

In the wake of the recent tragedy at Springfield High School, we are reminded how emotionally fragile some students may be. While we may never know what really led to the violent suicide on Tuesday, we can work together to prevent other tragedies. We should all familiarize ourselves with **signs of possible suicide**:

- Loss of interest in school and regular activities
- Withdrawal from family and friends
- Feelings of hopelessness, helplessness, worthlessness, self-blame, guilt
- Angry, irritable mood
- Feeling that there is no way out; need to escape
- Talking about not being around anymore; nothing matters anymore
- Giving away special possessions
- Talking about death and threats of suicide
- Serious depression. Note that according to NIMH “most people who are depressed do not commit suicide. But depression increases the risk for suicide or suicide attempts.”

If you notice any of these signs of distress in a friend or loved one, **DSone, DO SOMETHING**:

- Let your friend know that you care and want to help.
- Acknowledge that your friend has a problem
- Take the concerns seriously. Suicidal thoughts, statements, actions are always serious.
- DO NOT keep potentially dangerous information private. It is always better to be safe than sorry.
- Tell a trusted adult about your concerns.

If you are worried about yourself or someone else, members of the GA counseling staff are available for consultation or referral resources. All contacts are private and confidential (except to insure safety).