

Student Gatekeeper

A student gatekeeper is someone who is informed about the warning signs and risk factors for suicide, including the DO's and DON'Ts when helping yourself or someone who might be thinking about suicide. We know adolescent years can be complicated, stressful, and confusing. Many things can affect the way you think, feel, and act; including academic expectations, peer pressure, trying to "fit in," and even body image. All of these things can begin to take an emotional toll. You may start to face challenges and situations that feel extremely overwhelming and may not have an immediate solution; this is why the Student Gatekeeper handout was created. In this handout, you will find tips on how to be supportive, stay engaged, and keep yourself or someone else safe. Everyone plays a role in suicide prevention...including you!

Know the warning signs of suicide

- Suicide notes on paper, text, social media, email, etc.
- Having a plan, method and access to means
- Extreme sadness, hopelessness, depression
- Making final arrangements (giving away prized possessions such as clothes, jewelry or pictures; goodbye notes on text or social media)
- Acting recklessly (substance/alcohol abuse, jumping from high places, dangerous behaviors)
- Extreme mood swings (from feeling extreme sadness to experiencing intense levels of energy)
- Isolation from family and friends



Know the risk factors of suicide

- Depression and mental health disorders
- Alcohol and substance abuse
- Previous suicidal behavior/attempts
- Recent losses (death of a loved one, a break-up, separation or divorce of parents)

American Foundation for Suicide Prevention



Los Angeles Unified School District
Student Health & Human Services
School Mental Health

333 S. Beaudry Avenue, 29th Floor | (213) 241-3841
smh.lausd.net | ccis.lausd.net

If you know **SOMEONE** who might be suicidal, here are some Do's and Don'ts that can help:



DO

- Tell an adult, **IMMEDIATELY**. Even if you are not sure your friend is suicidal, this is definitely the time to be safe and not sorry!
 - Talk to your parent/caregiver.
 - Talk to your friend's parent/caregiver.
 - Tell a trusted adult at school (teacher, counselor, social worker, nurse, principal, etc.).
 - Tell a trusted adult in the community (Wellness Center/ School Mental Health Clinic staff, hospital staff, pastor, coach, neighbor, etc.).
- Be direct. Talk openly about suicide, you will not be "putting ideas into their heads."
- Listen. Allow them to express their feelings.
- Be non-judgmental.
- Get involved. Show support.
- Encourage them to get help.
- Offer hope. Tell them you care about them.
- Know that keeping your friend alive is a team effort; that's why it's important not to keep this a secret.

DON'T

- Be sworn to secrecy. Make no deals. You have to tell to save your friend.
- Dare him or her to do it.
- Act shocked. This might make them feel bad.
- Leave them alone.
- Minimize their problems.

Mental Health (MH) and Wellness Centers



North

Valley MH Center

6651A Balboa Blvd., Van Nuys 91406
Tel: 818-758-2300

West

Crenshaw MH and Wellness Center

3206 W. 50th St., Los Angeles 90043
Tel: 323-290-7737

Washington MH and Wellness Center

1555 West 110th St., Los Angeles 90043
Tel: 323-241-1909

South

97th Street MH Center

Barrett Elementary School
439 W. 97th St., Los Angeles 90003
Tel: 323-754-2856

San Pedro MH Center

704 West 8th St., San Pedro 90731
Tel: 310-832-7545

Locke MH and Wellness Center

316 111th St., Los Angeles 90061
Tel: 323-418-1055

Carson MH and Wellness Center

270 East 223rd St., Carson 90745
Tel: 310-847-7216

East

Bell/Cudahy MH Center

Ellen Ochoa Learning Center
7326 S. Wilcox, Cudahy 90201
Tel: 323-869-1352

Ramona MH Center

231 S. Alma Ave., Los Angeles 90063
Tel: 323-266-7615

Gage MH and Wellness Center

2880 E. Gage Ave., Huntington Park 90255
Tel: 323-826-1520

Elizabeth LC MH and Wellness Center

4811 Elizabeth St., Cudahy 90201
Tel: 323-271-3650

Central

Belmont MH and Wellness Center

180 Union Place, Los Angeles 90026
Tel: 213-241-4451

Roybal MH Center

1200 West Colton St., Los Angeles 90026
Tel: 213-580-6415

For clinic referrals visit:
smh.lausd.net

School Mental Health
(213) 241-3841

If **YOU** are in a crisis or thinking about suicide, there is help. You are not alone. Here are some Do's and Don'ts that can help:

DO

- **Tell an adult, IMMEDIATELY.**
 - Talk to your parent/caregiver.
 - Tell a trusted adult at school (teacher, counselor, social worker, nurse, principal, etc.).
 - Tell a trusted adult in the community (pastor, coach, neighbor, etc.).
- Seek help from the nearest Wellness Center/School Mental Health Clinic.
- Speak honestly about your thoughts and feelings; it can save your life.
- Know that you can overcome this feeling.
- Know that you are not alone.

DON'T

- **Keep this a secret.**
- Be afraid to ask for help.
- Turn down help from an adult, instead allow others to show you that they care.
- Isolate yourself.

Resources for Children/Adolescents

If you need **IMMEDIATE** help, call **911**.

Community Hotlines

National Suicide Prevention Lifeline
(800) 273-TALK (8255) (24 hours)
Trevor Lifeline (866) 488-7386 (24 hours)
Teen Line (800) 852-8336 (6pm-10pm daily)

Text and Chat Resources

Crisis Text Line – Free, 24/7, confidential
Text LA to 741741
Crisis Chat (11am-11pm, daily)
<http://www.crisischat.org/chat>
Teen Line - text "TEEN" to 839863 (6pm-10pm)

Online Resources

<http://www.didihirsch.org/>
<http://www.thetrevorproject.org/>
<http://teenline.org/>
<http://www.afsp.org/understanding-suicide>

Smartphone Apps

MY3
Teen Line Youth Yellow Pages



For information about suicide safety and reporting concerns, please visit
<http://suicideprevention.lausd.net>