

Suicide Prevention Resources



Photo by Mike Clayton

Visit: TheMat.com

“Coaches” & “Educational Resources”

Urgent/Emergency Services



When you need to act immediately:

- Call **911**
- Go to a hospital
- Call the National Suicide Prevention Hotline at **1.800.273.8255** or online at <https://suicidepreventionlifeline.org>
- Text to connect at **741741**

Other online resources:

1. The American Association of Suicidology has an excellent website on suicide issues and resources: <https://www.suicidology.org/>
2. The Suicide Prevention Resource Center has educational materials and resources at: <http://www.sprc.org>

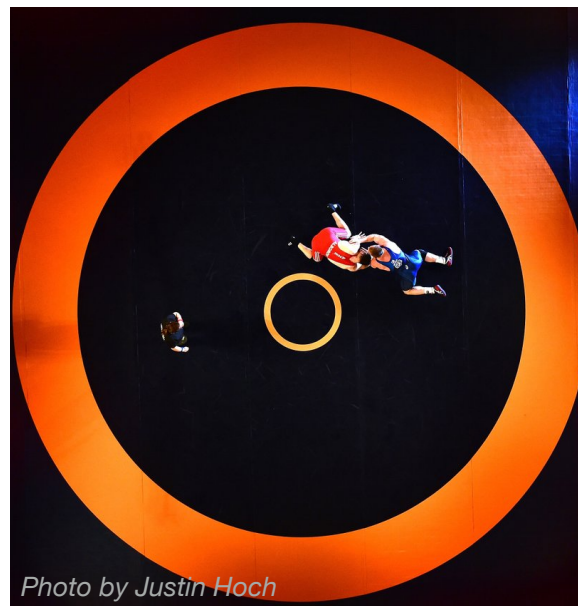


Photo by Justin Hoch

Get Connected

Society for the Prevention of Teen Suicide
Get Connected at:
<http://www.sptsusa.org/get-connected/>

Do You Have a Crisis Response Plan (CRP)?

Video link: <https://youtu.be/Xs0k1tjgo2c>

1. Personal warning signs
2. Self-management strategies
3. Reasons for livings
4. Social support
5. Professional crisis support

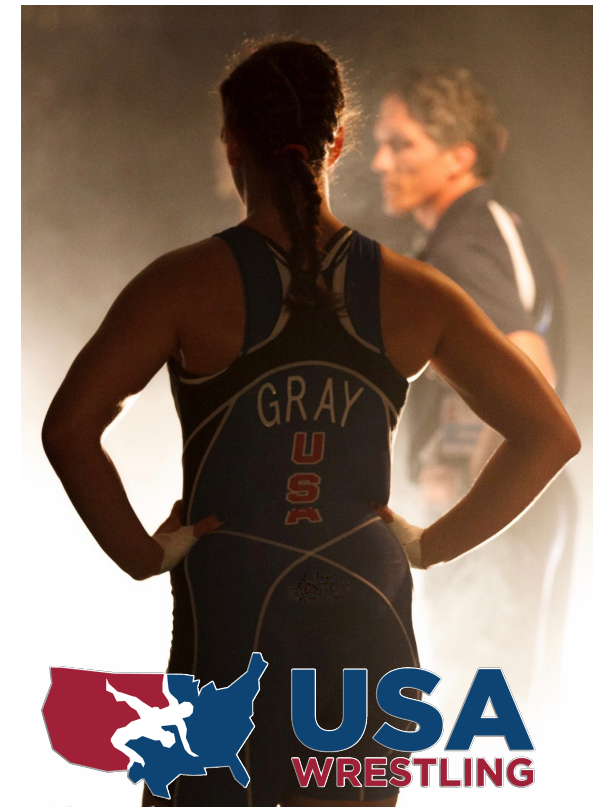


Photo by Justin Hoch

USA WRESTLING

Every1Matters

You are so much more than just an athlete. You are a friend, a son/daughter, a brother/sister, a teammate, a mentor, a musician, an artist, a friend. You matter.

We all struggle. We all can make it through the hard times and find fulfillment.

1. Be patient with yourself.

2. Work toward forgiving yourself.

3. We care about you!

Start with any of these steps:

- Call 911
- Go to a hospital
- Call 1.800.273.8255 to talk
- Text to connect 741741



There is Hope. There is Help. Suicide is Preventable.

If you or someone you know is thinking of dying by suicide, get help immediately. Call 911 or the National Suicide Prevention Lifeline at **1-800-273-TALK** or text "HOME" to 741741 to the Crisis Text Line.

Things to Know and Say



Everyone's life matters. Help is available.



People do care. Treatment works.



Don't keep it to yourself. Tell a **trusted adult**.

What to Do



- Identify trusted adults at school and home.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friend Asks.
- Recognize the warning signs in yourself, your friends, on social media.
- Get help. You can't do it alone.**
 - Tell a school psychologist, counselor, teacher, parent, or other adult.
 - Call 911 or 1-800-273-TALK or text "HOME" to 741741.

Reminders for Friends



- Connect.** Listen, be accepting, don't judge.
- Confirm.** Ask if they have thoughts of dying or of suicide.
- Protect.** Take any threats they make seriously. **Do not agree to keep a secret!** Tell someone.
- Stay.** Do not leave alone a person you are concerned about being at imminent risk. You might be their lifeline.
- Act.** Call for help immediately!

Risk Factors



- Feeling depressed, hopeless
- Deliberate self injury ("cutting")
- Prior suicidal thinking and behavior
- Having family members or friends who have attempted or died by suicide
- Loss of an important relationship (e.g., breaking up)
- Being isolated or alone
- Having been traumatized or abused
- Drug and alcohol use

Warning Signs



- Suicidal threats, both direct ("I want to die") and indirect ("I wish I could go to sleep and not wake up")
- Suicide notes, plans, social media posts
- Making final plans; giving away favorite things
- Preoccupation with death or revenge
- Changes in behavior, sleeping, eating, appearance, thoughts and/or feelings
- Extreme mood swings, rage, withdrawal
- Sudden unexplained happiness

NASP 

For more information, visit www.nasponline.org/safety-and-crisis.
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*Wrestling is a tough sport.
But we don't need to be tough all the time.
It's ok to ask for help both on or off the mat!*

Photo by Justin Hoch