

LANIER HIGH SCHOOL

HEALTH AND LABORATORY DIAGNOSTICS ACADEMY
OBSERVES
NATIONAL **SUICIDE PREVENTION** WEEK

September 10–16, 2017



Sponsors:

- ⇒ Lanier High School Health Academy
- ⇒ Marion Counseling services

Suicide prevention:

“Taking a Minute, Changing a Life”

Suicide is the tenth leading cause of death in America, and the third leading cause of death in youth. The Lanier High School Healthcare and Laboratory Diagnostics Academy and Marion counseling services want to actively break the taboo of talking about suicide and make attempts, through educational activities, to break the silence.

Photo: (Dr. Marion, Marion Counseling Services and Mrs. F. Wolfe, Academy Coach, address the students.)

OBJECTIVES

- To learn key concepts of suicide prevention
- To understand the characteristics of students who are at higher risk to attempt suicide, warning signs of suicidal teens, and what to do if a friend is suicidal
- To practice needed skills by studying stories of suicidal teenagers
- To discern facts and myths of suicide

ACTIVITIES

- Video Presentations
- Break-out sessions:
 - Room 1—Facts/myths board shuffle game (categorize card game)
 - Room 2—Red flags Room identifying warning signs through scenarios and story telling
- “Just be quiet and listen” Speaker presentation (Marion Counselors Q/A period)

Suicide prevention: FUN and LEARNING

Facts or Myths: Notecard shuffle



LEARN THEN SHARE

With the assistance of Marion Counseling Services, the senior health academy students completed all the activities and were responsible for facilitating the workshops with the junior, sophomore, and freshmen classes the rest of the week.

Kanija Smith, a 12th grade health academy student, says "I really enjoyed the activities that we did for suicide prevention week and I learned a lot about prevention and warning signs. I am overcoming my shyness and learning how to talk in front of people. I am very proud of myself. I am ready to do more health academy activities."



Red Flags room: Scenarios and story telling



CERTIFIED “LIFE-SAVER” 2017

STUDENT REFLECTIONS

Throughout the week I learned a lot about suicide and suicide prevention including warning signs, how to be encouraging, and what to do to help a friend. Suicide is very serious and many times people considering it, cry out for help in different ways. Ignoring those cries can result in a fatal loss of a friend, family member, or fellow classmate. I learned that depression is not always the source of suicide. Sometimes tragedies in your life may happen, where you feel like you can no longer go on. The loss of a relationship can cause suicidal thoughts. No matter what the case may be, if you hear people speak about it, if they have mood swings, are depressed, start using drugs heavily or give away their valuable things, you may need to seek help for them. The suicide hotline is available 24/7.

Help your friends by encouraging them to see the bigger picture. Help them to feel loved. A listening ear can change a person's mind. If someone comes to you talking about suicide then you should take them seriously. Even if they seem to be joking. I learned that its important to let them know that someone cares about them and that they have a reason to live. The world would be different without them. Suicide does not have to be their “Key out of life.”

Brione Parker, 12th grade
Health Academy Student.
Lanier High
School



Students received a roll of lifesavers to remember what they learned and to consider them selves “Certified life-savers”



Supporters and Facilitators:

Ms. Felicia Wolfe, Academy Coach, Dr. D. Marion, CEO and owner of Marion Counseling Services, Ms. D. Hollins, Mr. W. Swinney and Ms. J. Davis. Marion counselors.