



Suicide Safety During the COVID-19 Crisis

The current global health crisis is causing widespread fear, stress, and concern for physical health. For people with existing and/or untreated mental health struggles, this may put them more at-risk for suicide ideation or attempts.



The resources here may be used to provide continuing supporting students to stay safe during this time.

Look out for warning signs:

<u>F</u>eelings	Desperation, rejection, burdensomeness, extreme agitation, need to escape
<u>A</u>ctions	Impulsive, dangerous, self-harming behavior. Preparatory actions like saving up pills or gaining access to a gun.
<u>C</u>hanges	Behavior and feelings uncharacteristic for the person.
<u>T</u>hreats	Writing, talking about or any expression of death, wish to be dead, or suicide
<u>S</u>ituations	Stressful life situations, failures, humiliations, rejections, losses, especially those due to suicide or traumatic death, or death of a parent.

What to do:

- Do...**
- Say something
 - What's wrong?
 - How can I help?
 - Ask the question
 - Are you thinking of killing yourself?
 - *It's ok to ask, even if they're OK*
 - Get help

What not to do:

- Do not...**
- Avoid the topic
 - Reason the feelings away
 - "Stop being dramatic"
 - "It's not that bad."
 - "He's not worth it!"
 - Think it will go away on its own

Where to get help:

NYC Well Mental health and peer counselors, 24/7	1-888-NYC-Well 1-888-692-9355	National Suicide Prevention Line Crisis counselors, 24/7 support	1-800-273-8255
Children's Mobile Crisis Professional team called in a mental health crisis	1-888-NYC-Well 1-888-692-9355	Emergency and 9-1-1	They are still working! They may be overwhelmed, but if your life is at risk they will help you.

Created using resources from:

Suicide Prevention Center of New York State

National Suicide Prevention Line

The Mayo Clinic