Guidance and Counseling
SUICIDE PREVENTION

SUICIDE PREVENTION POLICIES

FFE (Legal), FFB (Legal)
DMA (Legal)

House Bill 2189 – Suicide Prevention Training for Educators in Public Schools

STUDENT AWARENESS

• Definition of suicide awareness
• Be familiar school counselor and/or social worker assistance
• Be familiar with resources available to seek help if they suspect that they or someone they know is suffering from suicidal thoughts
• Guidance Lessons
• Counseling Services

PARENT AWARENESS

• Definition of suicide awareness
• Attend district wide parent meetings (mental health, bullying, etc)
• Should be comfortable to report to a school counselor and/or social worker
• Brochures (mental health and anti-bullying)

STAFF AWARENESS

• Definition of suicide awareness
• Attend staff development campus training conducted by Guidance and Counseling Staff (mental health, bullying, etc)
• Complete the online Safe School Trainings
• Should report any suicide ideation or outcries to a school counselor and/or social worker immediately
• Brochures (mental health and anti-bullying)
Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Someone experiencing these thoughts should seek immediate assistance from a health or mental health care provider. Having suicidal thoughts does not mean someone is weak or flawed.

Know the Warning Signs:
- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Withdrawal from or changing in social connections/situations.
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recent increased agitation or irritability.
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above.

When talking about suicide with your child you should:
- Communicate in a straightforward manner
- Speak at a level that is appropriate to a child or adolescent’s age and development level (preschool children need fewer details than teenagers)
- Discuss the topic when your child feels safe and comfortable.
- Watch for reactions during the discussion and slow down or back up if your child becomes confused or looks upset.
- Listen openly and let your child tell you about his or her feelings and worries.

If you are concerned about your child’s behaviors it is important to get appropriate care.

You should:
- Talk to your child’s doctor, school nurse, or another healthcare provider and seek further information about the behaviors or symptoms that worry you.
- Ask your child’s primary care physician if your child needs further evaluation by a specialist with experience in child behavioral problems.
- Ask if your child’s specialist is experienced in treating the problems you are observing.

**Resources - Crisis Hotline Numbers**

**Crisis Hotline:** 210-223-7233  
**Suicide Prevention Lifeline:** 1-800-273-8255  
**Red Nacional de Prevencion del suicidio:** 1-888-628-9454  
**Self-Injury Prevention Hotline:** 1-800-366-8288  
**Youth LBGTQ Lifeline** (*Trevor Project*): 1-866-488-7386
House Bill 2186 and Suicide Prevention Training for Educators in Public Schools

House Bill (HB) 2186 (outside source), which was passed by the 84th Texas Legislature, 2015, and signed into law by Governor Abbott on June 19, 2015, requires suicide prevention training to all new school district and open-enrollment charter school educators annually and to existing school district and open-enrollment charter school educators on a schedule adopted by the TEA by rule. Training must be selected from the list of recommended best practice-based programs that is provided by the DSHS (outside source). School districts and open-enrollment charter schools may also select programs through an independent review of online suicide prevention training materials that comply with the guidelines (PDF, 84KB) developed by the TEA.