

**Calaveras Unified School District**

3304-C Highway 12  
 P.O. Box 788  
 San Andreas, CA 95249  
 (209) 754-2327  
[www.calaveras.k12.ca.us](http://www.calaveras.k12.ca.us)

**EDUCATIONAL SERVICES**

**Calaveras Unified and Calaveras County Office of Education  
 Suicide Risk Protocols for Parents**

Our schools have protocols for addressing mental health/crisis intervention needs of our students.

When it is a school day, please follow these steps:

- Immediately notify your site administration, your child’s teacher or school counselor.
- School and/or CUSD mental health support provider will be notified immediately and begin a suicide risk assessment process and will determine supports needed following County Schools protocol.

If there are concerns outside of the school day:

- **Crisis intervention services are available through Calaveras County Behavioral Health 24 hours a day, 7 days a week at 1-800-499-3030 or (209) 754-3239.**
- Walk-ins are welcome at the Mental Health Clinic located in the Government Center at 891 Mountain Ranch Road - Building N, in San Andreas, during working hours.
- Alternatively: call 911
- Please Contact Your Child’s School to Inform Staff about Mental Health Response/Concerns.

JENNY LIND ELEMENTARY.....	209-754-2350
MOKELUMNE HILL ELEMENTARY.....	209-754-2140
SAN ANDREAS ELEMENTARY.....	209-754-2365
VALLEY SPRINGS ELEMENTARY.....	209-754-2141
WEST POINT ELEMENTARY.....	209-754-2255
SIERRA HILLS EDUCATION CENTER.....	209-754-2123
TOYON MIDDLE SCHOOL.....	209-754-2137
CALAVERAS AND GOLD STRIKE HIGH SCHOOL.....	209-754-1811/5300

# Preventing Youth Suicide: Tips for Parents and Educators

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK or the Crisis Text Line (text "HOME" to 741741).

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

## Risk Factors



- Hopelessness
- Non-suicidal self injury (e.g., cutting)
- Mental illness, especially severe depression, but also post traumatic stress, ADHD, and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

## Warning Signs



- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g. "I wish I could go to sleep and not wake up") statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

## What to Do



- Remain calm, nonjudgmental and listen.
- Ask directly about suicide (e.g., "Are you thinking about suicide").
- Focus on your concern for their well-being
- Avoid being accusatory (e.g., don't say, "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- **Get help!** Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult. Parents should seek help from school or community mental health resources as soon as possible. School staff should take the student to a school-employed mental health professional.

## Reminders for Parents



After a school notifies a parent of their child's risk for suicide and provides referral information, parents must:

- **Continue to take threats seriously.** Follow through is important even after the child calms down or informs the parent "they didn't mean it."
- **Access school supports.** If parents are uncomfortable with following through on referrals, they can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- **Maintain communication with school.** After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.



# Hay esperanza. Hay ayuda. El suicidio puede evitarse.

Si tú o algún conocido están pensando en cometer suicidio, busca ayuda inmediatamente. Llama al 911 o a la Línea Nacional de Prevención del Suicidio al **1-800-273-TALK** o envía "HOGAR" a la línea de mensajes de texto para casos de crisis 741741.

## Cosas que debes saber y decir



La vida de todos es importante.  
Hay ayuda disponible.

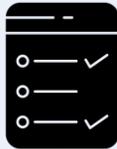


A las personas les importa.  
El tratamiento funciona.



No lo ocultes.  
**Cuéntale a un adulto  
en quien confíes.**

## Qué hacer



- Identifica adultos en quienes puedas confiar en la escuela y en tu hogar.
- Evita las drogas y el alcohol.
- Considera descargar aplicaciones de ayuda, como Virtual Hope Box, MY3 o A Friend Asks.
- Reconoce las señales de advertencia en ti, tus amigos y las redes sociales.
- **¡Busca ayuda! No puedes hacerlo solo.**
  - Habla con un psicólogo escolar, un consejero, maestro, tus padres u otro adulto.
  - Llama al 911 o al 1-800-273-TALK, o envía "HOGAR" por mensaje de texto al 741741.

## Para que los amigos tengan presente



- **Conéctate.** Escucha, acepta, no juzgues.
- **Confirma.** Pregunta si han pensado en morir o suicidarse.
- **Protege.** Toma en serio las amenazas que hagan. **¡No accedas a mantener el secreto!** Cuéntale a alguien.
- **No te alejes.** No dejes sola a la persona que te preocupa que podría estar en riesgo inminente. Podrías ser su salvación.
- **Actúa.** ¡Pide ayuda de inmediato!

## Factores de riesgo



- Sentirse deprimido, desesperado
- Lastimarse intencionalmente ("cortarse")
- Pensamientos y comportamientos previos al suicidio
- Tener familiares o amigos que intentaron suicidarse o se suicidaron
- La pérdida de una relación importante (p. ej., terminar una pareja)
- Estar aislado o solo
- Haber sido víctima de un trauma o abuso
- Consumir drogas y alcohol

## Señales de advertencia



- Amenazas suicidas tanto directas (p. ej., "Quiero morirme"), como indirectas (p. ej., "Quisiera irme a dormir y no despertar")
- Notas, planes, publicaciones en redes sociales de naturaleza suicida
- Hacer planes finales, regalar las cosas favoritas
- Preocupación sobre la muerte o la venganza
- Cambios en el comportamiento, la forma de dormir y comer, la apariencia, los pensamientos y/o sentimientos
- Cambios extremos de humor, ira, arrepentimiento
- Repentina felicidad inexplicable