Share the Preventing Teen Suicide Website with your Chapter: <http://www.sptsusa.org/educators/understanding-suicide-outlining-basic-characteristics/>

Use the website to offer free access to training and resources!

This page is loaded with great information and links.

***Understanding Basic Characteristics and Teen Suicide:***

* *Suicide is an attempt to solve a problem of intense emotional pain with impaired problem-solving skills.*
* Suicide can then be understood less as a wish to die than as a wish to escape the intense emotional pain generated by what appears to be an inescapable situation.
* Crisis thinking impairs problem solving; being able to talk through the feelings with someone who listens is another way to reduce their intensity.
* Acknowledging that there is a part of the person that really wants to die and letting them talk about it may be scary, but it will lower that person’s anxiety.  Ignoring those feelings or discounting them can raise anxiety and increase the feelings of isolation that are so prevalent in people who are feeling suicidal.
* Suicide is a form of communication for people who are suicidal, normal communication has usually broken down. The question that addresses this breakdown can be phrased in the following way: “Whom did you want your suicide attempt to send a message to and what did you want that message to be?”

Quick Ways to Help Your Chapter support Lower Suicide Rates in Teens

1. Inform members, inform members, inform members
2. Use this and other Suicide Prevention sites to train members on how to accurately respond to suicidal teens (there are many free resources!)
3. Partner with schools so that members can mentor and support teens that are in stressful situations
4. Promote Suicide Prevention Life Lines such as 800-273 TALK