

Suicide Prevention: Know Your FACTS

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Self Care Reminder

988, SUICIDE AND CRISIS LIFELINE 24/7:
CALL, TEXT, OR CHAT TO 988





Agenda:

- Introduction to The Nan Project
- Know your FACTS!
- What to do
- Resources

The NAN Project

- Created in 2015 in memory of Nan Cavanaugh, who died by suicide in 2012
- An initiative to increase understanding and acceptance of mental health challenges, using a peer-to-peer model
- We work in middle schools, high schools, and now colleges
- Operates in around 50 communities across Massachusetts





Feelings
Actions
Changes
Threats
Situation



Actions

- Isolation from family/friends
- Loss of interest in previously enjoyed activities
- No involvement
- Angry/irritable actions – fights, arguments
- Increase in screen time



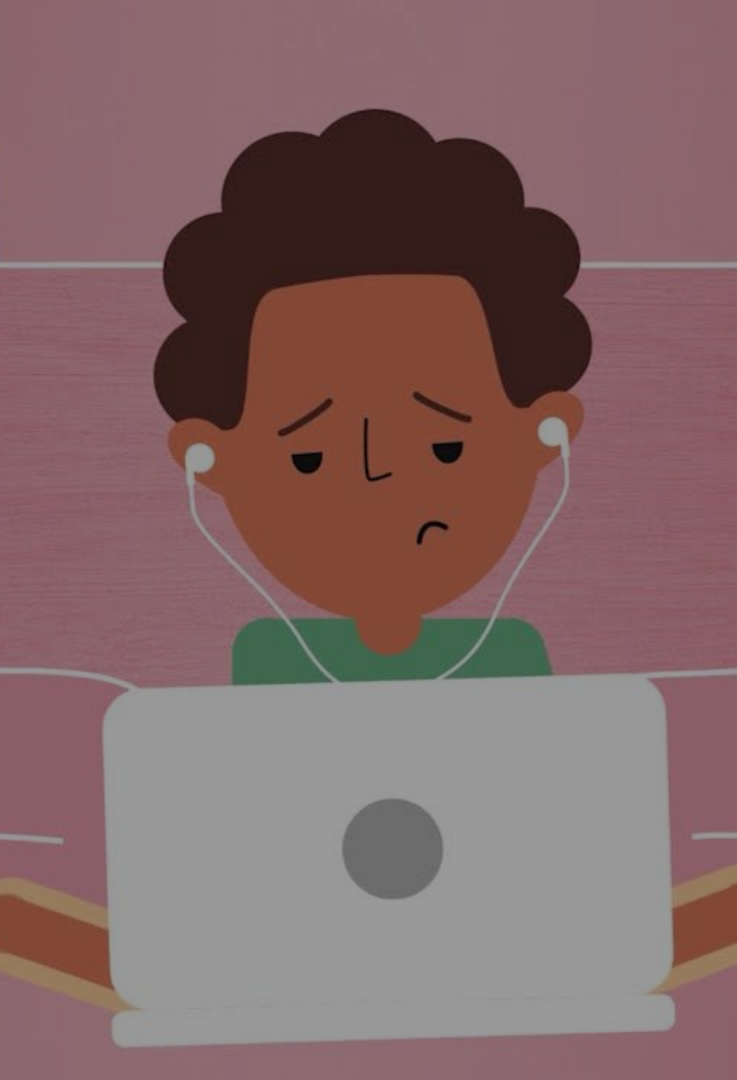
Changes

Abrupt, marked changes in:

- Motivation, energy, concentration
- Sleep
- Appetite
- Grades
- Drug/Alcohol Use
- More alone time
- Anxiety
- Risk taking behaviors

Threats

- Suicidal statements of any kind (joking or not!)
- Posting/texting/talking/**writing about a plan**
- Making a plan
- Listen for indirect threat-
 - “You won’t have to worry about me much longer”
 - “If I don’t ...” statements



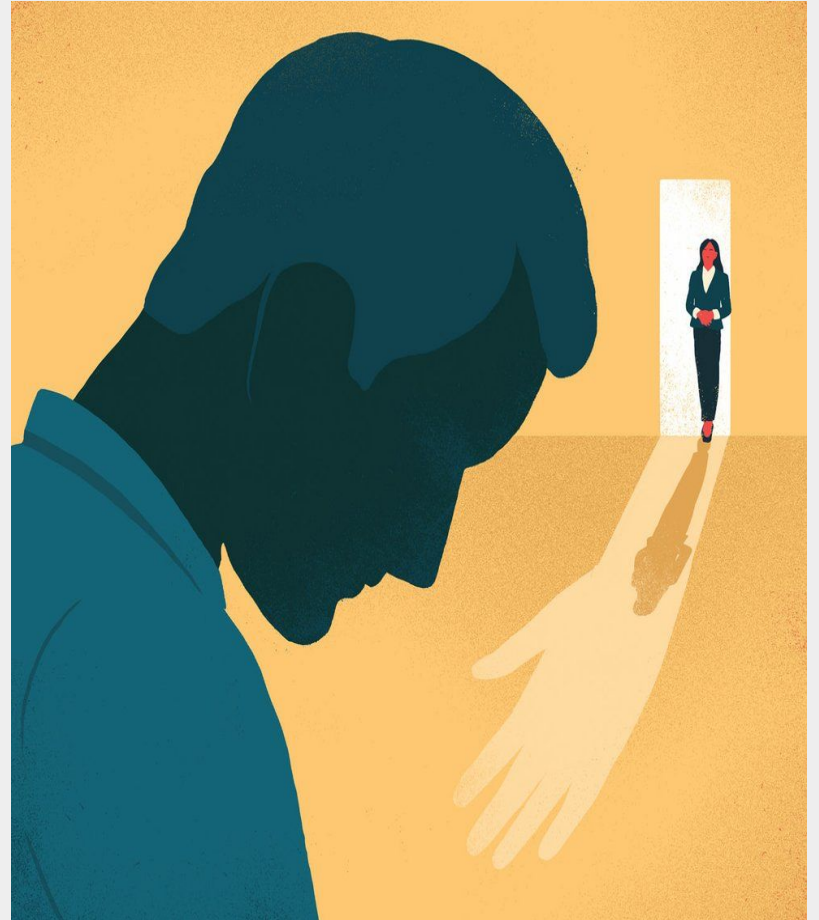
Situation

- Getting in trouble at school/with the law
- A recent death
- Recent loss - divorce, job, finances
- Preoccupation with death
- Diagnosis of terminal illness or serious illness (family, friend, community member)
- Struggling at home, at school, or with friends



What to do if you recognize these signs:

1. Start a conversation.
2. Listen to the problem.
3. Activate your support networks.



Step 1: Start a conversation:

- Prepare for the conversation:
 - *How do you want to start the conversation?*
 - *What changes have you noticed?*
 - *What resources do you have?*
 - *Who else can you involve?*
- Talk to them privately, in a quiet setting.
 - Think about where and when they might feel the most comfortable.
- Be persistent!



If you're concerned about suicide, don't wait - ask!

Conversation Starters:

“I’ve noticed that....”

“When someone is going through something as difficult as you are, they might be thinking of suicide. Are you feeling suicidal?”

“Are you thinking about suicide?”

Asking about suicide is OK!

Step 2: Listen

- Listen to the problem and give them your full attention.
- Validate their feelings without judgement - even if we don't agree.
- Encourage and praise when they open up.
- Acknowledge they aren't "crazy" or alone. Remind them that asking for help is the first step to feeling better.



Step 3: Get more help and support.

- Do not agree to confidentiality.
- If someone is currently suicidal, do not leave them alone. Go to help or call for help immediately.
- Who else is in the support network?
 - Parents/Guardians
 - School nurse
 - School counselors
 - Other trusted adults; coaches, other teachers, club leaders, etc.
- Activate your own supports.

Never worry alone!

Useful Hotlines



NATIONAL SUICIDE PREVENTION AND CRISIS LIFELINE:
988

SAMARITANS (CALL OR TEXT, 24/7): 877.870.4673

NAMI MA Compass Helpline: 1.800.370.9085
Resources - M-F 9-5

CRISIS TEXT LINE - TEXT "LISTEN": 741-741

THE TREVOR PROJECT LIFELINE (for LGBT+): 866.488.7386
THE TRANS LIFELINE: 877.565.8860

ASIAN LIFENET HOTLINE: 1.877.990.8585 (Cantonese,
Mandarin, Japanese, Korean, Fujianese are offered)

THE STEVE FUND CRISIS TEXT LINE FOR PEOPLE OF COLOR
TEXT "STEVE" : 741-741

Recent Changes in Behavioral Health Services:

The **Behavioral Health Help Line (BHHL)** is available 24/7, 365 days per year and is available for all residents of Massachusetts. **Call or text 833-773-2445.** Visit the [masshelpline.com](https://www.masshelpline.com) to chat online.

For more info: [Behavioral Health Help Line \(BHHL\) FAQ | Mass.gov](#)

Community Behavioral Health Center (CBHC) one-stop shops for a wide range of mental health and substance use treatment programs. The Commonwealth's statewide CBHC network includes 29 centers located in **communities across Massachusetts.**

Advocates CBHC (Serving Belmont) –
<https://www.mass.gov/locations/advocates-cbhc-waltham>

Storms will happen!

How do we prepare for the storms, and make it through together?



Questions?



Please fill out our evaluation.





**Thank you for
joining us today.**

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**For more info, visit us at
<https://thepnanproject.org>**