

THE SCHOOL BOARD OF BROWARD COUNTY, FLORIDA

**DANIEL GOHL
CHIEF ACADEMIC OFFICER**

February 8, 2019

Signatures on file

TO: All Principals

FROM: Daniel Gohl
Chief Academic Officer

VIA: Valerie S. Wanza, PhD.
Chief School Performance & Accountability Officer

SUBJECT: **SUICIDE PREVENTION INFORMATION FOR DISSEMINATION**



ACTION: Disseminate the attached two flyers regarding suicide prevention information and support

RATIONALE: Broward County Public Schools (BCPS) is committed to the success and positive mental health of all students. It is important to understand how to identify and support students who may need mental health support. The attached flyers are provided as a quick support guide for educators, families and youth regarding suicide prevention. The information in the attached flyers is directly taken from <https://www.youthsuicidewarningsigns.org/youth>. Additional information regarding mental health and suicide prevention can be found on the BCPS Mental Health and Wellness Portal at: <http://www.bcps-mentalhealth.com>.

Specific guidance from the National Institute for Mental Health regarding social media and suicide prevention states, "If you see messages or live streaming suicidal behavior on social media, call 911 or contact the toll-free National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text FL to 741741) available 24 hours a day, 7 days a week. Deaf and hard-of-hearing individuals can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. This service is available to everyone. People—even strangers—have saved lives by being vigilant."

For more information, please contact Dr. Mary Claire Mucenic, ESLS Director Support Services, at maryclaire.mucenic@browardschools.com or 754-321-3400; or Dr. Charlene Grecsek, Coordinator, SEDNET at charlene.grecsek@browardschools.com or 754-321-3400.

VW/DG/AH/CG:mh

c: Dr. Antoine Hickman, Executive Director, Exceptional Student Learning Support (ESLS)
ESLS Directors and Supervisors
CADRE Directors

Attachment #1- Parent and Caregiver Suicide Prevention Support

Attachment #2- Youth Suicide Prevention Support

Bring Assistance, Prevent Suicide Tips for Parents and Caregivers

Has your son or daughter shown or shared any of the following:

1. Talking about wanting to die, be dead, or about suicide, or are they cutting or burning themselves
2. Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can't make it go away), or they are struggling to deal with a big loss in their life
3. Withdrawing from everyone and everything, becoming more anxious or on edge, or seeming unusually angry

How to Respond

- Ask if they are ok or if they are having thoughts of suicide
- Express your concern about what you are observing in their behavior
- Listen attentively and non-judgmentally
- Reflect on what they share and let them know they have been heard
- Tell them they are not alone
- Let them know there are treatments available that can help
- Guide them to professional help

Remember these numbers. There is HOPE and there is HELP!



CRISIS TEXT LINE |

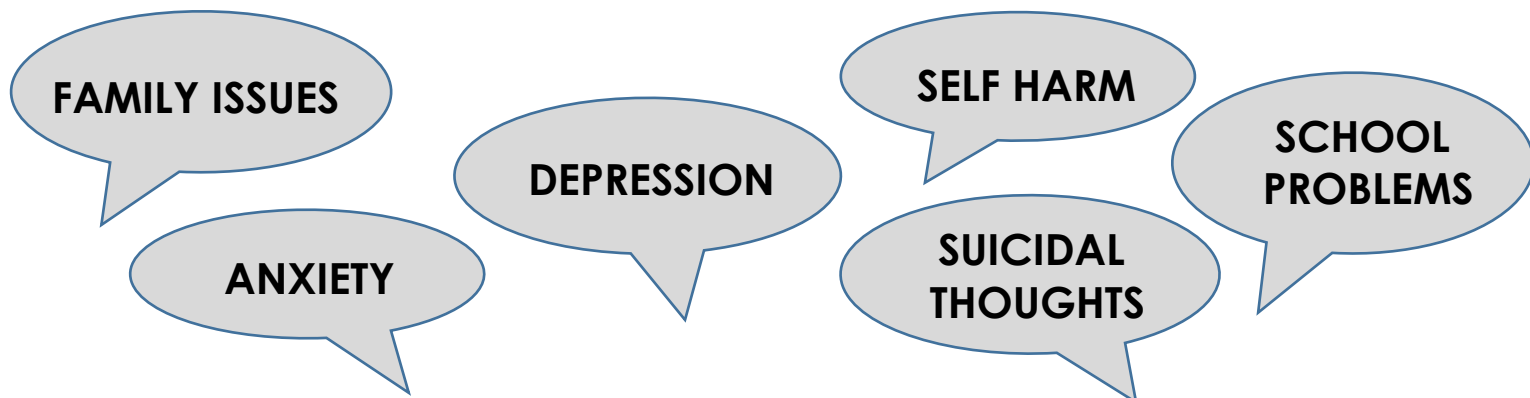
TEXT FL to 741741

Trained Crisis Counselors are available 24/7 for support and assistance.



Tips for Youth

Give Help, Get Help, Prevent Suicide



Has someone you know shown or shared any of the following:

1. Talking about wanting to die, be dead, or about suicide, or are they cutting or burning themselves
2. Feeling like things may never get better, seeming like they are in terrible emotional pain (like something is wrong deep inside but they can't make it go away), or struggling to deal with a big loss in their life
3. Withdrawing from everyone and everything, becoming more anxious or on edge, or seeming unusually angry

What you can do to help

- Ask them if they are okay and listen to them like a friend
- Tell them that you are worried about them and that they are not alone
- Don't keep someone's suicidal thoughts or plans a secret
- Talk to an adult you trust about your concerns

Remember – there is HOPE and there is HELP!



CRISIS TEXT LINE |

TEXT FL to 741741

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