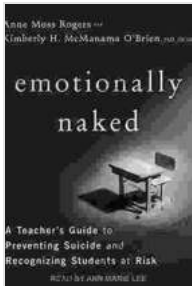


Teacher Guide To Preventing Suicide And Recognizing Students At Risk



Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk

by Anne Moss Rogers

★★★★☆ 4.8 out of 5

Language : English
File size : 8613 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 351 pages
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Suicide is the second leading cause of death among people aged 15-24. Recognizing the signs of suicide risk and knowing how to respond can help save a life. This teacher guide provides information on how to identify students at risk for suicide, how to talk to them about their thoughts and feelings, and how to get them the help they need.

Identifying Students At Risk For Suicide

There are a number of warning signs that may indicate that a student is at risk for suicide. These include:

- Talking about wanting to die or kill themselves
- Giving away their belongings

- Withdrawing from friends and family
- Losing interest in activities they used to enjoy
- Having changes in their sleep or eating habits
- Using drugs or alcohol
- Self-harming

It is important to note that not all students who exhibit these warning signs will be at risk for suicide. However, if you are concerned about a student, it is important to take action.

Talking To Students About Suicide

If you are concerned about a student, it is important to talk to them about your concerns. This can be a difficult conversation, but it is important to be open and honest. Let the student know that you are concerned about them and that you want to help.

Here are some tips for talking to students about suicide:

- Choose a private place to talk where you will not be interrupted.
- Start by expressing your concern for the student.
- Ask the student if they are thinking about suicide.
- Listen to the student's response and take it seriously.
- Do not judge the student or tell them that they are wrong for feeling the way they do.
- Offer the student help and support.

- Let the student know that you are there for them and that they are not alone.

If the student is in immediate danger, call 911 or take them to the nearest emergency room.

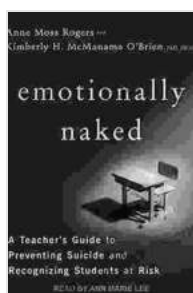
Getting Students The Help They Need

If you are concerned about a student, it is important to get them help. This may involve talking to the student's parents, school counselor, or mental health professional.

Here are some resources that can help:

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- JED Foundation
- Suicide Prevention Resource Center

Suicide is a serious issue, but it is one that can be prevented. By being aware of the warning signs and knowing how to respond, you can help save a life.



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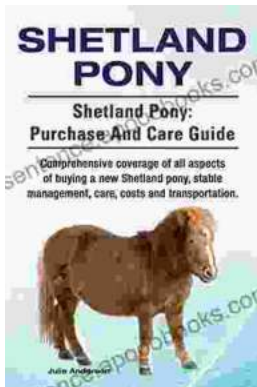
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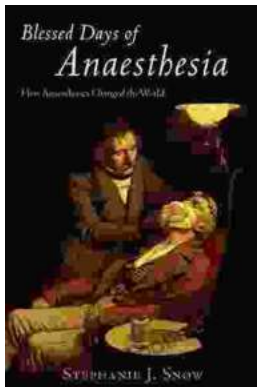
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