

Need to Talk?

The Individuals listed below would love to help. You can also talk to your Parents, Teachers, or another Trusted Adult:

University High School

School Counselors:

- Jesse Mehle (A-F)
- Bethany Underdonk (G-L)
- Josh Glass (M-R)
- Rachel Watson (S-Z & 9th Acad)
- Lezlie Lough (MTEC)

School Nurse:

- Katie Murray

Principal:

- Kim Greene

Assistant Principals:

- Katrina Boley
- Jason Pauley
- Teddy Stewart

MTEC/Alternative Ed

- Jonathan Pollock
- Shari Burgess
- Michele Perozich

In an Emergency— Call 911

You can also call, text, or conduct a secure web chat with Suicide Prevention Specialists for 24/7 assistance



1-800-273-TALK (8255)
suicidepreventionlifeline.org

CRISIS TEXT LINE |

text **CONNECT** to 741741
& talk to a trained crisis counselor



Monongalia COUNTY SCHOOLS

EDUCATION...EMPOWERS...EXCELLENCE

**“There is ALWAYS
another solution,
even if you can’t see
it right now.”**

- unknown



For More Information, please scan the QR Code or visit the School Counselor Page on the Monongalia County School's website:
<http://boe.mono.k12.wv.us/>



Need answers? Here's an app that could help. Remember to always seek help from a trusted adult.

SUICIDE PREVENTION INFORMATION FOR MIDDLE/HIGH SCHOOL STUDENTS

Risk Factors
Warning Signs
Actions to Take
Protective Factors

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Suicide is the third leading cause of death among youth in the United States. You can help prevent these deaths by knowing the risk factors, warning signs, and what to do if you or a friend needs help.

Being Able to Recognize the Risks & Warning Signs is the First Step in Saving a Life:

Risk Factors :

- Depression, irritability, mood swings or feeling misunderstood, hopeless or helpless
- Stressors, such as break-ups, rejection, bullying, home problems, getting in trouble, homelessness, school problems, exposure to violence, or experiencing a serious loss/trauma
- Previous suicide attempt
- Withdrawal from friends and previously enjoyed activities
- Alcohol/drug use
- Access to pills and/or weapons
- LGBTQ (lesbian, gay, bisexual, transgender, and/or questioning youths)
- Lack of connection/belonging

Warning Signs:

- Feeling depressed, anxious, hopeless, or helpless
- Engaging in reckless and/or risk taking behaviors
- Talk, notes, and/or threats implying they do not want to live
- History of previous suicide attempts
- Self-inflicted hurts
- Problems concentrating, focusing, and thinking clearly
- Changes in physical habits, such as personal appearance and grooming
- Not taking pleasure out of previously enjoyed activities

- Sudden changes in personality, friends, and behaviors
- Presence of death and suicidal thoughts in class work, art, journals, or homework
- Making final arrangements/putting affairs in order, such as giving away prized possessions
- Withdraws from family and friends
- Having a suicide plan



What Can You Do to Help?

ACT—Acknowledge, Care, Tell

Acknowledge: Take suicide risk seriously. Ask them directly if they are thinking about suicide.

Don't ignore the warning signs.

Care: It is always better to overreact than under react. Express your concern.

Tell: Get help from your school counselor, parents and/or trusted adult.

If possible, never leave a potentially suicidal person alone. Listen, offer support & understanding.

If not possible, get them to promise they will not hurt themselves until you are able to find help.

Never promise to keep this secret.

See back page for a helpful app - "A Friend Asks"

Protective Factors:

Having positive connections to family, peers, community, and social institutions (e.g. your school)

Receiving effective mental health care. Your school counselor can connect you or a friend with resources

Learning and having good problem solving and coping skills. Knowing when you need help with a problem and being willing to ask for help are important skills to have

Knowing about Depression Can Help

Depression is a medical condition that can affect anyone. Like any illness, it is recommended that a person with depression seek professional help.

Common Symptoms of Teens with Depression:

- Sadness that lasts longer than a few days or weeks
- Feeling tired much of the time or having difficulty sleeping
- Overeating or appetite loss
- Little or no enjoyment in life
- Loss of interest in activities or hobbies once found to be pleasurable
- Difficulty concentrating
- Feeling bad about yourself - worthless, hopeless or guilty