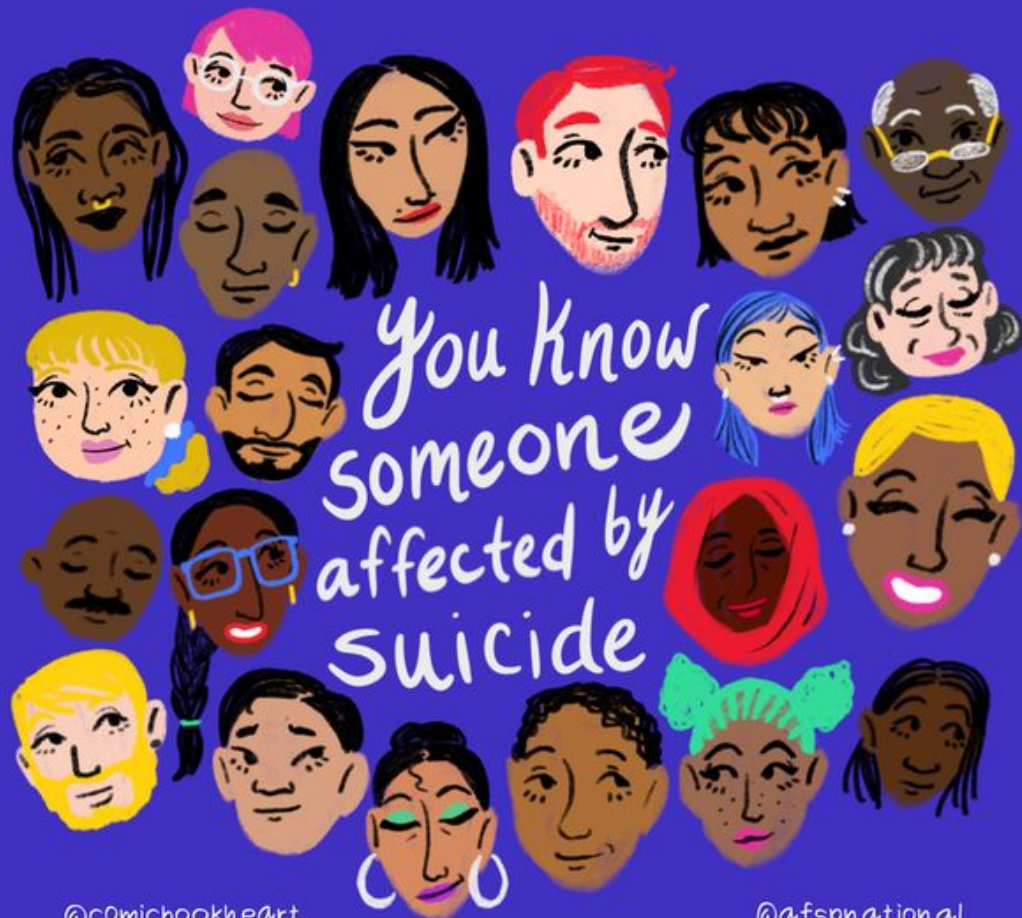
Virginia Suicide Prevention Month, 2021



Weekly Webinars for
School-Based Mental Health
Professional

Virginia Suicide Prevention Month, 2021





@comicbookheart

@afspnational

Virginia Suicide Prevention Month, 2021

Month Overview

“Be The 1 To VA”

- Weekly Themes
- [Sharing Resources](#)
- Weekly Webinars
 - Register for Weekly Webinars
- Tweets



#BeThe1To Ask.

WEEK ONE:

Be The 1 To ASK

- Destigmatizing Mental Health
- Asking the Question/Listening
- Strategies

Don't be afraid to ask the tough question.

**When somebody you know is in emotional pain,
ask them directly:**

“Are you thinking about killing yourself?”

Find out why this can save a life at [BeThe1To.com](https://www.BeThe1To.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



Destigmatizing Mental Health

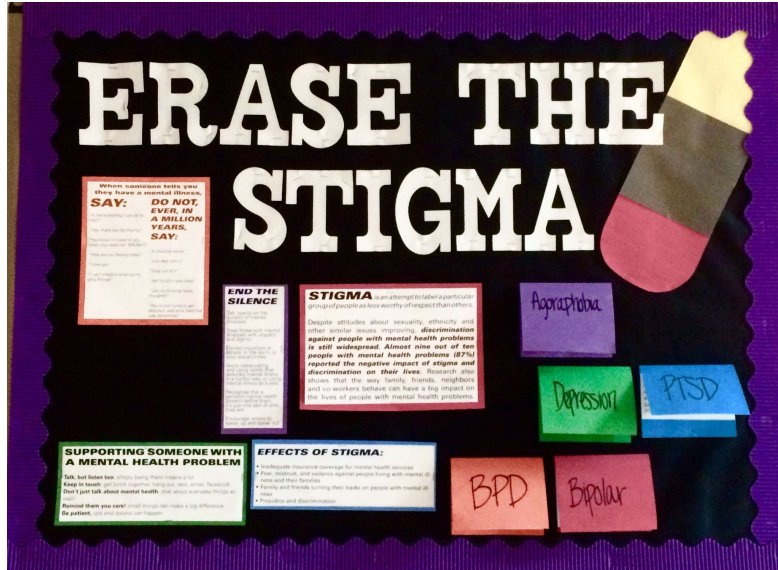
- Normalization occurs through both awareness and engagement.
- INVOLVES EVERYONE!
 - Student Awareness & Engagement
 - [Partner Toolkit](#) (Seize the Awkward)
 - [Mental Health Commission of Canada's HEADSTRONG School-Based Activities Toolkit](#)
 - [Erika's Lighthouse: Teen Empowerment](#)
 - Staff Awareness & Engagement
 - [Classroom WISE](#)
 - [Transforming Education](#)
 - Community Awareness & Engagement
 - Targeted Resources from [Erika's Lighthouse](#), [Newport Academy](#) and [Child Mind](#)
 - Host a [Mental Health Services Awareness Night](#)



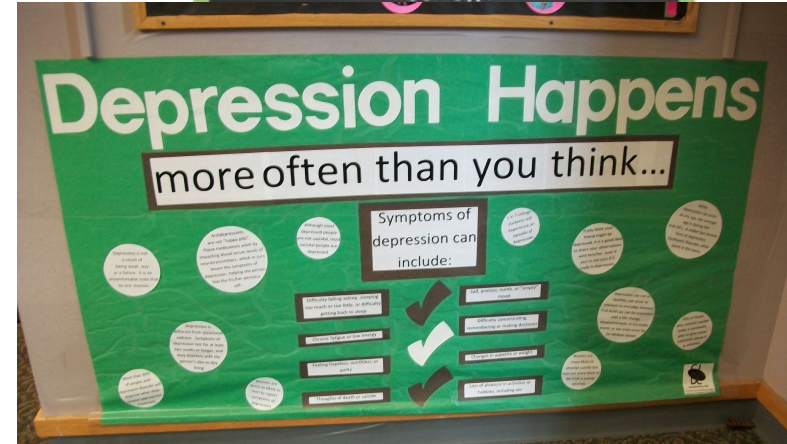
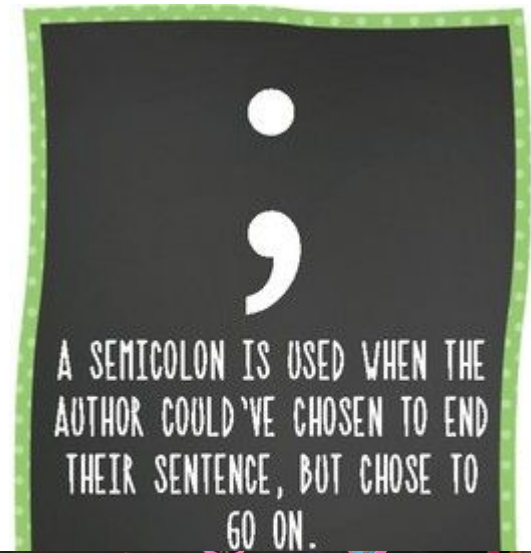
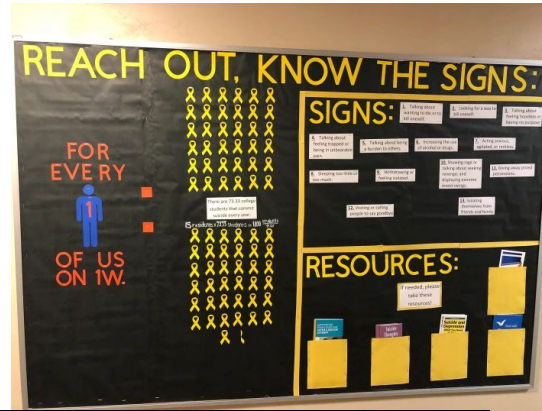
Strategies

- Toilet Talk
- Social-Shareables

Stall-door sentiments aim to boost mental health for Turner students



Bulletin Boards



How to Ask Someone About Suicide

TEN TIPS

#1 Lean in. The only real way to know is to ask. If you observe behaviors or signs that worry you, ask. Suicidal thoughts are often significant red flags that something is wrong; varying degrees of intensity are common for people going through hard times. When you feel your "Spidey senses" tingle or you wonder, "Should I be worried?"—lean in. Ask.

#2 Be prepared. Walk into this conversation as a well-informed referral source. Make sure you know what you will do if the student answers "yes." Never promise to keep it a secret. Be familiar with your school's protocol and resources so you can get them help.

#3 Create a safe space. Find a place for privacy and comfort. Depending on the situation, this may mean taking a walk outside or finding a quiet place to sit down. Take cues from the person about physical proximity and intensity of eye contact. Some people prefer to talk shoulder-to-shoulder, others face-to-face. If you're sitting, make sure that your body language communicates openness and interest and that you're seated on a parallel level with the person you're talking to. Take time to turn off your phone and close the door as well, so you won't be interrupted.

#4 Start with, "I've noticed..." Thank them for taking time to speak with you, and list the observations you've made that led you to be concerned. Speak about specific times and places where they were not themselves. Maybe you've noticed a change in mood, like they're much more irritable than usual. Maybe you've noticed a change in behavior, like they're sleeping in class. Maybe you've learned that they recently experienced a loss, family change, or breakup.

Asking the Question/Listening

- Tips for Asking:
 - Lean in.
 - Know your resources.
 - Get comfortable feeling uncomfortable.
 - Create a safe space.
 - Start with, "I've noticed..."
 - Be direct, say "suicide"
- Tips for Listening:
 - Show them they are being heard.
 - Follow up with open-ended questions.
 - Refrain from advice-giving and problem solving.

[How to Ask Someone About Suicide](#) and [Suicide Thoughts and Behaviors Guidelines](#)

Handout for Staff:

[COLOR COPY](#)

[BLACK AND WHITE](#)

Everyone is a gatekeeper!



Everyone is a gatekeeper!

- How is your staff trained?
- How are students trained?
- How can you reinforce these skills throughout the year?

VDOE Suicide Prevention Training for School Staff

- [Part 1](#)
- [Part 2](#)
- Slide Deck: [PowerPoint](#), [PDF](#)

[Trainings to Recognize and Respond to Students at Risk](#)