



## Mille Lacs Band of Ojibwe Suicide Prevention Project

# Protocols to Help Prevent Youth Suicides

**Suicide is preventable. Youth that are contemplating suicide often give warning signs. Do not be afraid to ask about suicide or about suicidal thoughts as it is shown to prevent suicide and not encourage suicide. Never take warning signs lightly and do not promise to keep their thoughts secret.**

**If someone you know is suicidal, get help immediately via 911, or call the National Suicide Prevention Life Line at 1-800-273-TALK or the crisis text line (Text "HOME" to 741741).**

### Risk Factors

- Hopelessness
- Non-suicidal self injury (eg cutting)
- Prior suicide in family or peers
- Mental health illness (eg. PTSD, ADHD, depression)
- Interpersonal conflict or dysfunction

### Warning Signs

Here is a list of the most frequent warning signs that a youth member is suicidal or having suicidal thoughts:

- Making suicidal threats or statements whether indirect (eg. I wish that I would just not wake up one day) or direct statements (eg. I want to die)
- Giving away personal belongings
- Change in personality (ie. From upbeat to quite)
- Withdrawing from friends or family
- Having hostile or aggressive behavior
- being preoccupied with death in conversation, writing or drawing
- Making final arrangements
- Heavy drug/alcohol use
- Suicide notes, plans, or online postings

### What To Do

Here is a list of what to do when you notice warning signs or risk factors have been observed or you are informed of suicidal thoughts:

- Listen to what the youth has to say in a nonjudgmental way.
- Focus concern on the youth well-being
- Ask directly about suicide (e.g. Are you thinking about suicide?)
- Refrain from being accusatory in your responses (e.g. You aren't going to do something stupid are you)
- Reassure the youth that there is help and that they will not feel like this forever.
- Provide constant supervision - do not leave the youth alone
- Remove any means of self-harm (e.g. Knives or firearms)
- Get help, use the Incident report form to document and inform youth parents/guardians. Do not inform the youth that you will keep what you discussed a secret as you need to reach out to resources. Parents should reach out to a behavior health therapist or if given permission reach out to a behavioral health therapist or other resources.
- If immediate danger is present call 911 and EMS.
- Follow up with the youth and the behavioral health therapist.



**Suicide is preventable. It is okay to talk about it. There are resources available to everyone to use to help prevent suicide. Do not keep it a secret, talk to a professional and parents.**

### RESOURCES

**Mille Lacs Band of Ojibwe HHS: 320-674-4385**

**Suicide Prevention Resource Center: 800-273-TALK**

**National Suicide Prevention Lifeline: 800-273-8255**

**Zero Suicide: [zerosuicide.edc.org](https://zerosuicide.edc.org)**

**Now Matters Now: [nowmatterssnow.org](https://nowmatterssnow.org)**

**Lifeline Crisis Chat: 800-273-TALK**

**Online PEER Support Chat (LGBTQ): 888-843-4564**

**Teen Live Online: [teenlineonline.org](https://teenlineonline.org)**

**National Crisis Line for the Deaf: text HAND to 839863**