

Suicide Prevention Remote Learning Support

Navigating classes and support in the virtual world is new for most people!
The following are some suicide warning signs that you may see in the virtual setting and how to respond.

1. Observe

Look for these warning signs:

Communicating about suicide or death.

- Direct statements (“I’m going to kill myself.”)
- Indirect statements (“I’m tired of this; I just can’t go on.”)
- Statements may be communicated verbally or in writing through assignments or classroom chats.
- Statements might be followed by a laugh, an abbreviation such as “haha” or “lol”, a light hearted emoji, or meme.

Mood changes

- Feeling depressed, hopeless or helpless
- Unexplained anger/irritability
- Unexplained mood improvement
- Feeling guilty for no reason

Behavior changes:

- Changes in student participation
- Changes in quality of student’s work
- Changes in appearance
- Unusual tardiness or absences
- Change in habits using online classroom features (no longer sharing video, utilizing chat, etc)
- Isolating or withdrawing from conversation, group discussions or projects
- Difficulty concentrating
- Losing interest in topics or classes previous interested in

Situational changes:

- Recent unwanted move
- Lack of support
- Loss of an important relationship
- Public embarrassment during class or involving peers
- Feeling unprepared to meet an upcoming deadline
- Fear of failing a class or missing a deadline to drop a class

[Click here](#) for more common warning signs and risk factors

2. Ask

When you see someone showing one or more warning signs, speak with them privately through video chat, a phone call or private chat and ASK DIRECTLY...

Are you thinking of killing yourself?

or

I’ve noticed (insert observed behavior.) Sometimes when others are doing this, they’re thinking about suicide.

I wonder if you’re feeling that way too?

If you feel unable to ask the question yourself, please find someone who can.

- Keep in mind— most people do NOT want to die. They simply want the pain to end and want help.
- Remain calm.
- Listen carefully and be alert.
- Ask directly about suicide in a non-judgmental way.
- Never hesitate to get involved or take the lead.

3. Listen

Put your own “stuff” aside and listen with both your ears and your heart. Avoid moralizing or being judgmental!

4. Act

Call and get help from a professional resource listed below. If you’re unsure whether or not to make the call for help, please err on the side of caution and call one of the resources for support.

You can make a 3-way call with the individual and resource to help with accessing support.

If it is a life-threatening emergency, call 911.

Resources

