

**THE FOLLOWING
RESOURCES ARE
AVAILABLE FOR
IMMEDIATE
RESPONSE:**

SafeUT App

Chat and tip line
available 24/7/365
Download the app on
your mobile device

Crisis Text Line

Text a Crisis Counselor
24/7 by texting "HELLO" to
741741

**National Suicide
Lifeline**

Talk with a crisis
counselor 24/7
over the phone
1.800.273.TALK

**Salt Lake County
Mobile Crisis Unit**

Available 24/7 to do on-site
well checks in crisis situations
801.587.3000

**EMERGENCY
RESPONSE
CALL 911**

RESOURCES

Canyons Family Center

Preliminary counseling services for
CSD students free of charge
801.826.8190

211utah.org

Search for resources in your area

NamiUT.org

National Alliance of Mental Illness Utah

The Trevor Project

Crisis intervention and suicide
prevention for LGBTQ+ youth
www.thetrevorproject.org

Lifeline (available 24/7/365):

1.866.488.7386

Trevor Text (available 1-8 PM; M-F):

Text "Start" to 678678

**CANYONS SCHOOL DISTRICT
CONTACT INFORMATION**

Responsive Services Department

801.826.5021
responsiveservices.canyonsdistrict.org

School Counseling Program Specialist

801.826.5096
torilyn.gillett@canyonsdistrict.org

School Psychology Specialist

801.826.5163
karen.brown2@canyonsdistrict.org

School Social Work Specialist

385.347.8672
wayne.trice@canyonsdistrict.org

**STUDENTS WITH
SUICIDAL THOUGHTS**

Information and Immediate
Action Guidelines for
Parents & Guardians



**CANYONS
SCHOOL DISTRICT**

**IF YOUR CHILD PRESENTS
WITH SUICIDAL THOUGHTS,
THIS REQUIRES IMMEDIATE
ATTENTION. IF YOUR CHILD
IS ACTIVELY SUICIDAL, OR YOU
FEEL THAT YOUR CHILD IS NOT
SAFE, REACH OUT FOR HELP.**

NOW.

**IF YOUR CHILD IS THINKING
ABOUT, THREATENING, POSTING
ON SOCIAL MEDIA, AND/OR
PLANNING SUICIDE,
OR IF THEY ARE PARTICIPATING
IN SELF-HARMING BEHAVIORS,
LISTEN TO THEM AND
REACH OUT FOR HELP.**

With appropriate treatment and safe
student planning, students are able
to find help and hope. This brochure
contains action plans and resources for
parents and students for ongoing safety.

ACTION PLAN

Create a Safe Student Plan with your child.

Eliminate access to lethal means. Firearms should be removed from the home during imminent threat or, at the very least, securely stored. Medications should also be locked in a secure location.

Contact mental health provider and/or pediatrician for services.

If your student is actively suicidal, call 911 or transport student to the ER. Do not leave student alone.

WARNING SIGNS

Though many students at risk of suicide exhibit warning signs, not all students will demonstrate signs.

Risky behavior

Self-harming behavior

Giving away possessions

Saying good-bye to loved ones

Sudden change in behavior and/or mood

Changes in physical appearance and hygiene

Changes in sleep patterns and/or changes in activity level & engagement

Hopelessness, worthlessness, depression or isolation

Suicidal talk or writing: Expressing wishes to die and/or give up

www.health.utah.gov/vipp/pdf/UTVDRS/gun-safety.pdf

*This list is not an exhaustive list of warning signs.

SOCIAL MEDIA & LEISURE SCREEN TIME

Limit leisure screen time usage to less than two hours per day.

Work with students to build boundaries and balance with social media and leisure screen time.

Talk with students about the importance of positive messaging on social media.

Encourage students to replace virtual "chilling" with in-person social interaction.

Build in time every day for family to spend time together, device free.

Remove mobile device during sleep time. School age students need between 8 and 10 hours of uninterrupted sleep per night.

SCHOOL-BASED MENTAL HEALTH RESOURCES

Contact any of the following people at your child's school for supports and resources:

School Counselor
School Psychologist
School Social Worker
School Administration

RISK FACTORS

Changes in family situation: death, divorce, relocation

Changes in personal relationships: loss of friends, breakups

Exposure to another suicide

Depression and/or anxiety

Substance use or abuse

Access to lethal means

Self-harm

PROTECTIVE FACTORS

Connectedness and relationships to individuals, family, and/or community

Self-esteem and sense of purpose in life

Appropriate coping skills and problem-solving skills

Access to mental health and physical health care

Knowledge of helpful resources such as the SafeUT app and the National Crisis Line

Good Social Media and Leisure Screen Time Hygiene