



Helpline is excited to present suicide prevention workshops and programs for local schools and the community. Our purpose is to raise awareness and reduce the stigma attached to depression and suicide. By educating students and community members, we hope to create a dialogue about suicide in order to prevent unnecessary deaths.

Schedule a Presentation

If you are interested in any of our suicide prevention programs and would like to schedule a presentation, please contact HelpLine's Suicide Prevention Director, Max Lencl.

Phone: 740.363.1835 ext. 122

E-mail: mlencl@helplinedelmor.org

For More Information or to contact our 24-hour, crisis hotline, call:

Delaware: 740.369.3316

Morrow: 419.947.2520

or

**National Suicide Prevention Lifeline:
1.800.273.8255**

**Deaf and Hard of Hearing dial 711 or 1.800.750.0750
Language Services Available**

Signs of Depression and Suicide

- Withdrawing from friends, family, and the community
- Losing interest in things they love
- Giving away possessions
- Feeling hopeless
- Feeling trapped— like there is no way out
- Experiencing dramatic mood swings
- Threatening to hurt or kill themselves or talk about wanting to hurt or kill themselves
- Feeling angry or irritable
- Changing sleep habits (too much, not enough, or disturbed)
- Seeing no reason for living or having no sense of purpose in life
- Increasing or sudden alcohol or drug use
- Looking for ways to kill themselves by seeking access to firearms, pills, or other means

How to ask someone if they are suicidal:

We recommend being as direct as possible with the person you are concerned about. Asking a person if they are thinking about hurting themselves does not necessarily cover the possibility of suicide.

How to Ask:

- Are you thinking about suicide?
- I've noticed you seem hopeless lately. Are you considering suicide?
- Some people in your situation consider suicide. Are you thinking about suicide?

Delaware County Office:
11 N. Franklin Street
Delaware, Ohio 43015
Hotline: 740.369.3316

Morrow County Office:
950 Meadow Drive, Suite B
Mt. Gilead, Ohio 43338
Hotline: 419.947.2520

www.helplinedelmor.org

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Helpline is a provider agency of the Delaware-Morrow Mental Health & Recovery Services Board and a member of the United Way of Delaware & Morrow Counties. HelpLine is accredited by the American Association of Suicidology, the Alliance of Information & Referrals Systems, & the Ohio Dept of Mental Health and Addiction Services. HelpLine is an Equal Opportunity Employer/Provider.



Of Delaware and Morrow Counties, Inc.

Suicide Prevention



**Programs for Schools
and
the Community**



Suicide Prevention Programs

HelpLine endorses the public health approach to preventing depression and suicide. Our programs use a universal strategy that ensures every student, without regard to exposure of the problem, has access to improving their mental wellness, knowledge, attitudes, and skills related to these issues.

“[After your program] I have had three students come to me with concerns about friends! They are listening.”
-Teacher for Delaware City Schools

Signs of Suicide ® (Middle School)

The *Signs of Suicide* ® MS prevention program is a three-day, evidence-based program, which provides comprehensive depression and suicide education. Students are given a brief depression screening and self-referral form. SOS MS aims to:

- Reduce stigma attached to depression and suicide
- Educate students about symptoms of depression and suicide through discussion and an activity
- Highlight places students can go for help
- Empower students to help others showing signs of depression using the ACT ® technique (*Acknowledge, Care, Tell*)

Signs of Suicide ® (High School)

The *Signs of Suicide* ® HS prevention program is a three-day, award-winning, nationally recognized program designed for high school-aged students. *Signs of Suicide* ® is the only suicide education, training, and screening program listed on the *Substance Abuse and Mental Health Services Administration's National Registry of Evidence-based Programs and Practices* that addresses depression and suicide risk, while also reducing suicide attempts.

Students are given a brief depression screening on the last day of the program. This screening assists in the referral process to connect at-risk students to the help they need.

Through discussion and a video, students will learn to:

- Identify signs of suicide in themselves and their friends, while understanding the risks associated with stress and suicide
- Discuss depression as a treatable illness
- Identify where they can go for help, including our local and national, 24/7 hotlines
- Help their friends showing signs of suicide by using the ACT® technique (*Acknowledge, Care, Tell*)

Signs of Distress (Community)

Signs of Distress is a one to three hour program designed to help adult caregivers recognize signs of depression and suicide in others. The program focuses on the specific needs of the population receiving the presentation.

After receiving the presentation participants will be able to:

- Refer those they care for to local resources
- Help those in mental health distress
- Recognize risk factors and identify the signs and symptoms of depression and suicidal ideation
- Reduce stigma by providing evidence-based information

ASIST: Applied Suicide Intervention Skills Training (Community)*

ASIST is a workshop for caregivers who want to feel more comfortable, confident, and competent in helping prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. Participation in the full two days is required. Enjoy small-group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide and intervention, while feeling challenged and safe.

*CEU's available

98% of ASIST attendees indicated an increase in confidence in responding to a person at risk for suicide

Motivational Interviewing For Suicide Risk (Community)*

This training aims to help participants utilize the evidence-based approach of Motivational Interviewing (MI) to support individuals at risk for suicide move beyond ambivalence for life and make changes for long-term safety. Through interactive discussion and practical activities, participants will:

- Identify key components of MI and the Stages of Change
- View Depression and Suicidal Ideation through the MI framework
- Apply MI to keep individuals safe along the suicide-risk continuum
- Use MI for individuals at risk for suicide who have dual mental health and AOD concerns

*CEU's available

Call our free, confidential hotline: 740.369.3316 or 419.947.2520