



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

Mental Health Alerts



Physical

Complain of being unwell (e.g. headaches, stomach pains, sleep problems, etc.).

Sudden decrease or increase in appetite.



Mental

Marked mood swings (e.g. irritability, crying) lack of interest in daily life.



Behavioral

Change in learning performance
Aggressive Behavior or Bad Behavior
Alcohol or drug abuse
self-harming behavior.

Take the child to a psychiatry outpatient clinic for evaluation, particularly when the child's symptoms persist for a period of time and have affected academics, interpersonal relationships, family lives and leisure activities.

Stand by you



- Be active
- Listen to accompany
- Understand your child's mind

Guide the kid to relieve emotional stress appropriately, and arrange leisure activities



Avoid stimulating his trauma again

Communicate with teachers to understand the status of children in school when necessary

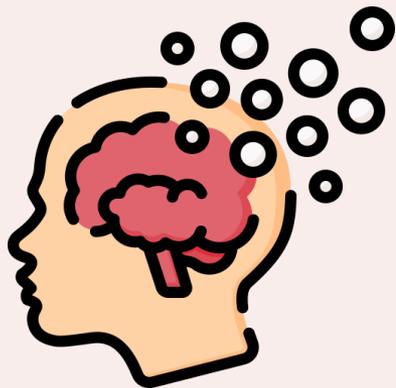


Parents are undoubtedly the most important role in childhood, especially when the child is facing psychological distress, your company is even more important.



Children are so difficult to understand...

Quickly understand the characteristics of adolescent development



Special period

Period of rapid development of neurological, anatomical and physiological factors and Erikson's psychological development tasks.

Impulsive and depressed mood

Influenced by the rapidly maturing brain, neurotransmitter and endocrine, and environment.

Brain storm

Multiple hormonal influences:
Amygdala - overreacting
dopamine - adventurous



Facts of trauma

Physical wounds are easy to see, psychological wounds can strike unnoticed



Verbal, physical,
cyberbullying



Domestic violence,
physical abuse



Sexual assault



Childhood trauma/
Emotional neglect/
Mistreat

When children are exposed to various types of trauma for a long time, it is easy to cause psychological effects such as:

1. Poor school performance
2. Lack of security
3. Anxiety
4. Worry
5. Post-traumatic stress symptoms cluster
6. Increased substance abuse (smoking, drinking, etc.)
7. Nervousness (e.g. skipping school)
8. Frequent nightmares

Mood thermometer

Parents can use the mood thermometer to chat with children about mood temperature in life, and provide care and support.

Why?

Quickly assess the child's psychological distress

When?

Incorporate into the conversation whenever you want to care about your child

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 BSRS-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



Gather forces

Collaborate with faculty and campus



Respect

Parents and teachers are partners which should respect each other and resolve points of disagreement since the shared goal is to create a mentally healthy environment for children.



Cooperate

When a child has thoughts of self-harm, start a discussion with the teacher about prevention strategies.



Trust

Trust the teacher's judgment, pay attention to the child's changes, and don't deny and ignore the message.



Contact if necessary

When you find your child has mental health problems, ask about the situation, contact the teacher to solve the child's problem together if necessary.



Suicide is a process that can be traced

"I feel worthless, everyone in my class hates me"

"Why did he break up with me, what did I do wrong?"

"Even my parents don't love me, no one in the whole world will love me anymore"

"They don't care about me at all, they only care about whether I am No.1"

"I want to make them all regret it and let them live in guilty for the rest of their lives"

**Chronic
process**



**Acute
process**

Students in

- **External environment**
- **Inner mind**

long term negative impact

- **Sudden change**
- **Under pressure**
cause emotional fluctuations
happened in life

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



Parent Gatekeeper Step1 of 3—Ask

The kid is in danger, what can I do?



Ask = "Actively caring and listening"

How to do?

- Take the initiative to care.
- Understand the child's situation first, and reserve time to talk with the child, listening can save a life, and don't interrupt and criticize.

How to say?

- How have you been sleeping these days?
- Is there anything I can do for help?
- Have you been feeling unhappy recently?



Parent Gatekeeper Step2 of 3—Respond

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

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



How to do it?

- Appropriate response, companionship, and mental support.
- Be calm, open, caring, accepting, and non-judgmental.

How to say?

- Caring about the mood temperature in the past week:
"Trouble sleeping? Do you get nervous easily?..."
- Talking openly with your child about feelings of loss, loneliness, and worthlessness can slow your child's emotional ups and downs.



Parent Gatekeeper Step1 of 3—Referrals

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

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



How to do it?

Continue to care about their physical and mental changes, maintain communication with the school, cooperate with the school when necessary, and seek the assistance of psychological counseling and medical teams inside and outside the school.

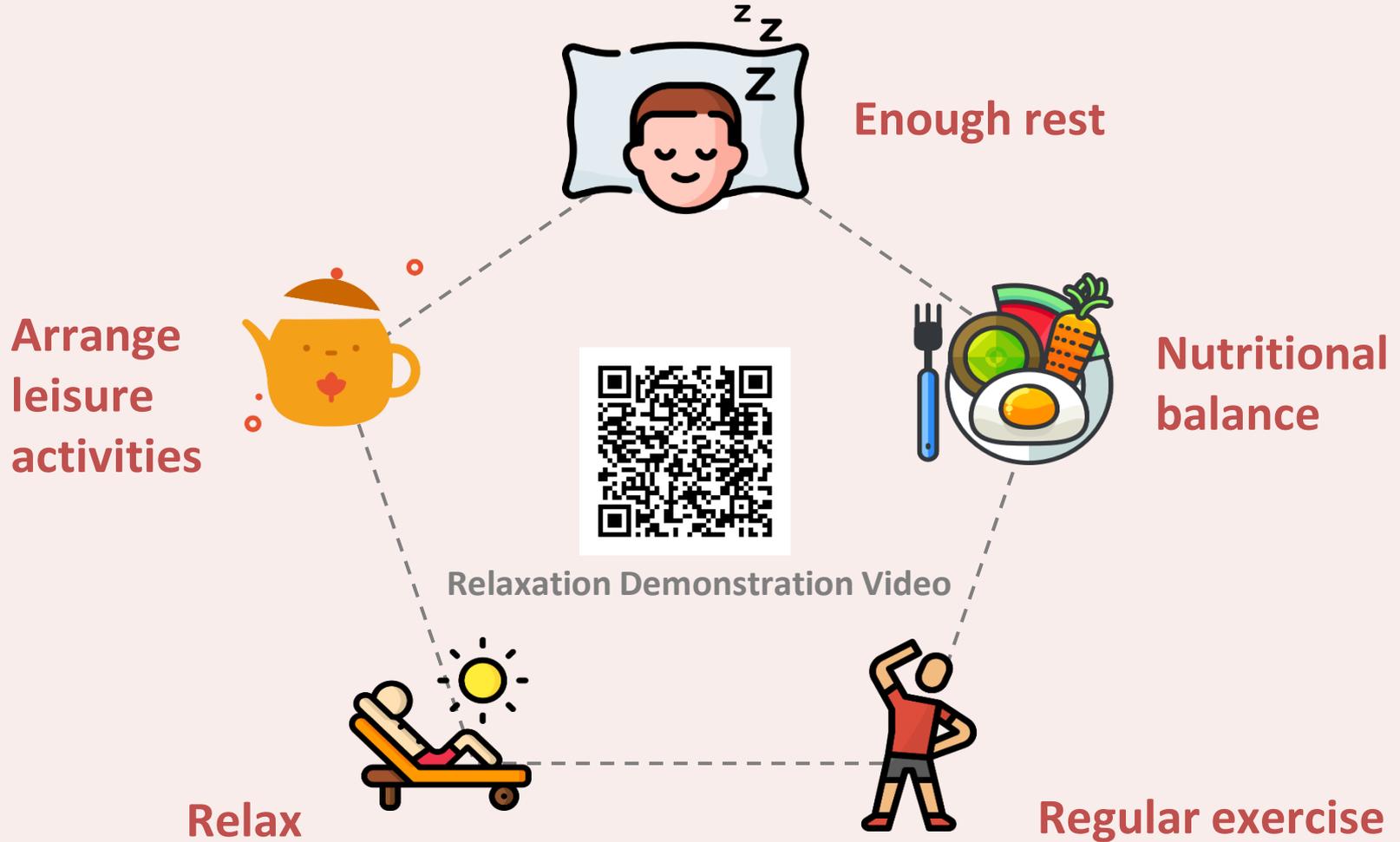
important principles

Pay attention to the children's daily routine and environmental safety, and try to communicate with the children and the school according to the following principles:

- If already sought medical attention: Follow up with treatment such as medication and return for evaluation.
- If not seeking medical attention: Discuss appropriate medical treatment options or seek medical.



Five anti-stress equipments for parents



Make good use of Internet resources to grow with kids

How to understand mental health together?



Mental health online
platform by
Ministry of Health
and Welfare



Suicide prevention
series brochures by
taiwanese society of
suicidology



Mental health
promotion materials by
Ministry of Health and
Welfare



Mental Health and Medical Resources

What resources can I use?



1925 Ministry of
Health and Welfare
Reassuring hotline



National
consultation and
rescue service
hotline



National resource
manual for mental
health promotion and
psychiatric services



List of community
counseling services



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!

