

SUICIDE AWARENESS PRESENTATION

Summary

This presentation is designed to do the following:

- heighten awareness about suicide in Maine
- provide knowledge about the risk & protective factors, warning signs & clues for suicidal behaviors
- teach skills to intervene with suicidal youth
- provide helpful resources

Key Concepts

1. Youth suicide is a significant problem in our state.
2. Many suicides are preventable if we can recognize the warning signs and respond with specific intervention skills.
3. The three most important ways to intervene are a) show you care, b) ask about suicide, and c) go for help.
4. There are resources for youth in crisis.

Objectives

At the end of the presentation, the participant will be able to:

- define suicidal behaviors
- distinguish between facts and myths about youth suicide
- understand the risk factors for suicidal behaviors
- recognize the warning signs
- demonstrate the helpful intervention strategies
- identify resources at school and in the community