

Patuxent High School Naval Junior Reserve Officer Training Corps

Commander Jacob C. Hinz
Senior Naval Science Instructor

Suicide Prevention Policy

If you or someone you know is feeling suicidal or is in emotional distress please reach out for help!

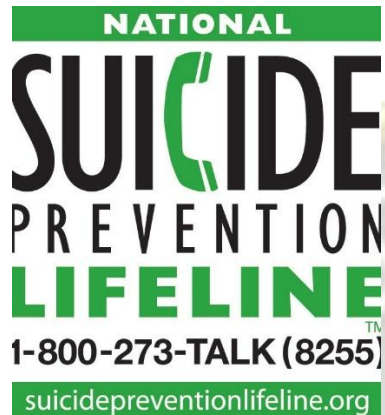
Suicide Prevention Lifeline:

Call or text 988 or

Chat at <https://988lifeline.org/chat/>

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)



The goal of the NJROTC unit suicide prevention program is to provide the mechanism necessary to identify and respond to students who are at risk of self-destructive behaviors or possible suicide. The following are essential components of the unit's program:

- a. The ability to recognize behavioral and other warning signs that indicate a risk of suicide.
- b. Active intervention that explores the level of risk without increasing it.
- c. Ensuring that at-risk students receive the necessary services.
- d. Working with our school's counseling program for the implementation of measures following a crisis or traumatic event, to reduce the risk to those who have witnessed or been affected by the tragedy. The suicide, or violent or unexpected death, of a student or teacher can result in an increased risk of suicide for other vulnerable young people.

It can't be emphasized enough that we are not counselors or professional mental health experts - our goal is not to treat/counsel but to identify those students who may have a need in this area and to help get them the expert counseling and resources that they need.

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TEEN SUICIDE WARNING SIGNS

It is important to take the warning signs of teen suicide seriously and to seek help if you think that you know someone who might be suicidal. Here are some of the things to look for:

- Disinterest in favorite extracurricular activities
- Problems at work and losing interest in a job
- Substance abuse, including alcohol and drug (illegal and legal drugs) use
- Behavioral problems
- Withdrawing from family and friends
- Sleep changes
- Changes in eating habits
- Begins to neglect hygiene and other matters of personal appearance
- Emotional distress brings on physical complaints (aches, fatigues, migraines)
- Hard time concentrating and paying attention
- Declining grades in school
- Loss of interest in schoolwork
- Risk taking behaviors
- Complains more frequently of boredom
- Does not respond as before to praise

Not all of these teen suicide warning signs will be present in cases of possible teen suicide. There are many cases in which a good student commits suicide. It is important to watch for two or three signs as indications of depression, or even teen suicidal thoughts. See <http://www.teensuicide.us/> for more.

REPORTING

If you, or someone you know, is dealing with some of the warning signs above and would prefer to talk with another student about this issue, please reach out to anyone you feel comfortable talking to. We do encourage all cadets to reach out to the unit chain of command, counselors, or one of the points of contact above, who have access to more resources.

