

Welcome to 2025 Leadership Convention

This session will begin soon



2C - Suicide Prevention: The Role of Resilience

Pam Hayes, Stand4Kind





S.T.A.Y.

Let's Learn About Prevention

S.T.A.Y. STANDS 4...

Suicide is Preventable

Talk It Out

Ask the Tough Questions

You Stay with Them and Reach

Out for Support

- **STAY is** intended to offer hope through positive
- **STAY is not** intended to ~~be a~~ **be a** form of counseling or treatment.

Stand  Kind

BREAK THE STIGMA WITH **STAY**

It can be scary to ask someone if they are hurting or to ask for help, but another key to prevention is getting the conversation started.

ASK

"It sounds like you've been dealing with a lot. I've noticed you seem really down and I want to help. What's been going through your head lately?"

ASK

"You've been feeling really sad and lonely for awhile. I feel like you need support. I want to help you figure this out. Will you go with me to get help?"

STIGMA

"Research shows that by opening up about big or heavy thoughts and feelings it can actually help to bring a sense of relief. Sharing our pain opens the door for hope & support."

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STAY WITH THEM

TO A FRIEND

"I understand that you may not be ready to talk right now. Whenever you *are* ready, I'm here to listen. I care about you and I want to help."

FRIEND IN CRISIS

Helping a friend in a mental health crisis can be a tough situation. They may try to swear you to secrecy, by saying things like, "I'll never forgive you if you tell someone."

If you think your friend is thinking about not staying or has formed a plan, it is very important that you seek support.

IF NOT YOU, SOMEONE ELSE?

If your friend isn't comfortable sharing their situation, don't take it personally or become angry. This may cause them to shut down or be reluctant to share with anyone.

Instead, let them know that you care and help them connect with someone they will confide in.

FEAR MAY HOLD THEM BACK

Fear of judgement or marginalizing their feelings may cause a friend to be reluctant to share.

Assure them that you are there for them without judgement and try to stay as calm as possible.

TRY THIS...

ASK THE TOUGH QUESTION

"You know, when people are as upset as you seem to be, they may wish they were dead. I'm wondering if you're feeling that way too? "

ASK THE TOUGH QUESTION

"You seem so miserable; I wonder if you're thinking about suicide? Have you formed a plan?"

IF YOU CANNOT ASK THE TOUGH QUESTIONS, FIND SOMEONE WHO CAN.

NOT THIS...

DON'T SHAME THEM

"Suicide is a dumb idea. You're not thinking about killing yourself, are you? "

DON'T SHAME THEM

"You're not suicidal, are you? Cause that would be stupid."

STAY STRATEGIES

LISTEN

Actively listen, to the problem (without judgement), while giving them your full attention. Be mindful not to interrupt them, or diminish their

ASK THE TOUGH QUESTIONS

Suicide is not the problem. It is a way out of a perceived unsolvable problem or situation. Asking questions to understand the problem can help someone who is

TALKING IT OUT TO FIND HOPE

Suicidal teens may believe they cannot be helped. Finding hope can go along way to helping them see that things will get better.

THE RIGHT SUPPORT

If they refuse your help, you may need to get others involved. **Stay with them until help arrives.**

STAY IS ALL ABOUT PREVENTION

✓ Referrals

The best referral involves taking the person directly to someone who can help

✓ Be Brave

Almost all efforts to persuade someone to live instead of attempt suicide will be met with agreement and relief, don't hesitate to get involved or take the lead.

✓ Get Help & Don't Leave them

Report to a school counselor, SAFEUT, tip-line and other school reporting tools. If possible, involve a family member, parent, teacher, coach or youth leader.

✓ Words of Encouragement

Say things like:

"I want you to live!"

"I'm on your side; we'll get through this."

"It seems really bad right now, but there is help and hope. I'll help you, because I care and you are worth it!"

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KNOWLEDGE IS POWER

The more that we learn about the complex topic of suicidal ideation, the more likely we are of spotting someone who is in crisis.

TIMING IS EVERYTHING

If you suspect a family member or friend is considering taking their own life don't hesitate to offer support.

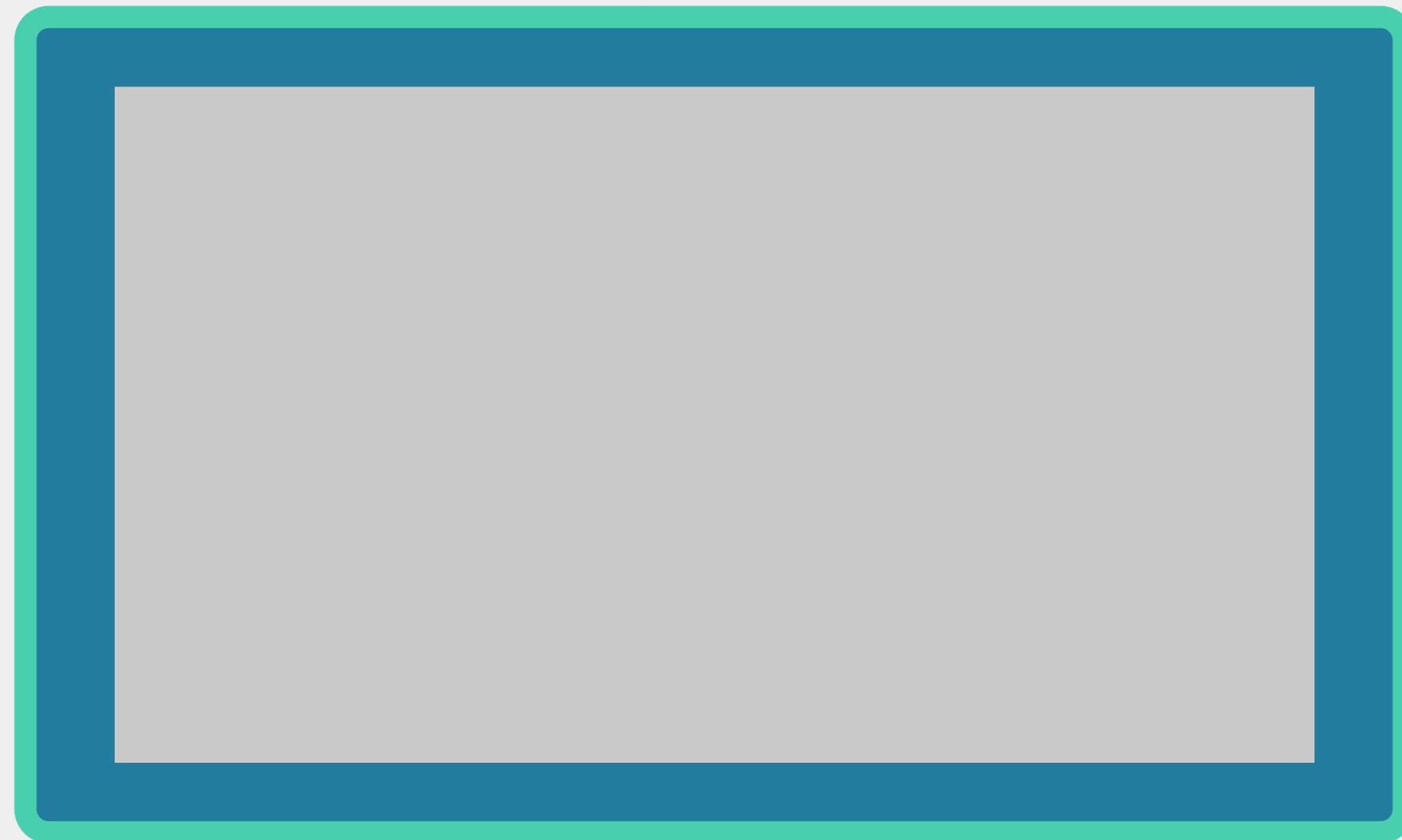
UNCOMFORTABLE OFFERING SUPPORT?

We understand...this can be a very scary situation and you may not know what to say. If that is the case, immediately reach out to 911 or a trusted adult and do not leave the person alone.

FROM EXPERTS & PEERS

Some of you may have heard of the Mayo Clinic, a world renowned nonprofit academic medical center in the U.S.

Their experts have worked with teens to produce the following video. The goals are to encourage teens to ask for help, and give ideas of what to say if encountering someone in crisis.



WHAT IS
ONE TAKEAWAY
THAT YOU
DIDN'T KNOW OR
FOUND HELPFUL?



THANK YOU

RESOURCES IF YOU OR SOMEONE YOU
KNOW NEEDS SUPPORT:

SafeUT– Download the free app; call 833–372–3388 or
chat online (Utah residents)

Residents outside of Utah: Download your state’s crisis
or text app, and become familiar with how to use it
before a crisis situation arises.

988– call, text, or chat 24/7/365
Crisis Textline– Text HOME to 741741

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