Listen

• Attend to the person
• Reflect what you hear
• Validate feeling/experience.
SUICIDE BIG THREE

• Perceived burden
• Loss of belonging
• Impulsivity
Adolescent Grief

• Adolescents don’t grieve in the same ways adults do.

• They don’t move through the **linear “stages” of grief**

• *Initial* experience of grief lasting 2-4 weeks

• Resurfaces as something else (grades, act out) in 9-14 months

• Mark your calendar to check in - 9, 10, 12, 18, 24 months out
If you suspect, ask directly “Are you thinking, have you thought about?”

Do you have a plan? Means to a plan?
Risk Factors

- Prior attempt
- Substance abuse
- Mental Health issues/illness
- access to lethal means
- knowing someone who completed suicide
- social isolation
- lack of access to mental health care
- stress resulting from prejudice and discrimination (LGBTQ+, Racism)
- Historical trauma (for various ethnicities)
Warning Signs

1. Overlapping
2. Drastic
3. Consistency
4. Intensity
Warning Signs

Talking Behavior Mood

Health Environment History
Warning Signs: TALKING

• “I’m such a burden”
• “I feel trapped…”
• “I can’t take the pain anymore”
• “I have no reason to live”
• “I think I might kill myself”
Warning Signs: Behavior

- Increased use of alcohol or drugs
- Looking for ways to kill themselves (searching online)
- Acting recklessly
- Withdrawing
Warning Signs: Behavior

- Isolating- family and friends
- Sleeping too much or too little
- Saying Goodbye (texting)
- Giving away prized possessions
- Aggression
Warning Signs: Mood

- Depression and/or Anxiety
- Loss of interest
- Rage
- Irritability
- Humiliation
Warning Signs: Health

- Depression
- Bipolar (manic-depressive)
- Schizophrenia
- Borderline personality
- Antisocial personality
Warning Signs: Health

- Chronic illness
- Severe injury
- Hormonal/Thyroid
- Substance abuse
- Conduct Disorder
Warning Signs: Environment

• Stressful life events (death, divorce, or move)
• Prolonged stress factors-, bullying, relationships
• Access to lethal means—firearms and drugs
Warning Signs: Environment

- Exposure to another person’s suicide
- Exposure to graphic/ sensationalized accounts of suicide
- Physical violence
Warning Signs: Historical

• Previous suicide attempts
• Family history of suicide attempts
• Mental Illness
• Violent Behavior
Warning Signs: General

- Rumors
- Passive aggressive posts online
- Self injurious behavior
When to Seek Counseling?

- You feel in over your head
- Gut Sense
- “Here we go again…”
- “We’ve tried everything else”
- Symptoms worsening
- Severe
- Concern from others
- Doctor recommends
- Minister recommends
- Child asks for counseling
- Self harm, gender dysphoria, Suicidal thoughts, serious substance abuse
How do we have the conversation?
Difficult Conversations

- Name the awkwardness
- Ask for permission
- Get to the point
MICRO Conversations
Exercise
Encourage and allow safe Failures
Safe Failures

- Student’s own goals
- Borrow prefrontal cortex to evaluate risk
- Provide support and encouragement
- Be a Resource
Sacraments
Sleep
Medication WITH Counseling
Click here to listen to Today's Teenager Podcast with Roy Petitfils.
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