



## CIF Student Health and Wellness



### Understanding and Responding to Suicide Risk

Suicide is the second-leading cause of death among people ages 10-24. The incidence of suicide can be reduced by eliminating the misunderstanding and stigma that prevent individuals from speaking up and getting support.

#### **Warning Signs -any of these behaviors could indicate an increased risk of suicide:**

- Talking, writing or thinking about death
- Impulsive, aggressive or reckless behavior
- Increased drug or alcohol use
- Social withdrawal from friends, teammates, family, and community
- Dramatic mood swings

#### **Signs of imminent danger- any of these behaviors below should prompt immediate interventions:**

- Expressing a wish to die
- Putting affairs in order (e.g. giving away possessions)
- Saying goodbye to family and friends
- Mood suddenly shifts from despair to calm
- Unexplained interest in obtaining firearms or controlled substances
- Self-harming behaviors

#### **What student-athletes can do:**

- Call the National Suicide Prevention Lifeline at 988 (You can find this number on the back of your student ID card).
- Reach out to a trusted friend, coach, teacher, parent or family member.

#### **What families, teammates, coaches, and school staff can do:**

- Recognize warning signs for suicide risk
- Call the National Suicide Prevention Lifeline at 988 (You can find this number on the back of your student ID card).
- Seek support from the school counselor and help facilitate a connection with the student-athlete
- Be aware of local resources and providers