

TEST YOUR KNOWLEDGE: Suicide Postvention

QUESTION 1 - TRUE or FALSE:

Postvention is only necessary in the loss of a student by suicide?

FALSE – Postvention is necessary after a suicide attempt as well as a suicide or sudden death.

Additional Fact: The death of a school personnel may also require postvention for adults and students.

QUESTION 2 - TRUE or FALSE:

Immediately after a suicide or suicide attempt an assembly on suicide prevention needs to happen at the school.

FALSE – You do not want to glorify the act of suicide or suicide attempt and possibly create a contagion factor. You always want to remember a life and allow time for grief. Be mindful of the timing of any future suicide prevention responses.

Additional Fact: Individual or small group counseling sessions with 10 or less students are suggested.

QUESTION 3 - TRUE or FALSE:

Students are attention seekers; therefore, you should only report extreme warning signs such as a suicide note or finding large amounts of prescription pills on a student who has had a previous attempt.

FALSE – You are not a mental health clinician and cannot determine the level of severity as it relates to a potential suicide attempt. You need to listen and pay attention to ALL risk factors and warning signs especially for those who have a history of a suicide attempt and report when warning signs appear.

Additional Fact: Remember, there is no such thing as over reporting. Ensuring someone gets the help they need is more important than wondering if someone needs help.