

SAU 63 Suicide Prevention Policy and Plan

If you or someone you know is struggling emotionally, please reach out and get support:

If you feel your life or that of another is at risk please call **911!**

[Recognize the Warning Signs](#) for Suicide to Save Lives

SAU 63 is committed to protecting the health, safety and welfare of its students and school community.

[Link to the SAU 63 Suicide Prevention Plan](#)

Suicide Prevention Liaisons

WLC HS	Tom Ronning , Principal Amanda Kovaliv , School Counselor
WLC MS	Katie Gosselin , Assistant Principal Alice Bartoldus , School Counselor
FRES	Bridgette Fuller , Principal Samuel Metivier , School Counselor
LCS	Bridgette Fuller , Principal

School District Suicide Prevention Coordinator

WLC SD	Peter Weaver , Superintendent
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Local Crisis Lines

NAMI NH

Call 1-800-242-6264

Mental Illness Call: 603-225-5359

<https://www.naminh.org/resources-2/crisis-lines/>

NH DCYF

Call 1-800-894-5533

Connect Suicide Prevention

<https://theconnectprogram.org/resources/crisis-lines/>

Community Partners

Call 603-516-930

<https://communitypartnersnh.org/>

New Hampshire Coalition for Suicide Prevention

<https://zerosuicidesnh.org/blog/addressing-youth-suicide-in-nh-dont-be-afraid-to-talk-about-mental-health>

New Hampshire Department of Health and Human Services

<https://www.dhhs.nh.gov/about-dhhs/advisory-organizations/suicide-prevention-council>

National Crisis Lines

NAMI

www.nami.org

National Suicide Prevention Lifeline

Call 800-273-TALK (8255)

www.suicidepreventionlifeline.org

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

Trevor Project

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24

Trevor Lifeline: Call 1-866-488-7386

TrevorText: Text TREVOR to 1-202-304-1200

www.trevorproject.org

Veterans Crisis Line

1-800-273-8255

<https://www.veteranscrisisline.net/>

Substance Abuse and Mental Health Services Association

Call or text 988

<https://www.samhsa.gov/find-help/988>

The Jason Foundation

<https://jasonfoundation.com/>

Parent Resources

[Healthy Habits of Emotional Wellbeing](#)

[Talking With Your Children About Mental Health](#)

[Mental Health Signs and Symptoms](#)

[MindWise](#)

PREVENTING YOUTH SUICIDE: TIPS FOR PARENTS AND EDUCATORS

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

WARNING SIGNS

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "I wish I could go to sleep and not wake up") statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text "HOME" to 741741).



WHAT TO DO

- Remain calm and nonjudgmental; listen.
- Ask directly about suicide (e.g., "Are you thinking about suicide?").
- Avoid being accusatory (e.g., don't say, "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- Get help! Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult.
- School staff should take the student to a school-employed mental health professional.



REMINDERS FOR PARENTS

- Continue to take threats seriously. Follow-through is important even after the child calms down or informs the parent they "didn't mean it."
- Access school supports. Parents can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- Maintain communication with school. After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.



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For additional guidance, visit
www.nasponline.org/safety-and-crisis.

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PREVENTING TEEN SUICIDE: TIPS FOR PEERS

Suicide rarely happens without warning. As a peer, you may be in the best position to recognize when a friend might need help and help them get it. You may see signs in person, hear about them secondhand, or see them online in social media. Never ignore these signs.

RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

WARNING SIGNS

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "The world would be better without me") statements
- Suicide notes, plans, online postings
- Preoccupation with death
- Giving away prized possessions
- Changes in behavior, sleeping, eating, thoughts, or feelings
- Increased risk taking
- Heavy drinking or drug use

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text "HOME" to 741741).



Everyone's life matters.
Help is available.



People do care.
Treatment works.



Don't keep silent.
Tell a trusted adult.

WHAT TO DO

- Recognize the warning signs in yourself, your friends, and on social media.
- Get help. You can't do it alone.
- Tell an adult. Talk to your parent, friend's parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friends Asks.
- Ask if your school has a crisis team.

REMINDERS FOR FRIENDS

- Connect. Listen, be accepting, don't judge.
- Confirm. Ask if your friend has thoughts of dying or suicide.
- Protect. Take any threats seriously. **Do not agree to keep a secret!**
- Stay. Do not leave a person alone if you are concerned about them being at imminent risk.
- Act. Call for help immediately.



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Youth Warning Signs

Leaders in the suicide prevention field agree that the following warning signs indicate a young person may be at risk for suicide:

- Talking about or making plans for suicide
 - Expressing hopelessness about the future
 - Displaying severe/overwhelming emotional pain or distress
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- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
 - Withdrawal from or change in social connections or situations
 - Changes in sleep (increased or decreased)
 - Anger or hostility that seems out of character or out of context
 - Recent increased agitation or irritability



What to Do

If you notice any of these signs in a student, take these recommended steps right away:

1. Do not leave the student alone and unsupervised. Make sure the student is in a secure environment supervised by caring adults until he or she can be seen by the school mental health contact.
2. Make sure the student is escorted to the school's mental health professional.
3. Provide any additional information to the school's mental health contact that will assist with the assessment of the student.



What to Do

1. Ask if the student is okay or if he or she is having thoughts of suicide.
2. Express your concern about what you are observing in his or her behavior.
3. Listen attentively and nonjudgmentally.
4. Reflect what the student shares and let the student know he or she has been heard.
5. Tell the student that he or she is not alone.
6. Let the student know there are treatments available that can help.
7. If you or the student are concerned, guide him or her to additional professional help, or to call the National Suicide Prevention Lifeline, a 24-hour toll-free phone line for people in suicidal crisis or emotional distress: 1-800-273-TALK (8255).