


## Peer to Peer Training

A Peer's Role in Youth Suicide Prevention

Youth Suicide Prevention Program

## What's the GOAL?



- Recognize when a friend is in trouble;
- Know what you can do to help; &
- Know where to find that help.

Knowing this could **SAVE A LIFE**.

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## Why we're here

- An average of 2 **youth** between the ages of 10 and 24 die by suicide each week in Washington State.
- 15% of WA 6<sup>th</sup> graders, 17% of 8<sup>th</sup> graders, 19% of 10<sup>th</sup> graders and 17% of seniors reported seriously considering suicide in the last year.
- Suicide is the **second leading cause of death** for WA youth.
- Peers are an important social network. Many suicidal youth will go to a peer for help before they go to an adult.


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## Agreements

What will make **everyone** feel respected and safe in this training?



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Everyone has stress and problems

Some people have depression and other mental health issues

Fewer people think about suicide

**STOP**

Even fewer people attempt suicide

Fewer people die

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## What is STRESS?

The way our minds and bodies respond to challenges and threats



How does stress affect us?

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## Stress Activity

Think about stressors teens have...  
a problem, a worry or just a concern...



Each cup will represent a unique stressor.

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## What is Depression?

- Feelings of intense sadness that last 2 weeks or longer and keeps a person from functioning normally
- A treatable illness that is not the person's fault

### Causes:

- Brain chemistry
- Situations and experiences



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## Signs of Depression

How can you tell a peer is depressed?

- Irritability
- Changes in eating/sleeping habits
- Physical complaints
- Poor school performance
- Moodiness, hopelessness, withdrawal
- Substance abuse

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## Getting Help for Depression

- Safe, confidential place to talk
- Get an outside opinion
- Learn new coping skills
- Get the care and support you need

<https://www.youtube.com/watch?v=XzjBHAT6htU>



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## Suicide Risk:

### Who is more vulnerable?

- ☐ People with depression and other mental health issues
- ☐ LGBTQ youth
- ☐ Boys and men
- ☐ Youth who abuse alcohol or drugs
- ☐ Native American youth
- ☐ People who've experienced abuse or trauma

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## Suicide Risk:

### What experiences might be triggers?


- ☐ Ongoing Stress – bullying, abuse, isolation
- ☐ Death – family/community member, friend, pet
- ☐ Breakup
- ☐ Family Conflict – chronic and persistent
- ☐ Another stressful event – Getting arrested, experiencing violence, moving to a new foster home, failing a class or unplanned pregnancy



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### Signs of Suicidal Thinking

## FACTS



**Feelings:** Sad, lonely, hopeless, in pain, moody, irritable, increased depression

**Actions:** Pushing away friends and family, giving away important possessions, using alcohol or drugs, making unsafe decisions, making or researching suicide plans, making art or writing about death, saying goodbye


**Changes:** Changes in school performance, changes in appearance or hygiene, changes in personality or attitude, just not seeming like themselves

**Threats:** Saying they're going to kill themselves, saying goodbye


**Situations:** Has the person had a crisis or trigger situation, especially in the last couple of weeks?

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### Youth Suicide: Intervention Steps



Show you care

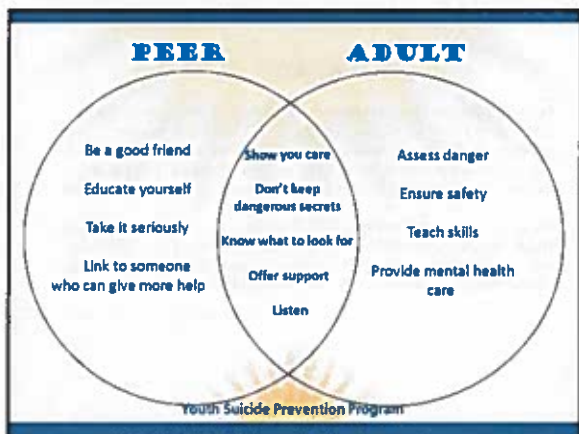


Ask the question




Call for help


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### What to do



Show you Care




Ask the Question



Get Help

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### SAG




#### Show You Care

*"I am concerned about you because..."*

*"I want to help"*

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### SAG



#### Ask the Question

*"Are you thinking about suicide?"*

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## SAG

### Get Help

Do NOT leave this person alone.

*"You're not alone. Let me help you find some help."*



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## Where to Get Help

- School Counselors, Mental Health specialists
- Physicians/health care providers
- Teachers, Coaches, Parents, Clergy, Youth Leaders
- National 1-800-273-8255 Local 783-0500 Crisis Lines
- 1-866-TEENLINK (answered by teens)
- LGBTQ friendly services 1-866-4U-TREVOR & Trans Lifeline 1-877-565-8860
- Text Crisis Line 741-741 "start"

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## Scenario for review



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## CARLOS

Early in the fall, your friend Carlos's father was very ill. During that time, Carlos spent a lot of time in the principal's office, in trouble for minor disciplinary problems. His behavior has improved, but you have noticed him acting quiet and serious in class, and he told you that he was going to drop out of his community soccer team because there was too much on his mind.

For about a month, Carlos has been dating Jamie. He was very invested in the relationship, and you heard him say he would want to die if the relationship ever ended. Today you learn that Jamie broke up with Carlos. You are going to see him next period at lunch. What will you say to Carlos?

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## What are the **FACTS**?

**F**eelings  
**A**ctions  
**C**hanges  
**T**hreats  
**S**ituations

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**S**how you care

**A**sk the question

**G**et help



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### Remember...



- Youth suicide is a big problem in Washington
- Most young people who experience stress and depression *do not* attempt suicide
- Many teens in crisis go to a friend first. You are a key part of the support network!
- Using SAG and connecting your peers with a helpful adult can save their life, BUT...
- Another person's choices are *not* your fault.

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### Suicide Prevention Awareness

What can you do in your school and community to promote suicide prevention?

Remember: Keep it PREVENTION focused!

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### Closing Activity

- How did you feel about P2P when you arrived today?
- How do you feel about P2P now?
- What was your favorite part of the P2P Training?
- What will you change now that you have been through this training?

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### Contact Information

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