



What's new?

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From the PHS Student Services Department

National Suicide Prevention Week is September 10-16

Student Activities for the week include:

- Monday: Yellow Ribbon Cards**
- Tuesday: Lunch Hour Activities**
- Wednesday: Staff Presentations**
- Thursday: Homeroom Video & Announcements**

Important Dates:

Labor Day—No School	9/4
Late Start	9/5
Financial Aid Night 7pm	9/5
Last day to drop a class & Pass/Fail deadline	8/18
Late Start	9/19
6-wk in-progress grades	9/20
Signs of Suicide with Freshmen	9/20 - 9/21

How real is the problem of youth (ages 15-24) suicide in the United States?

- EVERY DAY there are approximately 14 youth suicides.
- Suicide is the **SECOND** leading cause of death for youth.
- 90% of teen suicide is linked to mental health (depression, anxiety, drug/alcohol abuse).
- In 2015, 1 out of 6 high school students considered suicide.

Warning Signs: Seek help if you witness, see or hear the following behavior:

- Hopelessness
- Rage, uncontrolled anger, seeking revenge
- Acting reckless or mindlessly engaging in risky activity
- Feeling trapped; there's no way out
- Withdrawing from family, friends, and society
- Anxiety or agitation
- Dramatic mood changes
- No reason to live; no sense of purpose in life
- Increased drug/alcohol use
- Giving away prized possessions
- Changes in eating or sleeping habits

Know the Facts

If you are observing any of these warning signs, talk to your student immediately. Although you may be afraid to confront your student about your concerns, **the way to find out is by asking**. Not only does talking about suicidal emotions and feelings give your student the opportunity to express his or her feelings, it gives you the opportunity to express that you care.

- Suicide is preventable. Most suicidal individuals desperately want to live, they just don't see an alternative to their problem.
- Most suicidal individuals give warning signs about their suicidal intentions. Others don't understand the significance of their warnings, or don't know how to respond to them. Four out of five teens who attempt suicide give clear warning signs.
- **Talking about suicide does not cause someone to be suicidal.**
- Suicide occurs across all age, economic and social boundaries.

How to Help

Anyone who talks about suicide or shows warning signs needs immediate help; don't hesitate to speak up by:

- Contacting a mental health professional
- Call the **Suicide Prevention Hotline 1-800-273-8255**
- Call a counselor, social worker or psychologist at PHS for additional resources
- If your student is an **immediate risk** to themselves or others **call 911** or take to hospital for psychiatric evaluation

Future Important Dates:

- 9/27 First Generation College Night 6:30pm
- 10/3 Late Start
- 10/9 Columbus Day—No School
- 10/10 Institute Day—No School
- 10/11 PSAT/NMSQT & Practice SAT for juniors
- 10/11 Early Dismissal (12:35)
- 10/11 D211 College Night 6:30pm PHS
- 10/14 Incoming Freshman Placement Test