

---

---

# Carteret County Schools

**Dr. Sue Kreuser, Healthful Living Director**

## **Newport Middle School**

**Don Griffin, Counselor**

**Ally Dew, Amber Lugo & Robbie Coleman,**

**7th Grade Students**

---

---

---

---

# Signs Of Suicide Prevention

— A Program of Screening for —  
Mental Health, Inc.

---

---

# **Rationale for the Program:**

**Student safety and well-being is a top priority**

**Suicide is the second leading cause of death for ages 15 - 24**

**The rate of suicide in Carteret County is much higher than other counties**

**Mental health is one of the top three concerns in Carteret County**

**There are almost always warning signs of suicide and it is preventable**

**S.O.S. is evidence based and provides a comprehensive approach for students and families**

## Myth or Fact?

**Myth:** Talking about suicide, may give someone the idea.

**Fact:** You do not give a suicidal person morbid ideas by talking about suicide. The opposite is true. Discussing it openly is one of the most helpful things you can do.

# Objectives of the Signs of Suicide Program:

- encourage open communication about mental health and its importance
- learn about depression, suicide, self-harm, and associated risks of alcohol and drug use
- explain suicide is a preventable tragedy that often occurs as a result of an untreated mental illness
- provide training to teachers, parents, and students on how to identify serious depression and potential suicidality in themselves or a friend
- identify at -risk students
- increase awareness of mental health resources in the community

# A Systems Approach to the SOS Program

**Include all stakeholders:**

**School Staff**

**Parent Training**

**Students**

**Community Health Resources, including Mobile Crisis**

ACKNOWLEDGE

**ACT**<sup>®</sup>

CARE | TELL

# Signs of Suicide Survey Results

**Average percent of Carteret County Public School students who requested to speak to an adult, or were identified as high risk on survey:**

**17.5% of High School Freshman**

**12% of High School Seniors**

**12.5% of Middle School Students**



# Student Perspectives

**Ally Dew**

**Amber Lugo**

**Robbie Coleman**

# Questions

We are all available for questions.