

Quick-start guide of

Suicide Prevention



Ministry of Education



National Taiwan University



社團法人台灣自殺防治學會

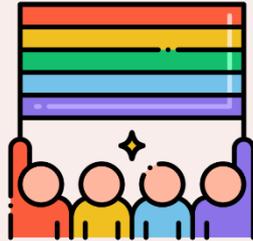


全國自殺防治中心

Diverse groups



Health
inequalities



LGBTQ+



Aborigines,
Hakka
groups



New
immigrants

Schools are diverse, and we must all respect the needs of diverse groups of people!

Stop bullying



Physical
bullying



Verbal
bullying



Relationship
bullying
(isolate others)



Cyberbullying

When you find that your classmates are being bullied, remember to report to the teacher, the school's complaint mailbox, or dial the Ministry of Education's 24-hour hotline 1953.

When students are bullied on campus, the bullied and bystanders should be encouraged to speak out bravely.



what happened to my classmate?



Complain of being unwell
(e.g. headaches, stomach pains, sleep problems, etc.)
Sudden decrease or increase in appetite

I can't sleep well.



Irritability or sudden crying
Lack of interest in after-school activities

Go play ball! I don't want to go today.



Often skipping classes or taking time off work
Sudden aggressive behavior
Start drinking, smoking or drug abuse
Self-injurious behavior (unnamed scars on the body)

My chest is tight and I want to go to the health center to rest



When a classmate has the above symptoms, he/she may be in psychological distress and needs more companionship and care.

Mood thermometer

You can use the mood thermometer to care for yourself and your classmates who have a fever, and understand the degree of psychological distress in the past week. If you have a high fever (10 points), you should talk to teachers or psychologists.

Why?

Quickly understand the recent psychological distress status of yourself and your classmates.

When?

You can care for yourself and others anytime, anywhere.

Please recall carefully, in the past week (including today) how disturbed or distressed you were by these questions. Then, circle the answer that best represents your feelings in the BSR5-5 self report below, from the range 0 to 4.

	0: Not at all	1: Mild	2: Moderately	3: Intense	4: Extremely Intense
① Trouble sleeping. (For example: having a hard time to fall asleep, easily awoken, waking up too early, etc.)	0	1	2	3	4
② Feeling tense or keyed up.	0	1	2	3	4
③ Feeling easily annoyed or irritated.	0	1	2	3	4
④ Feeling blue or gloomy.	0	1	2	3	4
⑤ Feeling inferior to others.	0	1	2	3	4
★ Having suicidal thoughts.	0	1	2	3	4

Total Scores and Recommendations

If your total score from Q1~Q5 is

Lower than 5

Congratulations! You are healthy.

Within 6 to 9

You have slight mental stress. We recommend you seek emotional support and relieve stress by talking with your friends or families!

Within 10 to 14

You have moderate mental stress. We recommend you seek mental health support or psychiatric professional consultations and counselings.

Higher than 15

You are under extreme mental stress. We recommend you to seek psychiatric professional consultations and counselings and medical services.

*If your score to "having suicidal thoughts" is higher than 2,

we recommend you to seek psychiatric professional consultations and counselings and medical service.



A good helper for guarding campus mental health

Mood thermometer APP!

Free download!

Scan to download



Record

Changes in psychological distress levels



eBook

Free Mental Hygiene eBook/Video



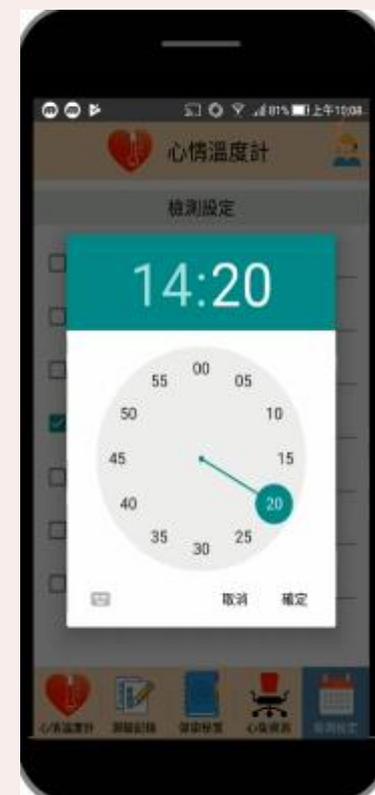
Map

Mental Health Resource Map



Reminder

Self testing reminder



Suicide Warning Signs of Teens

FACT

Feelings

Loss of Hope - "Life can't get better"
Feelings of Unworthiness - "Nobody Cares About Me"

Action

or Events

- Alcohol abuse
- Express things about death or destruction

Change

Behavior - can't concentrate
Sleep - sleeping too much or insomnia
Eating habits - loss of appetite or overeating
Loss of interest in activities that you used to enjoy

Threats

Speech - "So annoying, so tired, I really want to escape from all the pain"
Threats - "I won't be here anymore soon"
Planning - arrangements, giving away favorites, suicide attempts



Clarify myths



Talking to people about suicide does not prompt another to commit suicide.



Students within one week after discharge from the hospital are particularly vulnerable and must continue to pay attention to and accompany them.



Suicidal tendencies aren't limited to mentally ill patients.



Not every suicide is genetically linked.



Take all threats of self-harm seriously For example, disclose the message of wanting to commit suicide on Facebook.



The causes of suicide are multiple and complex and cannot be explained by a single factor or event.

Clarify myths, open arms, embrace others.



Where shows suicide warning signs?



Daily
observation



Often asking for
leave



Diary or
composition
contents



Small talk with
classmates



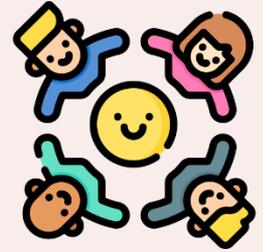
Messages from classmates'
Facebook or social media platforms

In your daily life, through observation, you can find your classmates' suicide warning signs.



Student Gatekeeper Step1 of 3—Ask

My classmate is in danger, what can I do?



Ask = "Actively caring and listening"

How to do it?

- Must be quite sensitive to detect the strangeness of your classmates.
- Take the initiative to care about your classmates during class time. Listening can save a life. Don't interrupt and criticize his choices during the process.

How to say?

- "Have you been unhappy recently?"
- "Has anything happened recently that bothered you?"
- "Do you think life is hard?"



Student Gatekeeper Step2 of 3—Respond

My classmate is having severe emotional distress, what can I do?

Respond = "Respond appropriately to problems, provide support and company"



How to do it?

- Support, accompany and listen.
- Be calm, open, caring, accepting, and non-judgmental in your response. Remember to inform your teacher if necessary!

How to say?

- "We can have dinner and chat after class"
- "If you need anything, I'm here!"
- "If you have any questions, you can Line me!"



Student Gatekeeper Step1 of 3—Referrals

What should I do if my classmate continues to have a mood fever?

Referral = “ Seek appropriate resources and look after the classmate’s progress”



How to do it?

- If your classmate’s problem still cannot be solved
- You can contact teachers, school personnel, parents, etc. to seek assistance from professional resources.

How to say?

- For mental health problems, early medical treatment and complete cooperation will have the best effect! Encourage students to have the courage to overcome the problem of fever with medical treatment. you can say:
- "Depression or anxiety can be dealt with, let's face it together!"
- "If you need to go to the doctor, we can go together!"



Be friends with yourself



Balanced diet



Good sleeping habit



Regular exercise



Refuse tobacco, alcohol and psychotropic drugs



Build good interpersonal relationships

Don't forget to care about yourself, so that you can overcome all pressures when you care about your classmates.

Student self-injury prevention website

<https://reurl.cc/QXZx6Z>

or

Scan the QR code



Search



1. Campus Mental Health Promotion and Suicide Prevention Handbook
2. Quick-start guide of Suicide Prevention (for teachers, parents, students)

Download now!

