

SUICIDE  
IS A  
PREVENTABLE  
PROBLEM

SEPTEMBER IS SUICIDE  
PREVENTION AWARENESS MONTH

Myth: People who write or talk about suicide are just looking for attention.

Fact: People who write or talk about suicide are usually at risk and are asking for help.

Myth: There are usually no warning signs when suicide occurs.

Fact: 90% of suicide victims gave a warning to friends and/or family.



Myth: Talking about suicide will encourage suicidal behavior.

Fact: Research shows that talking about suicide gives troubled students the chance to unburden themselves and get help.



Myth: Everyone who dies by suicide was depressed.

Fact: The majority of people who die by suicide were depressed but many were angry, impulsive, or under the influence of drugs or alcohol.

Are you worried about someone you know who may be at risk for suicide?

Learning the FACTS or warning signs is your first step in helping someone.



**F**EEELINGS

**A**CTIONS

**C**HANGES

**T**HREATS

**S**ITUATIONS

## FEELINGS

Expressing hopelessness about the future

## ACTIONS

Showing severe or overwhelming pain or distress

## CHANGES

Showing worrisome or big changes in behavior like withdrawal from friends, anger, hostility, or changes in sleep or appetite

## THREATS

Talking about, writing about or making plans for suicide

## SITUATIONS

Experiencing stressful situations like loss, change, personal humiliation, or getting into trouble.  
These can be **triggers** for suicide.

Learn the **FACTS!**

If you notice any of these warning signs  
you can help by:

1. **ASKING** your friend about suicide and  
expressing your concerns
2. **LISTENING** to your friend
3. **TELLING** a trusted adult



**HELP**  
ask · listen · tell





# What if you need help?



The world will not be a better place without YOU

You will not add to another person's problems

Tell someone how you are feeling

You will not be a burden

People do care about you



## GOHS COUNSELORS

A-Bur – Mrs. Amos [aamos@conroeisd.net](mailto:aamos@conroeisd.net)

Bus-Dn – Ms. Walton [swalton@conroeisd.net](mailto:swalton@conroeisd.net)

Do-Ham – Mr. Scott [gscott@conroeisd.net](mailto:gscott@conroeisd.net)

Han-La – Mrs. Hosier [ehsoier@conroeisd.net](mailto:ehsoier@conroeisd.net)

Lb-Mor – Mrs. Fuller [vfuller@conroeisd.net](mailto:vfuller@conroeisd.net)

Mos-Rn – Ms. Hogan [dhogan@conroeisd.net](mailto:dhogan@conroeisd.net)

Ro-St – Mrs. Wyszynski [bwyszynski@conroeisd.net](mailto:bwyszynski@conroeisd.net)

Su-Z – Mrs. Lucas [klucas@conroeisd.net](mailto:klucas@conroeisd.net)

College & Career – Mrs. Stadick [dstadick@conroeisd.net](mailto:dstadick@conroeisd.net)

Lead – Mrs. Peery [kpeery@conroeisd.net](mailto:kpeery@conroeisd.net)

***We want to help!***

1-800-273-TALK (8255)

you. are. enough.

## RESOURCES

*You Matter*

[www.youmatter.suicidepreventionlifeline.org](http://www.youmatter.suicidepreventionlifeline.org)

*Society for the Prevention of Teen Suicide*

[www.sptsusa.org](http://www.sptsusa.org)

*National Suicide Prevention Lifeline*

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

CRISIS TEXT LINE |

TM

Text START to 741-741

1-888-Kid Chat  
543-2428



**NATIONAL**

**SUICIDE**



**PREVENTION**

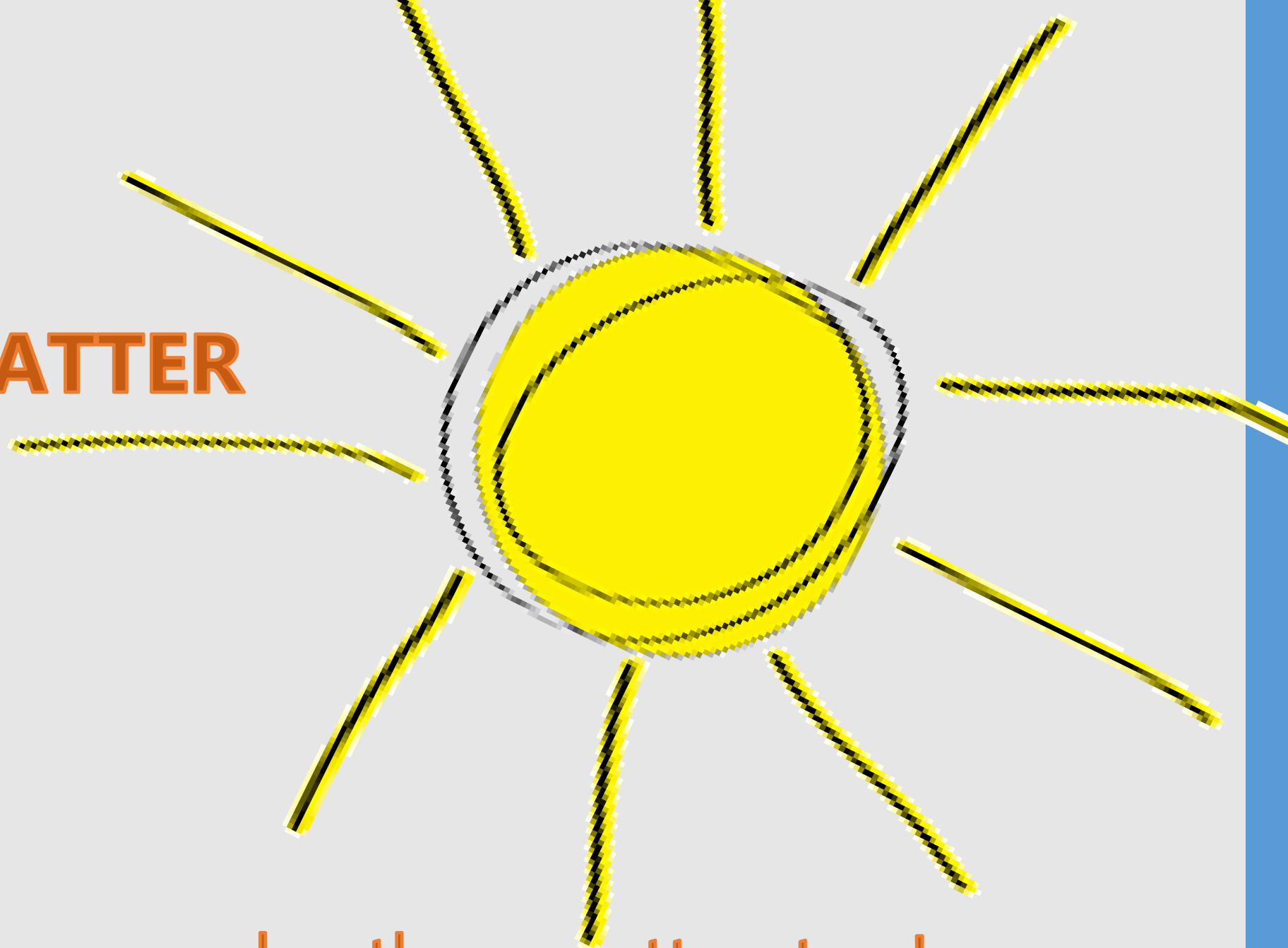
**LIFELINE**

<sup>TM</sup>

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**YOU MATTER**



Tell someone else they matter, too!