

the emotionally naked® speaker

Books and Free eBooks from Emotionally Naked plus speaker websites:

<https://annemoss.com/shop>, <https://www.khmobrien.com/>, <https://annemossrogers.com/>

Gatekeeper Training

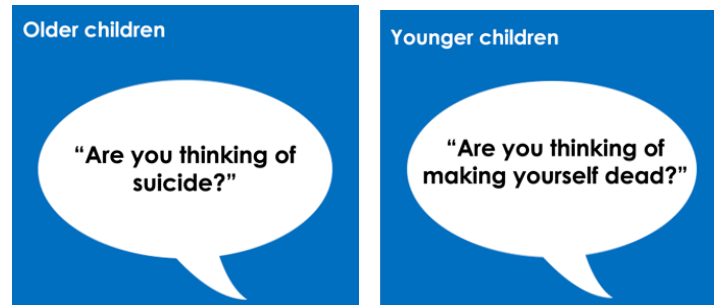
- safeTALK Training <http://safetalktraining.com>
- ASIST Training (Applied Suicide Intervention Skills Training)- 2-day program <https://www.livingworks.net/asist>
- The ASK Workshop, Lifeline Workshops: <https://www.lifelineworkshops.com/the-ask-workshop>
- CALM training: <https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

Signs of Suicide:

What do they say?	How they behave?	What is their mood?
<ul style="list-style-type: none">• "I just want to die."• "I can't do this anymore."• "I don't want to live."• "I feel so worthless."• "No one would care if I was dead."• "I'm such a burden."• "I feel trapped."• "This pain has to stop."	<ul style="list-style-type: none">• Isolate and withdraw (a.k.a. ghosting)• Drink or drug too much• Looking for ways to end their life including online searches• Sleep too much or not enough• Visit or call people to say goodbye• Give away prized possessions• Anger easily or become aggressive	<ul style="list-style-type: none">• Depressed• Anxious• Irritable and Angry• Loss of interest• Humiliated shame• Relief and sudden improvement

Source: American Foundation of Suicide Prevention

Question to ask



Podcasts for Therapists related to Suicide Prevention

- The Social Work Podcast with Jonathan Singer PhD, LCSW, <https://socialworkpodcast.blogspot.com/>
- Hope Illuminated with Sally Spencer-Thomas, <https://www.sallyspencerthomas.com/hope-illuminated-podcast>

Specific Podcast Episodes

- Podcast: Suicide Prevention: What Teachers Can Do <https://www.cultofpedagogy.com/suicide-prevention/>

- **Emotionally Naked -- How Can Caring Adults Prevent Youth Suicide?: Interview with Dr. Kim O'Brien | Episode 102** <https://www.sallyspencerthomas.com/hope-illuminated-podcast/102>
- **Crisis Text Poster:** <https://annemoss.com/wp-content/uploads/crisis-text-line-poster-1.pdf>

Case Studies with Sample Conversations:

Sebastian. 8, 3rd grade

What's happening in his life? His parents seem to be having marital issues and he's a sensitive child

What's going on at school? Has been more w/drawn, he gets angry/ frustrated very quickly, he's made remarks indicating low self esteem

 Therapist: "Sebastian. I have noticed you seem very sad. Do you want to talk about it?"

Sebastian: "Nobody likes me."

Therapist: "Tell me why you think that."

Sebastian: "I'm so ugly and stupid."

Therapist: "I'm sorry you feel so bad about yourself. What do you think about when you are sad?"

Sebastian: "I think about being with grandma in heaven."

Therapist: "I see. So, are you thinking about making yourself dead?"

Sebastian: "Yes. I would hold my breath until I was dead."

Therapist: "You must feel really bad. Do you know what happens when someone dies?"

Sebastian: "They go to heaven where it's very beautiful."

Therapist: "When someone dies, their heart stops beating, they stop breathing, & they can't move again. Have you ever seen a dead animal?"

Sebastian: "I saw a dead cat in our road. It was all smushed..."

Therapist: "I have seen that, too. It sometimes makes me sad to see a dead animal. What about you?"

Sebastian: "Me, too."

Therapist: "What are the people, pets or things that are important to you?"

Sebastian: "My dog. When I am sad, he cuddles up against me."

Therapist: "I bet that feels really good. If you died, what would happen to him?"

Sebastian: "I don't know. I think my daddy would take care of him."

Therapist: "I see. Do you think your dog would miss you?"

Sebastian: "I think so. He loves me. I know he does."

Therapist: "So, he doesn't hate you. And I don't hate you. Thank you for talking with me and being really honest."

Case study: Casey, 12, 7th grade

What's happening in her life? Lost a brother to a car accident, Mother has just been diagnosed w/ breast cancer

What's going on at school? Her grades have dropped, more detached. Prior to her brother's death she was more engaged, She wrote a paper about a girl who tried to jump from the balcony of her aunt's apartment (**When we speak to the parent, we need to specifically mention this so the aunt can be warned and make sure the child is safe from suicide.**)

How do we find out if Casey is thinking of suicide?

Therapist: What's up with you this week?

Casey: Ummmm. Well, you know my brother was killed last year in a car accident and I. . .and then my mom got cancer and I just. . .

Therapist: Well, I knew about your brother because that's why you are here. I didn't know about your mom. I'm so sorry. Keep talking.

Casey: I just feel. . .I mean I can't concentrate, and I don't think I can do this anymore. I mean, I don't know. . . .

Therapist: What do you mean you can't do this anymore? Can you explain?

Casey: Yeah, like I don't care anymore or don't want to be here anymore. Everything is hard. Just getting out of bed is hard. I don't care about anything. . . .It feels dark.

Therapist: I will need to ask you a specific question because many times when someone is going through all you are going through, and they say, "I can't do this anymore," they are struggling with thoughts of suicide? Are you thinking about suicide?

Casey: Ummmm. . .I think. I mean I don't know. I have these dark periods and then they just go away and then I don't want to hurt myself and I feel fine. But sometimes I do want to and I don't feel like I have control, especially late at night when I can't sleep.

My mom and dad would be devastated. I don't want to tell them because my parents are so worried about mom's cancer and then my brother. My dad has a shotgun and I have thought about it would make the pain just stop. It won't stop sometimes. . . .

Therapist: This is serious. First, I'm honored and grateful you trust me with this. I also know what courage it took to come tell me all you have. And to trust me with this. Thank you.

Casey: You don't think I'm weak?

Therapist: Not at all. It's so brave. People don't understand how hard it is to tell. Let's you and me talk about next steps because we need to make sure you are safe from suicide. Let's do that now together. Does that sound OK?

Casey: Will you tell my parents? They just can't handle this right now.

Therapist: Your parents would not want to lose you. We can agree on that, right? We are not going to keep secrets but share with you and them the next steps.

Casey: They might be really upset or disappointed or say that I'm just trying to get attention.

Therapist: My main concern is your safety and your life. Anyone who is having thoughts of suicide means that something is gravely wrong and it's a situation that needs immediate attention. WE will work through this together.

Casey: Will you call an ambulance or anything like that?

Therapist: We are not calling an ambulance right now. No limbs are falling off? You're not having a heart attack? So we don't need an ambulance. I'm with you on this, OK? After we get an assessment for suicide risk and a safety plan, we can talk to your parents.


Casey: OK. But I do feel better today. . . .I mean it probably won't come back.

Therapist: You may be right. But let's be sure. I know it took courage to tell. No secrets. Are you with me?

Casey: Yeah. I trust you. I do.

Important! Talk to parents about **removing means** from the household including any suggestions of a biometric safe (thumbprint safe) for any firearms in the home.

Signs of Possible Suicide Risk in Artwork

		
<p>Child far from the family</p>	<p>Child is faceless</p>	<p>Draws pictures of themselves drowning or dying</p>

Questions to ask:

- "Tell me about your picture. Why is the boy so far away?"
- "Tell me about your picture. Why is the boy without a face?"
- "You mentioned you felt sad. Were you feeling sad when you drew this picture?"

What to do if you suspect a child is thinking of suicide:

1. Engage in a private conversation
 "Andres, you said unhappy thoughts could cause a person to die. Do you have unhappy thoughts?", "Tell me more about how you feel." "How long have you felt this way?"
1. Listen with empathy, w/out "fixing." Meet the person where they are...
2. Ask the Question- "Are you thinking of suicide?" or "Are you thinking of making yourself dead?"
3. Do a risk assessment, create a safety plan

For School Counselors: Specific Questioning for Suicide Inquiry

Ask about suicidal ideation, plans, behaviors, and intent openly and frankly:

- Have you been having thoughts about killing yourself either now or in the past?
- Do you ever feel that life isn't worth living?
- Have you ever wished you could just go to sleep and not wake up?
- Have you ever tried to hurt yourself, wishing you would die?
- Have you ever tried to kill yourself?
- What did you think would happen when you... (overdosed, etc.)?
- How do you feel that you are still alive after having attempted suicide?

If the youth answers yes to any of these, ask who, what, when, where, why, and how:

- What are you thinking of doing?
- When do you think you might do it?
- Where might you hurt or kill yourself?
- How might you hurt or kill yourself?
- Why do you want to kill yourself?
- Who knows about this?

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Tools

1. [Tools: ASQ 4/5-Question Suicide Screening Tool NIMH](#)- This kit also has scripts for clinicians.
2. [Stanley Brown Safety Template](#)
3. [Columbia Suicide Severity Rating Scale \(C-SSRS\)](#)
4. [Screening for and Assessing Suicide Risk – From Zero Suicide](#)

Quick, Validated/Evidence-Based Suicide Screeners

- Ask Suicide-Screening Questions (ASQ) NIMH, 4 questions
- Columbia-Suicide Severity Rating Scale (C-SSRS), Screening version for schools, 6 questions

Source: Suicide Prevention Resources to Support Joint Commission Accredited Organizations (pdf).

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When are youth most at risk?

(Suicide is never the result of just one risk factor but a constellation of risk factors that converge at once.) These times make youth more at risk and can act as “the last straw”

- **During Transitions and Mini Transitions** e.g., Elementary school to middle school, middle to high, high to college. Back to school, from school to winter break or spring break, moving, deployment of a parent, any other major changes
- **After a Relationship Disruption** e.g., fights (friend, bf, parent, sibling), parent divorce, romantic breakups, grief/loss including pets

Articles

- **What does a school counselor say to a parent who refuses to support a suicidal child?**
<https://annemoss.com/2021/10/31/what-does-a-school-counselor-say-to-a-parent-who-refuses-to-support-a-suicidal-child/>
- **A friend posted a message online that sounds suicidal. What do you do or say?**
<https://annemoss.com/2021/09/19/a-friend-posted-a-message-online-that-sounds-suicidal-what-do-you-do-or-say/>
- **What to say to someone who tells you they are cutting**
<https://annemoss.com/2017/11/23/what-to-say-someone-tells-cutting/>
- **Self-Harm Safety Box**
<https://annemoss.com/2016/08/03/self-harm-safety-box/>
- **'My son has admitted he is suicidal. What do I do now?' (Helpful for parents)**
<https://annemoss.com/2019/04/20/my-son-has-admitted-he-is-suicidal-what-do-i-do-now/>
- **How to Tell Your Parents You Want to Die**
<https://themighty.com/2016/12/how-to-tell-your-parents-you-want-to-die/>

EDUCATOR ARTICLES

Support Students Grieving a Suicide Loss- 7 Important Strategies for Educators

<https://richmondfamilymagazine.com/article/support-students-grieving-a-suicide-loss/>

Scripts on how teachers facilitate discussion with their class after a suicide

<https://annemoss.com/2020/10/04/scripts-on-how-teachers-facilitate-discussion-with-their-class-after-a-suicide/>

SUPPORT FOR FAMILIES

NAMI Family Support Groups

<https://www.nami.org/Support-Education/Support-Groups/NAMI-Family-Support-Group>

Families Anonymous

<https://www.familiesanonymous.org/wp-content/uploads/2021/11/US-Meeting-Locator.pdf>

EVIDENCE-BASED SUICIDE PREVENTION PROGRAMS FOR SCHOOLS

JED High School

<https://jedfoundation.org/our-work/jed-high-school/>

Sources of Strength

<https://sourcesofstrength.org/>

SOS Signs of Suicide

<https://sossignsofsuicide.org/parent/signs-suicide-program>

SUICIDE PREVENTION RESOURCES FOR SCHOOLS

After a Suicide: A Toolkit for Schools- Second Edition

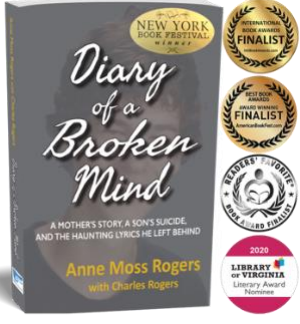
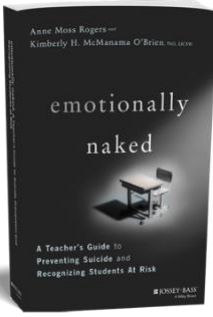
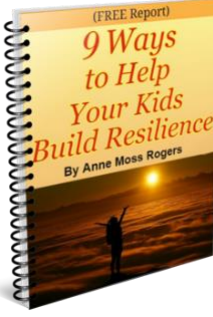
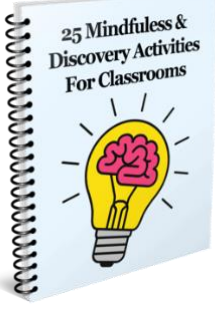




<https://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>




Model School Policy on Suicide Prevention: Model Language, Commentary, and Resources

https://www.thetrevorproject.org/wp-content/uploads/2021/08/Model_School_Policy_Booklet.pdf

Resources

<https://annemoss.com/resources-2/>

			
<p><u>Diary of a Broken Mind</u>; A Mother's Story, a Son's Suicide and the Haunting Lyrics He Left Behind</p>	<p><u>Emotionally Naked</u>: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk</p>	<p>Free: <u>9 ways to Help Kids Build Resilience</u></p>	<p>Free: <u>25 Mindfulness & Discovery Activities</u> Ideal teen activators for classrooms and youth groups</p>
			

			
<p>FREE: <u>Coping Strategies for Grief & Loss</u> Comes w/ worksheets</p>	<p>FREE: <u>Signs of Drug Use</u> Are they using drugs? Find out the signs & which one it might be.</p>	<p>FREE: <u>Grief Journey in a Jar Kit</u>: Once-a-day inspiration for a parent who has lost a child</p>	<p>FREE: <u>Fishbowl Game</u> Activator Game for Creating Connection in Classrooms</p>
			

<p><u>emotionallynaked.com</u> articles.</p> <ul style="list-style-type: none"> • A friend posted a message online that sounds suicidal. What do you do/say? • How to tell someone I want to kill myself • What to say to someone who tells you they are cutting • ‘My son has admitted he is suicidal. What do I do now?’ • The Self-Harm Safety Box • When ghosting is a sign of suicide or relapse 	  <p>Free: Get the whole eBook Library in one email!</p>	  <p><u>Anne Moss's one sheet</u> that includes keynote presentations, student coping skills workshops, PD, training topics</p>
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