

Protecting the health and well-being of all students is of utmost importance to the faculty and staff of St. Joseph High School.

All students are expected to help create an environment of respect and support in which students feel comfortable seeking help for themselves or friends. Students are encouraged to tell any staff member if they or a friend are feeling suicidal or in need of help.

### **Awareness**

Always take warning signs seriously, and never promise to keep them secret. Common signs include:

- Suicide threats, both direct (“I am going to kill myself.” “I need life to stop.”) and indirect (“I need it to stop.” “I wish I could fall asleep and never wake up.”) Threats can be verbal or written, and they are often found in online postings.
- Giving away prized possessions.
- Preoccupation with death in conversation, writing, drawing, and social media.
- Changes in behavior, appearance and hygiene, thoughts, and/or feelings. This can include someone who is typically sad who suddenly becomes extremely happy.
- Emotional distress.

### **STJ Policy**

Risk of suicide is taken very seriously by St. Joseph High School personnel. If a student is feared to be at risk for suicide, either through actions or confiding in others, parents will be contacted immediately. The student is expected to have an appointment with an off campus mental health provider within 48 hours of the initial parent/ guardian contact. The St. Joseph counselor and/or principal will stay in communication with the family as part of the student’s support system.

If a student or staff member becomes aware of a suicide attempt by a student that is in progress (either in our out of school), they must call the police and/or emergency medical services and inform the school counselor and/or principal.

Communication is key in helping someone who is struggling. Please never hesitate to reach out to any St. Joseph High School staff member.

### **Resources:**

National Suicide Prevention Hotline: 1-800-273-8255

The Emmaus Center: 361-212-0830

Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/help-yourself/youth/>