

Types of Self-Care

PHYSICAL



Sleep • Stretching • Walking •
Physical Release • Healthy Food •
Yoga • Rest

Emotional



Stress Management •
Emotional Health • Forgiveness •
Compassion • Kindness

Social



Boundaries • Support Systems •
Positive Communication •
Time Together • Asking for Help

Spiritual



Time Alone • Meditation • Yoga •
Connection • Nature • Journaling •
Sacred Space

Resources



833-372-3388 (833-3SAFEUT)

SafeUT App

Chat directly with a crisis counselor, or submit a tip regarding a school aged youth.

My3 App

Safety Planning App
schools.utah.gov/prevention/suicide



1-800-273-TALK (8255)

National Suicide Prevention Lifeline. Talk to a counselor who can provide support, and advise on resources.

866-488-7386

Trevor Project Lifeline for LGBTQ persons in crisis.

741-741, Crisis Text Line

Serves anyone in any type of crisis, providing free 24/7 text support.



NAMIUT.org

Free classes and peer support for persons experiencing a mental illness and their families.

AFSP.org

Resources, support, research and advocacy for individuals affected by suicide.

UtahSuicidePrevention.org

Facts and tips to help educate and prepare.

HealthyMindsUtah.org

Anonymous online screening and resource links.

**NEVER
WORRY
ALONE**

*Preventing and
Responding
to Youth Suicide*



schools.utah.gov

ADA Compliant: 11/30/2020

Preventing Youth Suicide: *Tips for Parents & Educators*



WARNING SIGNS

- Suicidal threats in the form of direct e.g., “I want to die” and indirect “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

RISK FACTORS

- Hopelessness
- Non-suicidal self injury (e.g., cutting)
- Mental illness, especially severe depression, but also post traumatic stress, ADHD, 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

WHAT TO DO

- Remain calm, nonjudgmental and listen.
 - Ask directly about suicide e.g., “Are you thinking about suicide.”
 - Focus on your concern for their well-being.
 - Take all thoughts of suicide seriously 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. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional.

SOCIAL & EMOTIONAL COMPETENCE

Children’s early experiences of being nurtured and developing a positive relationship with caring adults affects all aspects of behavior and development.

SOCIAL CONNECTIONS

Parents with a social network of emotionally supportive friends, family, and neighbors often find that it is easier to care for their children and themselves.

KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

Children thrive when parents provide not only affection, but also respectful communication and listening, consistent rules and expectations and safe opportunities that promote independence.

RESILIENCE

Parents who can cope with the stresses of everyday life, as well as an occasional crisis, have resilience; they have the flexibility and inner strength necessary to bounce back when things are not going well.

CONCRETE SUPPORT

Families who can meet their own basic needs for food, clothing, housing, and transportation—and who know how to access essential services such as childcare, health care, and mental health services to address family-specific needs—are better able to ensure the safety and well-being of their children.