

LEADS: FOR YOUTH

LINKING EDUCATION AND AWARENESS
OF DEPRESSION AND SUICIDE: FOR YOUTH



DAY TWO — LINK BETWEEN SUICIDE AND MENTAL ILLNESS, SUBSTANCE USE/ABUSE

OBJECTIVES

Participants will:

- Learn Risk Factors and Warning Signs of Suicide
- Learn Protective Factors of Suicide Prevention
- Think critically about commonly held beliefs about suicide and mental illness

SUPPLIES

- Copies of “Question/Comment” slips for each student
- Slides* of “Risk Factors”; “Warning Signs”; “Protective Factors”
- Copies of “Now I Know” for students
- “How to Help” packets

STATISTICS AND FACTS — 3-5 MINUTES

RISK FACTORS & PROTECTIVE FACTORS FOR SUICIDE — 15-20 MINUTES

WARNING SIGNS — 5-7 MINUTES

NOW I KNOW — 10-12 MINUTES

DAY THREE — HOW TO HELP

WHAT TO DO IF CONCERNED — 7-10 MINUTES

BARRIERS AND BENEFITS TO SEEKING HELP — 7-10 MINUTES

RAISE AWARENESS PROJECT — 10+ MINUTES

WRAP-UP & POST-TEST — 5 MINUTES