



Suicide Free Schools (SFS) Macomb

We are a county-wide quality of life initiative formed to enhance personal and social health through community efforts.

Caring people in Macomb County collaborated in 2015 to bring suicide prevention education and materials to schools, parents and community groups. The following collaborating partners have dedicated professional expertise, financial support and other important resources to develop and promote SFS in Macomb County:

- ◇ Macomb ISD
- ◇ KnowResolve
- ◇ CARE
- ◇ MCSPC
- ◇ Utica Community Schools
- ◇ Fitzgerald Public Schools
- ◇ Chippewa Valley Schools

*All share the conviction that to save a life
is to save the world.*

Resources for Suicide Prevention

Learn more from :

[National Suicide Prevention Lifeline](#)

Department of Health and Human Services- [After an attempt](#)

Find resources sheet from: [Suicide Prevention Resource Center](#)

If a youth is having a crisis call: 800-273-8255 or go to Macomb County Urgent Behavioral Health Center located at 43740 Groesbeck, Clinton Twp, MI 48036 /586-466-6222



If you know someone is thinking about suicide:

- 1) let them talk about how they're feeling
- 2) encourage them to talk to an adult they trust
- 3) tell an adult you trust immediately!

*If you are worried about someone,
call 1-800-273-8255 to speak with someone 24/7*

I am NOT alone
*sometimes LIFE is difficult and can seem unfair
my HAPPINESS is worth fighting for
... and i CAN get HELP!*

 *if you, or someone you know is in crisis please call:* **SUICIDE PREVENTION LIFELINE:
1-800-273-8255**
free • confidential • available 24/7
www.knowresolve.org • #KnowResolve

Suicide Free Schools



Promoted locally by:

Macomb ISD
Chippewa Valley Schools
Fitzgerald Public Schools
Utica Community Schools
CARE
KnowResolve
MCSPC

Macomb Intermediate School District

44001 Garfield Road
Clinton Township, MI 48038
(586) 228-3439
www.misd.net

Warning Signs

- Poor school attendance or performance
- Changes in eating and sleeping habits
- Withdrawal from friends and activities
- Persistent sadness and hopelessness
- Poor self-esteem or guilt
- Frequent physical complaints, such as headaches
- Anger or rage
- Low energy, lack of enthusiasm
- Thoughts of death or suicide
- Sudden lifting of mood, which could indicate having made a decision to end one's life
- Depression in a family member
- Previous attempt
- Question about one's sexual orientation

Prevention ... Don't Let Things Get Bad

- Talk about your feelings with friends or family
- Make time for regular exercise and healthy meals
- Don't use alcohol or drugs to mask your feelings
- Make time to play, no matter your age
- Volunteer your time and talents in tutoring kids, helping older people or some other worthwhile activity
- Enjoy compliments and believe in yourself
- Find your own spirituality
- Read good books or listen to music
- Laugh and find the humor even in rough situations
- Get immediate help if someone is abusing you sexually, physically or emotionally
- Get immediate help if you feel depressed or desperate, for any reason

Frequently Asked Questions about Suicide

Q: Will asking a person "Do you feel like killing yourself?" encourage them to attempt?

A: Asking a person directly about suicidal intent will often relieve the anxiety surrounding the feeling and act as a deterrent to the suicidal behavior. Studies show that asking the question does not "put the idea into someone's head." In fact, asking if someone is thinking about suicide can be an excellent prevention tool.

Q: Doesn't youth suicide happen mostly with students who are troubled or come from difficult family situations?

A: NO. Suicidal youth come from all kinds of families—rich and poor, healthy and unhealthy, two-parent and single-parent. To suggest that suicidal youth come only from "bad," "sick" or "neglectful" families is like saying that only these kids have diabetes.

Q: Don't most suicides happen without any warning signs?

A: The survivors of a suicide often say that the intention was hidden; however, it is more likely that the intention was not recognized. There are almost always warning signs, but, unless we know what they are, they can be very difficult to recognize. Means of suicide is so important. Some studies indicate that having a firearm in the home makes a suicide attempt significantly more likely and, if attempted, the completion of suicide much more inevitable.

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Frequently Asked Questions about Suicide (cont'd)

Q: Are people who talk about or attempt suicide just trying to get attention?

A: All talk or threats of suicide need to be taken seriously. Research indicates that up to 80% of individuals give clues or indicators in hopes that someone will recognize the signs of suicidal thinking. Indicators may be making a joke, threat or reference to being dead. Taking statements like these seriously and asking the person if they mean them may result in our finding out they were joking, but not asking may result in a far worse outcome. If someone is asking for attention with suicidal talk or behavior, all the more reason we should give them attention, as this is a cry for help.

