

# LeaderCare Resource

## Episode 16: Talking About Suicide (Pt 3)

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What do we look for?

### **Be Aware & Pay Attention to the Trend**

- Be aware of an increased sense of isolation
  - Loss of friendship(s)
  - Spending more time by themselves
  - “I am alone”, “nobody cares” etc.
  - Remember, it is their perception that matters,
    - Be careful not to dismiss what they are saying or feeling because you see it a different way
- Increased anxiety
  - Pressure to succeed or excel
  - Social media related anxiety (more on this later)
  - Relational anxiety
  - This generation bears a greater exposure to anxiety provoking things
  - “I feel burdened”, “I feel trapped”, “I can’t find a way out of this” etc.
- Substance use/abuse
- Increase moods of anger or rage
  - Anger can be a manifestation of depression
- Changes in temperament
- Language associated with hopelessness
- Significant changes in sleeping or eating habits
- Talking or posting about wanting to die
- Signs that they might be making plans (access to lethal means)

## What do we do?

- Stay calm
- Be present & aware
  - **If you don't make space for awareness, you won't be aware**
- Have a plan (ahead of time)
  - PARENTS are the first line of care, then we elevate the conversation when we need to
  - Who will you reach out to if you see these signs?
    - School counselor
    - Professional counselor
  - 988 or 911 if the crisis is immediate or an emergency
  - There are resources and there is HOPE!

## A few thoughts on social media

- Increased exposure to graphic posts is happening on social media
- Those who use social media are **3x more likely** to deal with depression and/or thoughts about suicide (triples the chances)
- Identity formation is increasingly formed by the herd
- There is little break or no break from the emotion before there is action
- Cyber bullying is very real
- Our kids don't need to be navigating this alone

**TEXT OR CALL 988 - Crisis & Suicide Lifeline**

<https://988lifeline.org/>

