

# Self-Injury & Suicide: When & How Educators Should Intervene

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## Dose Activation & Regulation

<https://www.youtube.com/watch?v=l9dEyR4puTQ>

Multitaskers be like...

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- Who is here?*
- Who is not here?*
- Who should be here?*

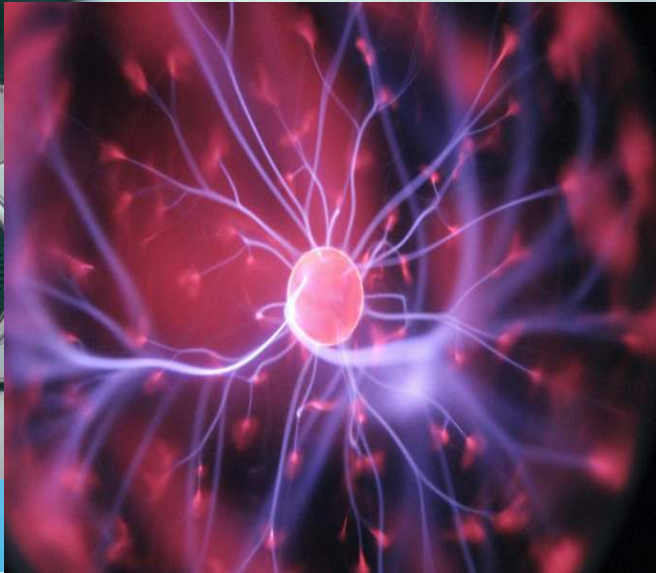




Why this is important  
How to take care of you  
What you can do

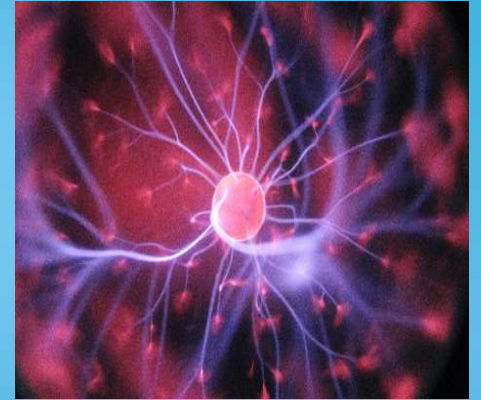
-NSSI and Suicide Prevention/Intervention/Postvention





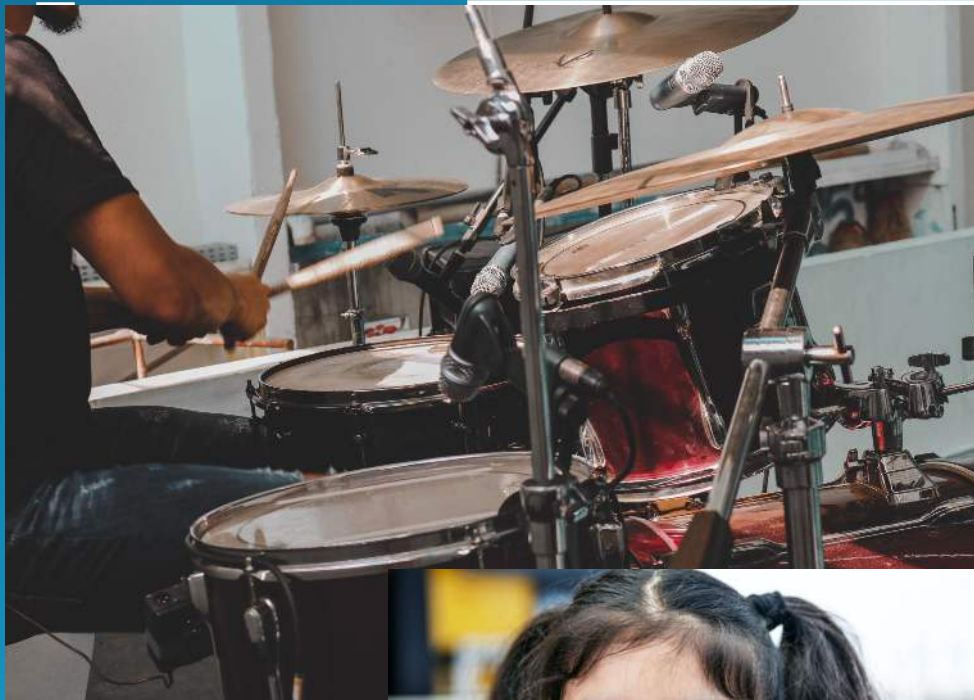


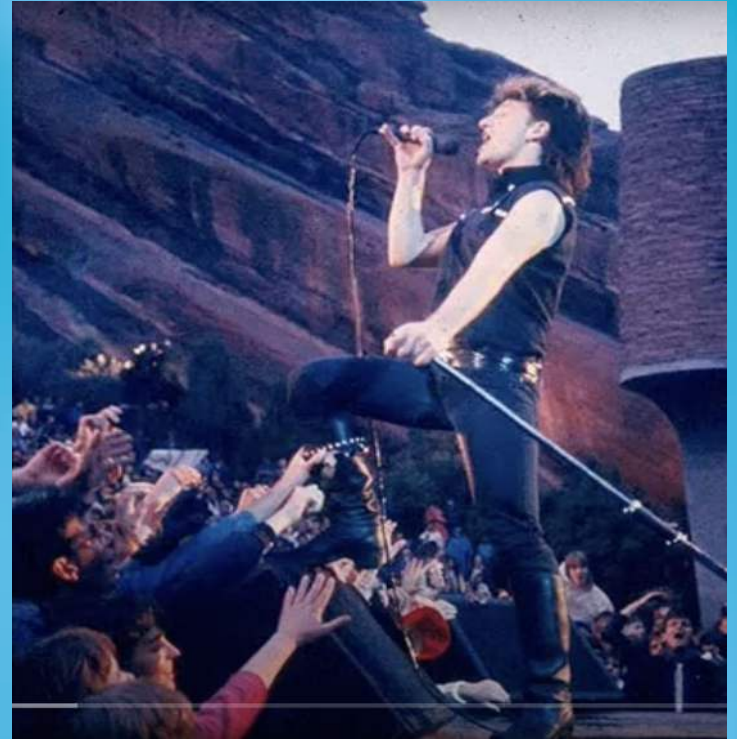
*Associations are powerful*





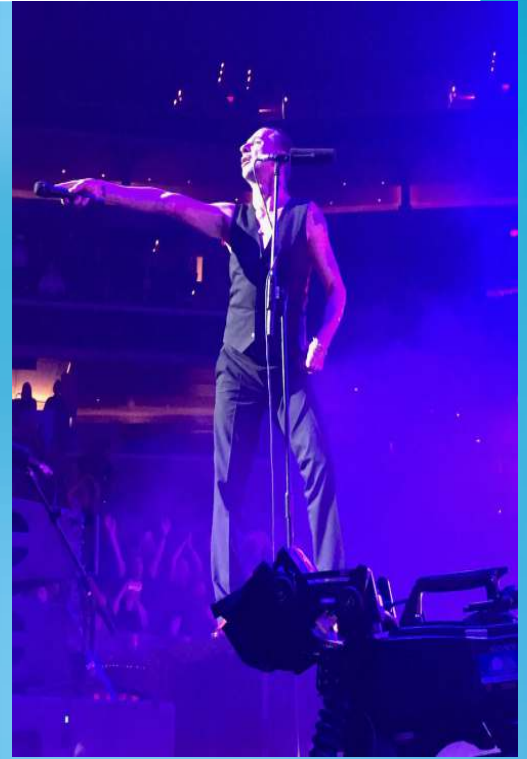


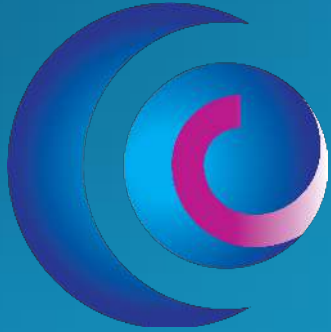






Explore







*Associations are powerful*

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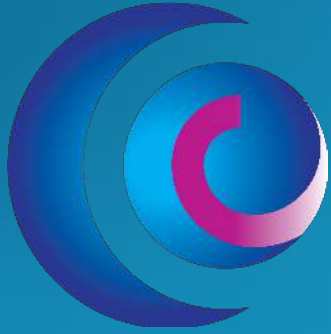
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**IT'S NOT ALL BAD!!!**









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**IT'S NOT ALL BAD!!!**





# RADICAL ACCEPTANCE



*I can't change what happened but  
I can do something with it...hold  
hope or find those who can.*

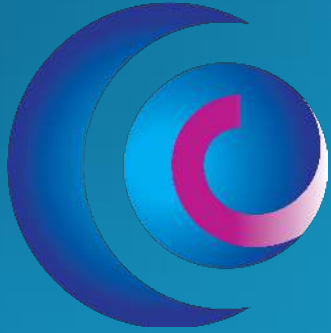
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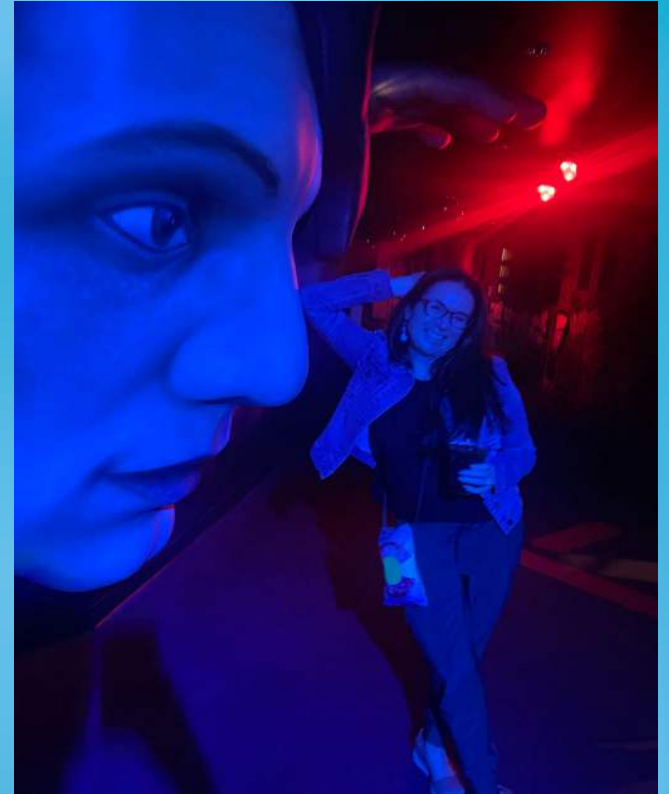
YOU  
ARE THE  
INTERVENTION



<https://www.tiktok.com/@overtime/video/6775276891587759365?lang=en>



<https://www.youtube.com/watch?v=qsEsgp3H7CU>



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# Emotional Burnout

- Tired or Fatigued
  - Loss of Motivation
  - Withdrawal
  - Loss of Enjoyment
  - Apathy
  - Substance Abuse
  - Bottled up emotions
  - Loss of sense of purpose
- 

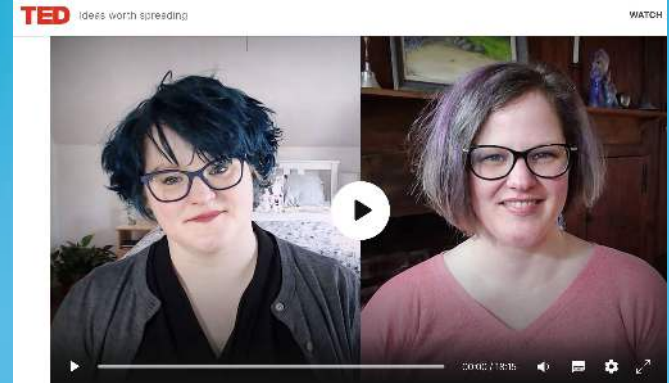
*You can't really love someone else unless you really love yourself first.*

*-Mr. Rogers*



# The Cure For Burnout (hint: it isn't self-care)

Complete the stress cycle  
Connection is key  
Care for self (sleep)  
Create mindfulness techniques  
that work for you!



<https://www.youtube.com/watch?v=PrJAX-iQ-O4> (8.14)

According to the American Academy of Pediatrics, the state of children and teens' mental health since the pandemic qualifies as a national emergency. - AAP

Mental health among students overall continues to worsen with 40% of high school students showing signs of depression. -CDC

Teen girls who say they have thought about suicide increased 50% in last decade. -CDC  
More than 1 in 5 LGBTQ teens reported they had attempted suicide during the past year. -CDC

Highest risk groups for suicide: white men 45-55, 85+, American Indian men and Alaskan Native men, and second cause of death for youth (10 - 24). -CDC/SAMSA



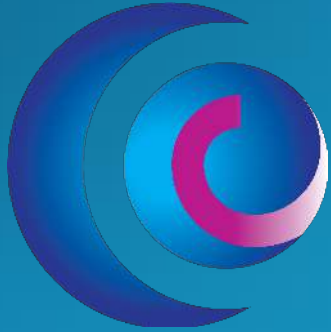




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*Suicide rates have increased after two years  
Of decline. (increases in populations since  
2018) Black children and youth (10-24)  
saw highest increase.*

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## What can we learn?

- 1) Crisis fosters community cohesion
- 2) Individuals become more externally focused
- 3) Community suffering makes personal suffering more tolerable.

-Maria A. Oquendo

President of the American Foundation for Suicide Prevention (AFSP)

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# What can we learn?

1) Crisis fosters community cohesion

*“I felt like I wasn’t alone anymore.”*



# L O N E L Y



Connected by  
our disconnection  
...briefly...

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## **Loneliness declared an epidemic**

**Loneliness in the U.S. poses health risks as deadly as smoking up to 15 cigarettes daily.**

About half of U.S. adults say they've experienced loneliness.

**The loneliness epidemic is hitting young people, ages 15 to 24, especially hard. The age group reported a 70% drop in time spent with friends.**

**Technology has rapidly exacerbated the loneliness problem. People using social media for two hours or more daily were more than twice as likely to report feeling socially isolated than those who were on such apps for less than 30 minutes a day.**

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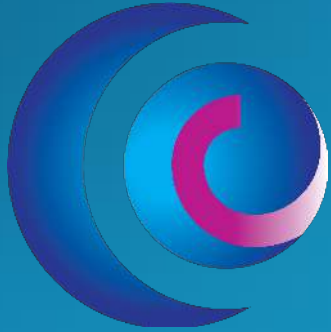
**Before COVID Americans have been less engaged with worship houses, community organizations and even their own family members in recent decades.**

**The number of single households has also doubled over the last 60 years.**

**The crisis worsened when COVID-19 spread, prompting schools and workplaces to shut their doors and sending millions of Americans to isolate at home away from relatives or friends..**

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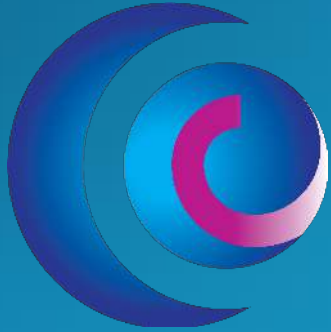
# What can we learn?



2) Individuals become more externally focused. (Focus on others!)

“By focusing my attention on the outside world during the pandemic, I realized and came to accept that I could not control what was going to happen next.”

- Is this an appropriate assessment of what is in my control?
  - What is in my control?
-

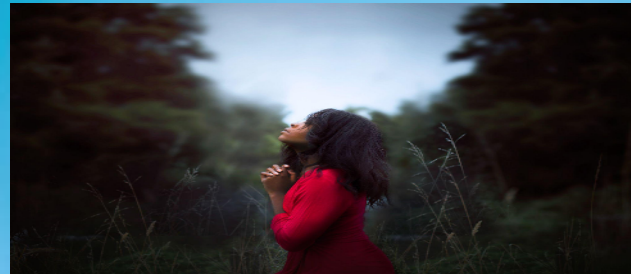


# What can we learn?

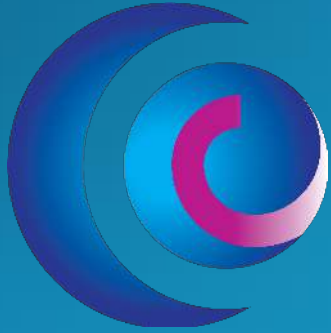
3)Community suffering makes personal suffering more tolerable.

*Whatever was going to happen probably wasn't going to be my fault; it was happening to most or all of us.*

- Reduce burden thinking
- Get out of the hole







# What can we learn?

*I've accepted this chapter of my life as part of my journey, but I will not allow it to define my journey. -Megan Thee Stallion*

*(Move to empowerment)  
(Regulate)*



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The surgeon general is calling on workplaces, schools, technology companies, community organizations, parents and other people to make changes that will boost the country's connectedness.



- 1) Join community groups
  - 2) Put down phones when you are talking to people
  - 3) Employers should think carefully about remote work policies
  - 4) Health systems need to provide training for doctors to recognize the health risks of loneliness. (racism, marginalized pop., access)
-



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# Definitions & Prevalence

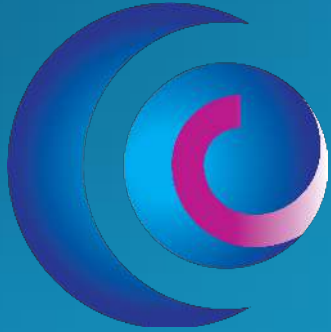
Rates have increased 60% worldwide in last 45 years for people ages 15 to 44

Four or more ACEs increases risk of suicide up to 12 times

Suicide is the 10th leading cause of death for all Americans with youth suicides increasing at the greatest rate. Suicide is the second leading cause of death for adolescents and young adults aged 15 to 24

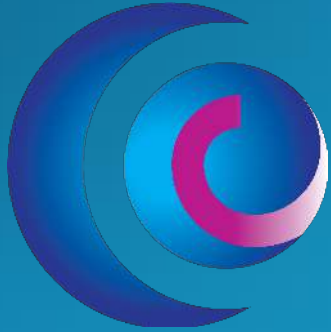
Suicide attempts are 20 times more frequent than deaths by suicide and children who attempt suicide are 6 times more likely to attempt again in adolescence

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*[https://www.youtube.com/watch  
?v=S4sfbcicr24](https://www.youtube.com/watch?v=S4sfbcicr24)*

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# Definitions

Non-Suicidal Self-Injury (NSSI):

“The intentional direct injuring of body tissue most often done without suicidal intention.

-Nock

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# Prevalence

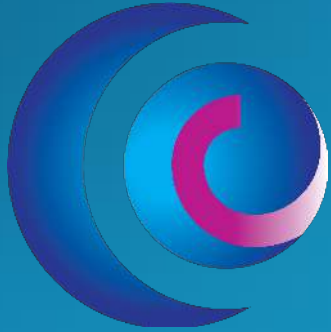
\* More common with mental health challenges such as depression, anxiety, eating or substance problems, but 15 to 20% don't meet criteria for mental health disorders

\* People who engage in self-injury report being more sensitive to interpersonal stress or conflict, and have more difficulty expressing and regulating their emotions

\* More common among adolescents and young adults who identify as gay, bisexual or transgendered

-ISSS

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# Prevalence

\* Most common in adolescents and young adults with 17 - 18% of young people reporting they have engaged at least once in their lives

\* SI most commonly begins between the ages 12 to 15. Declines and upticks.

\* Onset before 12 is associated with more severe SI over a longer period of time

\* Girls and women slightly more than boys and men



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# Prevalence

- isolation from peers
- disconnected
- racism, laws impacting transgendered youth
- shootings
- lack of outlets
- burdon thinking
- lack of resilience
- truncated tool box - inability to cope
- young kids



-difference  
between  
Suicidal  
thinking/NSSI  
As coping tools

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# Forms of NSSI

Cutting

Hair Pulling

Burning

Ingestion

Scratching

Breaking Bones

Head Banging

(Substance Abuse)

Hitting

(Eating Disorders)

Interfering with healing

(Tattoos, Sexual Trauma)

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Why???

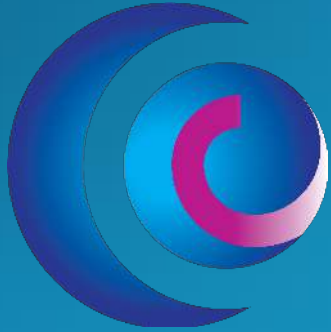
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## Why Do People Choose NSSI?

“People either do not understand their feelings or they are unable to communicate them.” (intrinsic trauma)

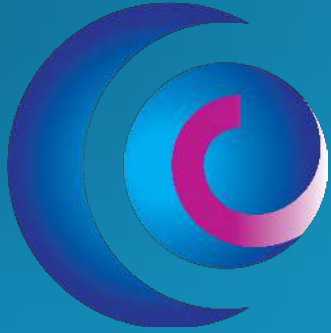
“NSSI falls on a spectrum...on one end kids are unable to regulate emotion and on the other...they don't feel anything and self-injure to feel something.” -Nock

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*[https://www.youtube.com/watch  
?v=S4sfbcicr24](https://www.youtube.com/watch?v=S4sfbcicr24)*

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# Internalizers & Externalizers

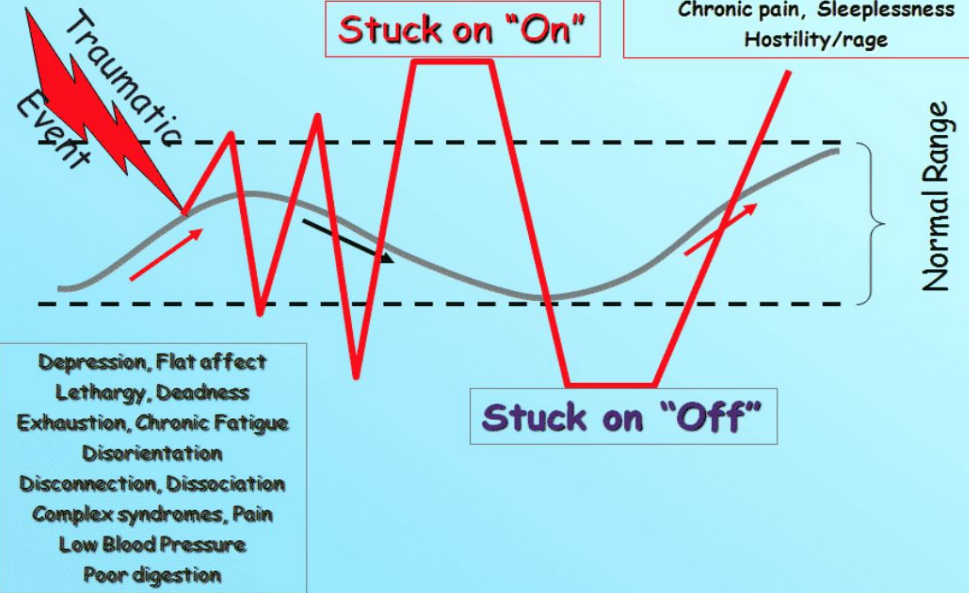




3D illustration showing brain and active vagus nerve (tenth cranial nerve or CN X)

Source: Axel\_Kock/Shutterstock

## Symptoms of Un-Discharged Traumatic Stress





Trauma disrupts the function of the vagus nerve(s) and can lead to dysfunction in other parts of our body. Damage or displacement of the vagal nuclei may cause changes in the baroreceptor and chemoreceptor reflexes. Much interest lately has been placed on the brain-gut axis via communication through the vagus nerve. Apr 28, 2022



# Increase Arousal- Replacement Behaviors

Hair-Tie Method  
Holding Ice  
Cold Water Method  
Knotted Towel Method  
Big Red Method  
Clay Method  
Dance Method  
Smell essential oils  
Exercise  
Shower head

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# Decrease Arousal- Replacement Behaviors

Color Method

Deep Breathing

Mindfulness

Weighted Blanket

Touch Points

Music Method

Relaxation Techniques

Guided Meditation

Warm Water Method

Lavender - water - breathe - resource spot

Bi-lateral music & Resource Spot

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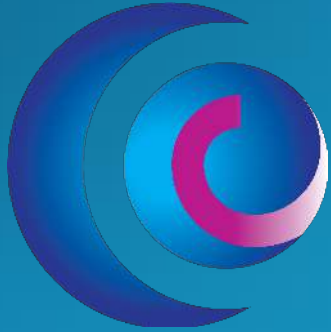






# KNOW (OR CREATE) YOUR PROTOCOLS!!!





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# Protocols

What are your current protocols?

What is working?

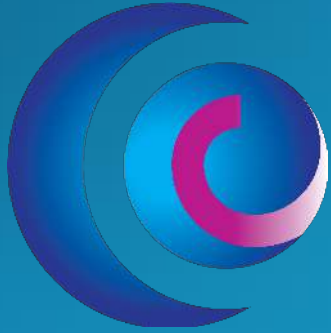
What can be improved?

What can I do?

(KEEP going and KEEP the faith).

National hotline: 1-800-273-TALK (8255) \*988

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# Curiosity Saved The Cat

- 1- notice where you are holding tension
- 2- notice where you are holding relaxation
- 3- start looking around the room naming objects
- 4- what do you notice happening in your body?
- 5- what do you notice in regards to your breathe?





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## Japan as a model

- National implementation of “common sense” systems
  - Crisis services
  - Healthcare
  - Suicide/Depression screenings
  - Treatment/Reduction in access to means
- 
- Drug crisis
  - Rugged American
  - Access to means
  - Fascination with violence
- 
- State of Emergency - Racial violence/Covid/War
  - Loneliness
- (Who is not on this list?)??????
-



*“I know a guy.”*

*-Melissa Schemmenti*

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Who???





800-273-8255



# The Lifeline and 988

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.



## Risk Factors - Health

- Mental Health conditions
- Depression
- Substance use problems (Laura)
- Bipolar disorder
- Schizophrenia
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorder (Billy) and (Nina)
- Anxiety disorders (Lucus)
- Serious physical health conditions including pain
- Traumatic brain injury



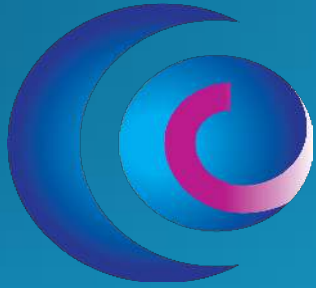




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## Risk Factors - Environmental

- Access to lethal means including firearms and drugs
  - Prolonged stress, such as harassment, bullying,
  - Relationship problems or unemployment
  - Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss. (unresolved loss)
  - Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide.
  - Marginalized populations lacking access to care.
-



## Warning Signs - Mood

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden improvement
- Ambivalence





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## Warning Signs - Behavior

- Increased use of alcohol or drugs
  - Looking for a way to end their lives, such as searching online for methods
  - Withdrawing from activities
  - Isolating from family or friends
  - Sleeping too much or too little (PTSD nightmares)
  - Visiting or calling people to say goodbye
  - Giving away prized possessions
  - Aggression
  - Fatigue
-



## Warning Signs - Talk

If a person talks about:

- Killing themselves/have a plan
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain





## Risk Factors - Historical

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma
- pain tolerance





# Assessing Risk\*

## *Unresolved grief and loss*

Thomas Joiner:

→ Perceived burden? → Thwarted purpose? → The ability to engage in lethal self-injury (chronic pain)?

Habituation, children who have a higher pain tolerance, chronic pain, & the lasting impact

\*Seek professional help if student answers yes to any of these questions





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# Assessing Risk

## Risk Factors:

Current suicide plan\*

Pain that is unbearable

Resources (lack of)

+Previous behavior

+Mental health concerns

## Interventions:

Disable the plan

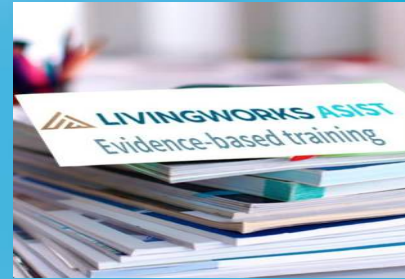
Ease the pain

Connection

Support past survival skills

Link to therapist

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## After a Crisis - Who is at Risk?

- Have a history of suicide attempts
  - Have a history of depression, trauma, or loss
  - Are dealing with stressful life events, such as death or divorce in the family
  - Were eyewitnesses to the death
  - Are family members or close friends of the deceased (or knew the deceased)
  
  - Who is on your crisis team?
-





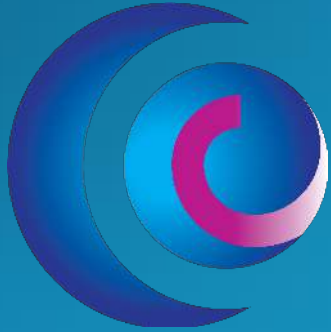
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## After a Crisis - Who is at Risk? Contagion Risk

- Received a phone call, text, or other communication from the deceased foretelling the suicide and possibly feel guilty about having missed the warning signs



- Had a last very negative interaction with the deceased
  - May have fought with or bullied the deceased
-



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# Media Guidelines

Do not glamorize or romanticize the victim or the suicide.  
Do not oversimplify the causes of suicide.  
Do not describe the details of the method.

Use preferred language like “died” vs.  
“committed”  
Include messages of hope and recovery.  
Consult suicide prevention experts.  
List the 988 suicide & crisis lifeline

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# Protective Factors For Teens

Problem Solving Skills

Extracurricular activities

Attached at home and school

Coping Skills

Esteem (self and others)

- + Medical access
- + Spirituality





## The Top Resiliency Traits for Children:

- CONNECTION to Caring Adults
  - Play and Creativity
  - Routine and Ritual
  - +Mindfulness +Skills
-



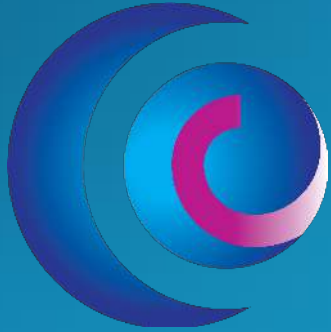
- 1) Mindfulness
- 2) Grounding techniques
- 3) Deep breathing
- 4) Resource Brainspotting
- 5) Calming activities & Movement



<https://www.instagram.com/reel/CtW7uFjAuig/?igshid=MTc4MmM1Yml2Ng%3D%3D>

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# Suicide Prevention

“I don’t need to know anything else about you to know that I am looking at the tip of what could be a very big iceberg. You are doing the best you can to deal with unbearable pain.”

“A lot of people don’t understand that suicide is actually an attempt to save the self rather than destroy it.”

Team Consultation

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# How to talk to someone about suicide

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- Ask directly
  - Ask about reasons to live
  - Ask about reasons to die
  - Give resources including mental health resources
-





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# CONFIDENT INTERVENTION

Why panic is a normal reaction

How to move panic to urgency (Act now)

When to “tap” out (Don't be a hero)

How to take care of you and look out for others

What it means to be engaged and also to re-engage

How our personal beliefs can influence our impact - It's Okay!!!

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**Why?**

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# Communicate Understanding

“It feels good.”

“It is the only time I feel anything.”

“I like the feeling of taking care of the wound.”

“It distracts me from the pain I feel in my life.”

“If I didn’t self-injure I would hurt someone else.”

“I like the color red.”

“It keeps me from killing myself.”

“It is the only way I can get my needs met.”

“I can’t deal with emotional pain and I need others to help me.”

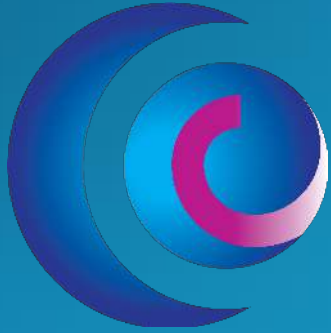
“It is the only way I can get attention.”

“Sometimes I just need relief.”

“It is pain I can control.”

“It is my only friend.”

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# Communicate Understanding

*My scars tell  
a story about my  
resilience*



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# Externalize Behavior

*Why?*  
*What?*  
*How?*  
*When?*  
*Where?*

“What does NSSI want?”

“What is NSSI trying to do to help you?”

“What does NSSI need to know about you?”

“What purpose does NSSI serve in your life?”

“What will need to happen for NSSI to stop trying to control you?”

“What is NSSI scared of?”

“Why does NSSI think you need it to survive?”

“What new job would NSSI like to have in your life?”

“What opportunity is NSSI presenting for you?”

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# Communicate Understanding

## What NOT To Do:

Lecture

Panic

Force feed

Shame or guilt the person

**Forget to listen (WAIT)**

**Make promises you can't keep**

**Apologize (this is not about you!)**

**Tell someone you know what it is like to be them**





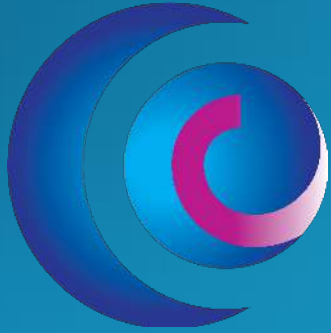
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## What is the power of metaphor?

**Metaphorical** language—which includes **metaphors**, similes, analogies, and other comparisons—is a powerful tool in social change communications.

**Metaphors** that rely on everyday objects or experiences can help us introduce unfamiliar issues or explain complex ones.





# The Power of Metaphor

“I have been cut.”

“I have been burned.”

“I am broken.”

“My wounds will not heal.”

“I am in pain.”



*Sometimes there are no words*

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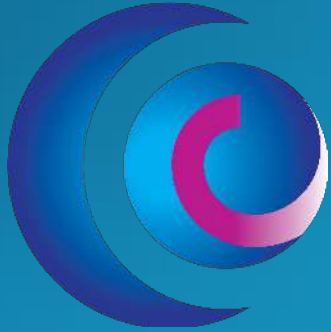


YOU  
ARE THE  
INTERVENTION



<https://www.tiktok.com/@overtime/video/6775276891587759365?lang=en>

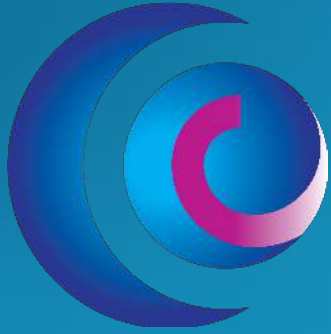




# Five Core Concepts (Skills)

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1. **The Box**: The connection between unresolved grief, loss, and behavior and getting out of the Overflow
  2. **The Bandage**: The value and application of various coping and healing practices
  3. **The Glasses**: Reality is subjective
  4. **The Treasure**: Marking progress and radical acceptance
  5. **The Map**: Cultivating resilience and creating realistic goals
-





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# Use Strategies to Help Others Feel Understood



[https://  
www.youtu  
be.com/wat  
ch?v=2QBSz  
jk7C78](https://www.youtube.com/watch?v=2QBSzjk7C78)

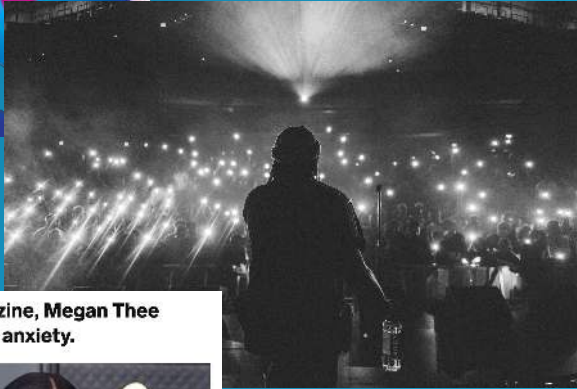
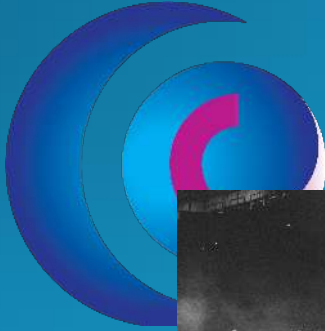
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“ Rap artists are among the most recognizable celebrities in the US, serving as role models to an increasingly diverse audience of listeners. Through their lyrics, these artists have the potential to shape mental health discourse and reduce stigma. ”

— **University of North Carolina researchers**

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In her 2022 album *Traumazine*, Megan Thee Stallion raps about having anxiety.



Megan Thee Stallion at the Grammys on April 3, 2022. Maria Alejandra Cardona/Reuters

# LOGIC

FEAT. ALESSIA CARA • KHALID  
NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255  
1-800-273-8255  
1-800-273-8255  
1-800-273-8255  
1-800-273-8255  
1-800-273-8255  
1-800-273-8255

<https://www.youtube.com/watch?v=pbd98pgBVg8>

<https://www.youtube.com/watch?v=KJvmdDBrXNU>



I was going to walk into the highway, this song said that I wasn't alone in feeling that way. I got out of the road, stopped fell to my knees and called my mother then the hot line for help

---



<https://www.badbitcheshavebaddaystoo.com/>

“Women, especially Black women, are afraid to report crimes like assault and sexual violence because they are too often not believed. This trial, for the second time this month, highlighted the numerous ways that our society must do better for women..” -LA DA

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“Here’s to ending the stigma  
around mental health and  
normalizing asking for help.”  
-Grande



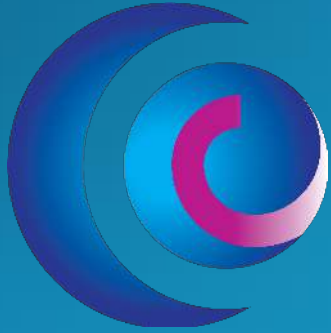
Dove Cameron  
Ed Sheeran  
Elle King  
Ellie Goulding  
Halsey  
James Blake  
Janet Jackson  
Jesy Nelson  
Joe Jonas  
Julie Andrews  
Justin Bieber  
Zayn Malik  
Zendaya

Katy Perry  
Kendrick Lamar  
Kanye West  
Kid Cudi  
Kristen Bell  
Lady Gaga  
Lizzo  
Logic  
Mariah Carey  
Michelle Williams  
Miley Cyrus  
Sia  
Ariana Grande

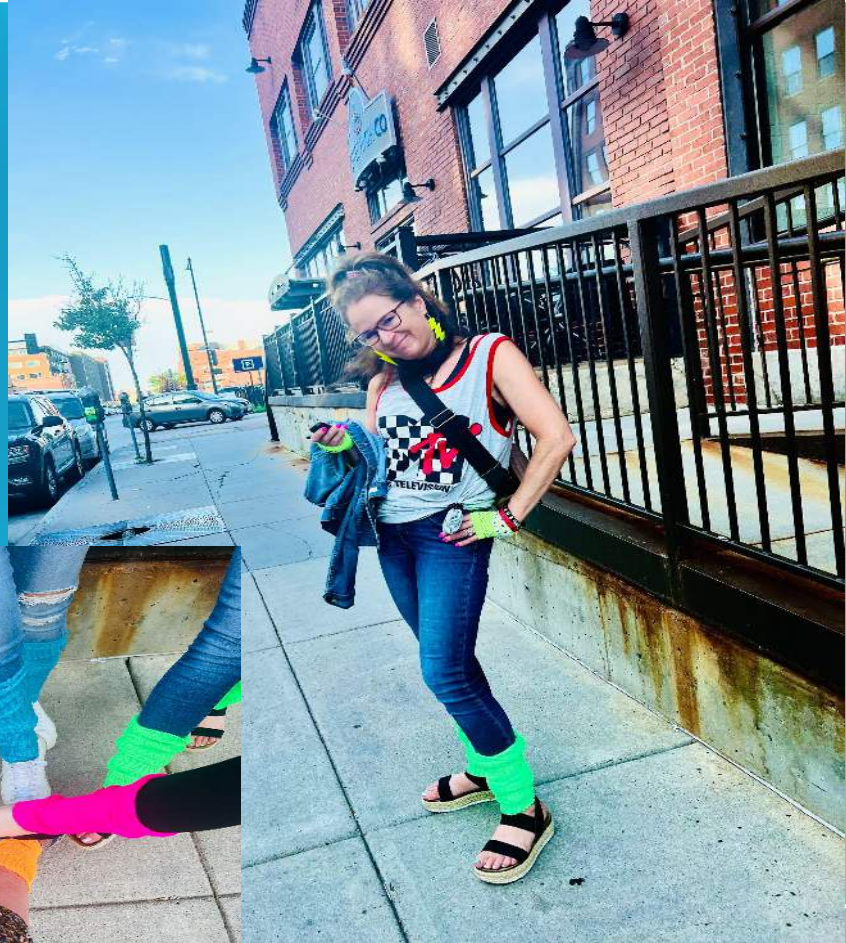
Nicki Minaj  
Naomi Judd  
Noah Cyrus  
Pete Wentz  
Pink  
Rachel Bloom  
Rick Springfield  
Ryan Tedder  
Selena Gomez  
Shawn Mendes  
Sinead O’Connor  
**Dave Gahan**  
Alanis Morissette

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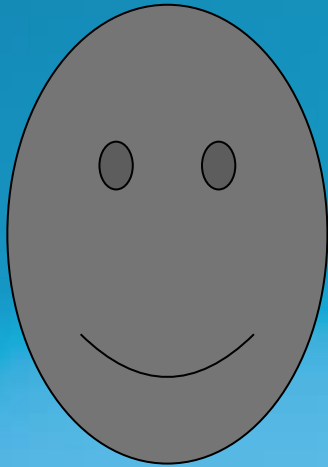
<https://www.youtube.com/watch?v=KJvmdDBrXNU>



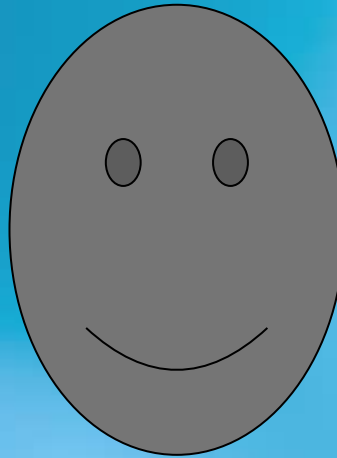


# Dialectical Behavioral Therapy (trauma states)

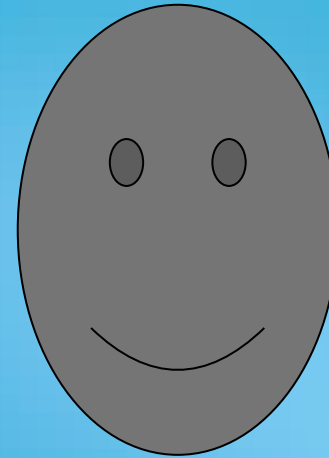
Reasonable Mind



Wise Mind



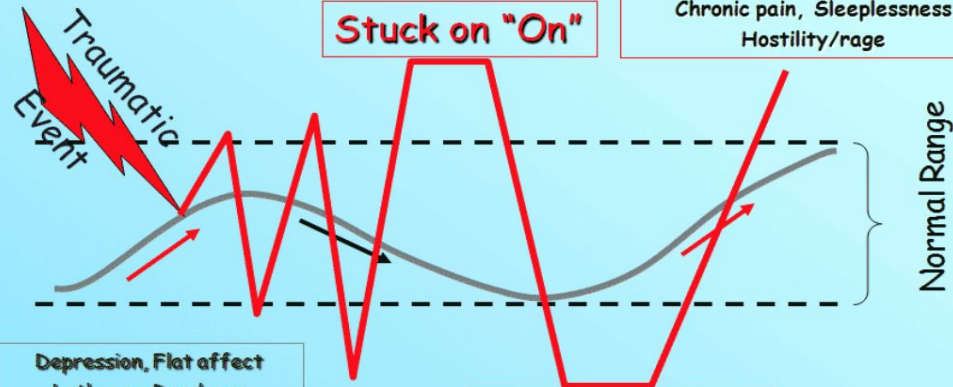
Emotional Mind





## Symptoms of Un-Discharged Traumatic Stress

Anxiety, Panic, Hyperactivity  
Exaggerated Startle  
Inability to relax, Restlessness  
Hyper-vigilance, Digestive problems  
Emotional flooding  
Chronic pain, Sleeplessness  
Hostility/rage



Depression, Flat affect  
Lethargy, Deadness  
Exhaustion, Chronic Fatigue  
Disorientation  
Disconnection, Dissociation  
Complex syndromes, Pain  
Low Blood Pressure  
Poor digestion

Stuck on "Off"

Normal Range

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# Chain Analysis





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**Bi-Lateral Beats**

**Music**

**Eye Movement**

**Taps**

**Brain Scan Meditation**

**Resource Brainspotting**

**Walking/Running**

**Gaze Spotting**

**Brain Love**

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# USE SKILLS TO PROMOTE MINDFULNESS AND STATE CHANGE

Walking in Nature and/or Engage the Senses

Mindful Eating/Mindful Breathing

Name Five Things in the Room

Name Five Things Outside of the Room

Get Curious About Your Surroundings

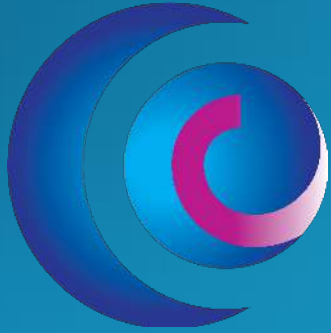
Find the Color Blue, Pink, Orange, and Yellow

Counting



<https://www.youtube.com/watch?v=egjWRWOUME4&t=5s>

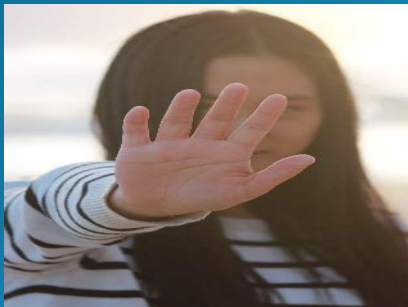
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# The PAUSE is a beautiful moment

*“The inability to wait, or the suspicion that waiting won’t do any good, is at the center of the suicidal impulse.”*





---

# The PAUSE is a beautiful moment

- 1-Notice what is happening
- 2-Regulate
- 3-Get curious
- 4-What does the part need?
- 5-Soothe the part (or self)

Sloooooowwwww down  
Know you are not using your neocortex  
Regulate THEN Process

---



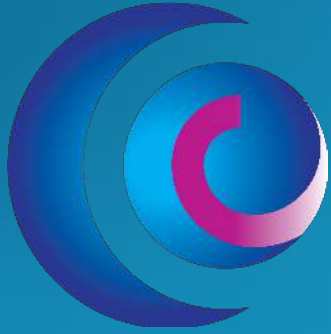




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# More Mindfulness Skills







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<https://tenor.com/view/baby-yoda-thechild-whee-chrisrw-gif-19013117>





Dee helped me!!!  
Feel the rainbow



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# The Purpose Of Emotions

Survive (fight,flight,freeze) Internal Brain Scan

Remember people and situations

Cope with situations in your daily life

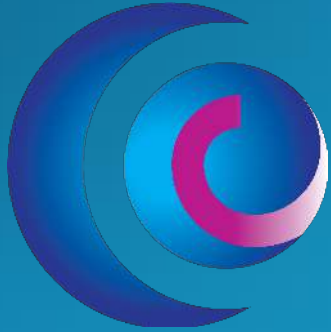
Communicate with others

Avoid pain (this is big with SI/NSSI)

Seek pleasure -Wood & Brantley

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*For anyone who has survived  
Violence, please know your  
Feelings are valid. You matter.  
You are not at fault. You are  
Important. You are not defined  
By your trauma.*

*-Megan Thee Stallion*





<https://www.youtube.com/watch?v=rz5TGN7eUcM>

*Apparently we need a cute kid break*

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**YOU ARE THE CEO  
YOU ARE THE LANDLORD  
CREATE YOUR THINK TANK**





## DISTRACT IN HEALTHY WAYS

What brings you joy?  
What gives you energy?



You can't be in it all the time!  
Container or bubble skill  
Box Skill  
The Bigger Picture







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# Resilience and Recovery: A New Relationship



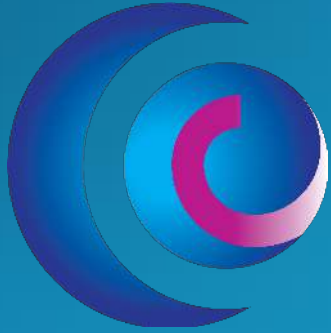
Shaking Hands with NSSI

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Mel Robbins  
-High Five Rule





We learn  
Through failure.

How have you failed today?

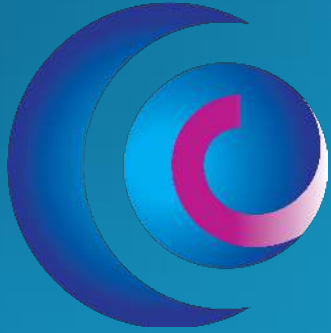




# Postvention

- ★ When the person comes back
- ★ How to get out of the canyon of why
- ★ Why it is complicated grief/head attacks
- ★ Why tender days matter
- ★ What you can do: Heartbeat
- ★ Where to go for help (IFSP) - 11/19/22





# Helping Others and Radical Acceptance

*You Can't Change  
What Happened But  
You Can Do  
Something With It*





# Celebrate & Mentorship

## Create hope/not all bad



# — Hope is An Action

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Teach & Create Realistic Goals

Teach & Foster Mental Flexibility

Teach & Remember Pain is Temporary(it's not all bad)

Teach & Shift Gravity Problems



*Teach the power of associations*

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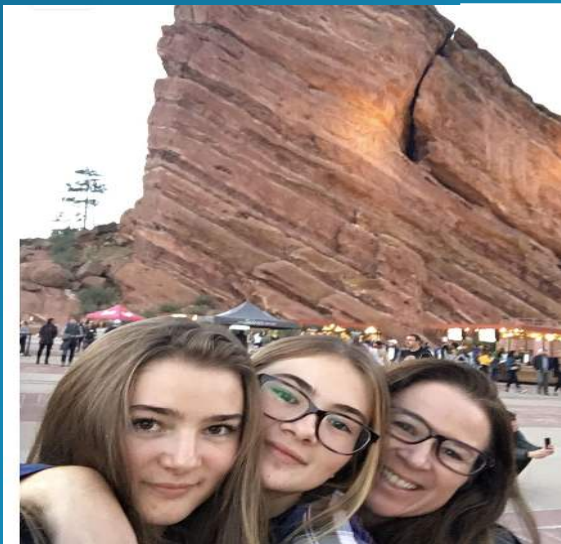
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**IT'S NOT ALL BAD!!!**





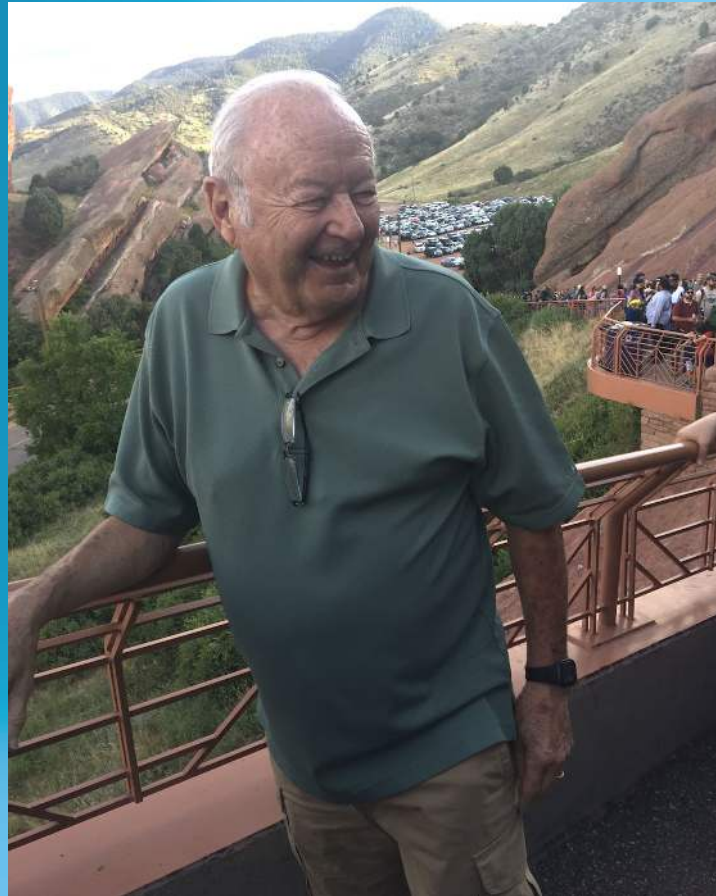
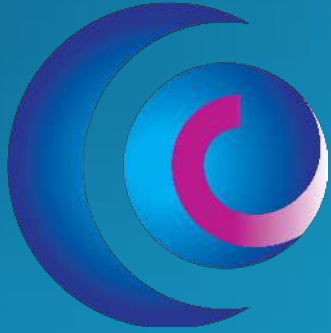


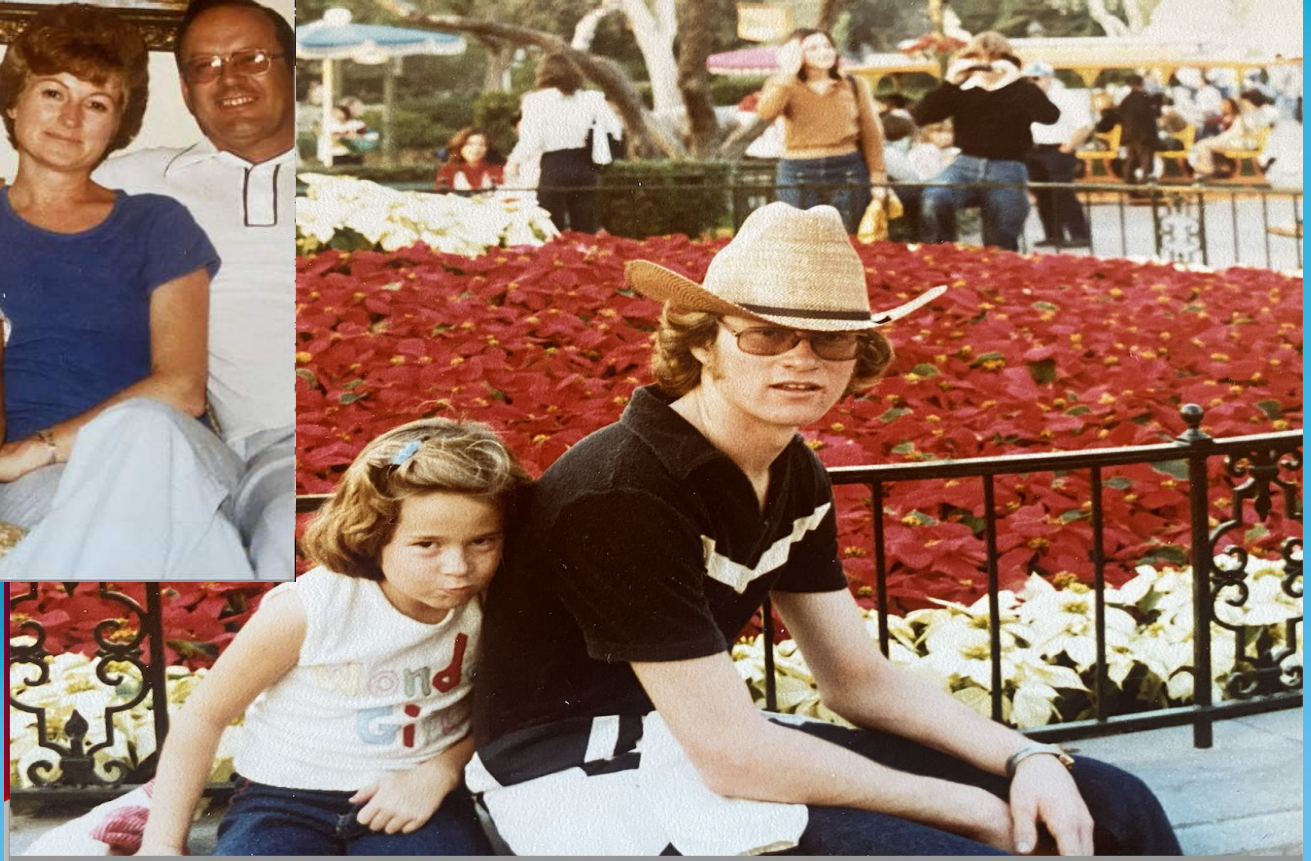


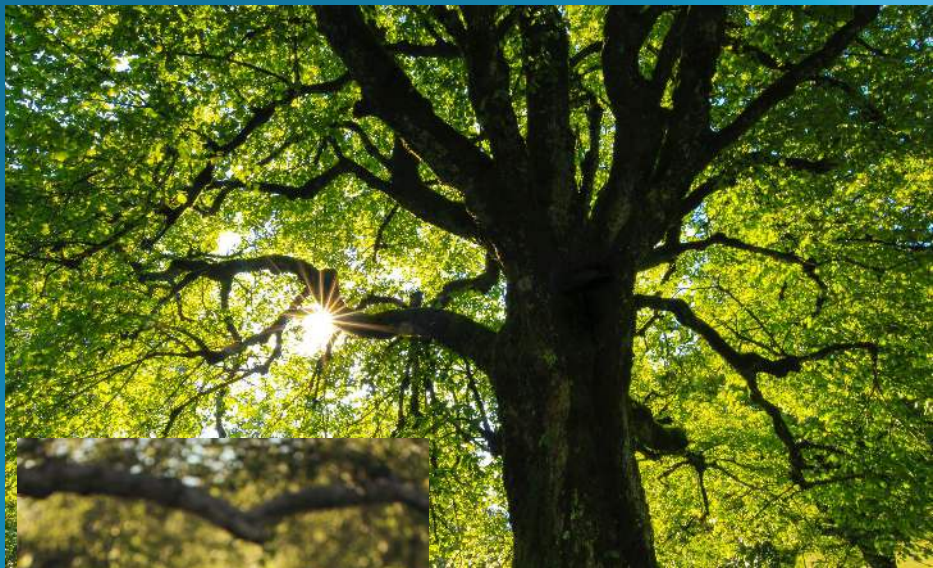












*Look for inspiration and inspire others  
Live fully by opening the door  
Listen to music that feeds you*

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# IT'S NOT ALL BAD!!!

*Your  
experience  
counts*

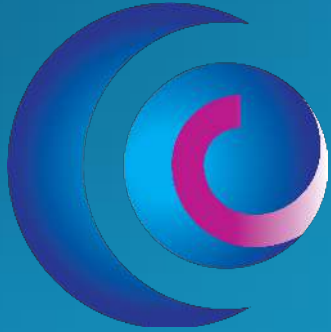




*“Your song saved my life  
The worst and the best days of my life  
I was broken, now I’m open, your love  
keeps me alive....”*

*-U2*





# Where to Go From Here

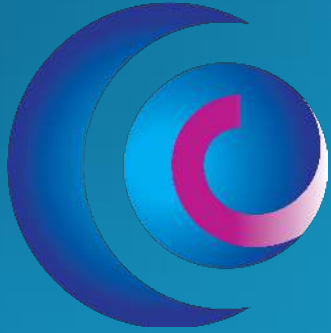
To Write Love on Her Arms

International Society on the Study  
of Self-Injury (ISSS)

National Alliance on Mental Health  
(NAMI)

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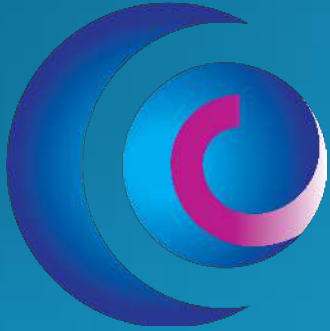


*From Hopelessness  
to Hope....*



<https://www.youtube.com/watch?v=pRllg-UOgv8&t=59s>

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# Resilience and Recovery- Therapies that work

Cognitive Behavioral Therapy (CBT): which help you identify unhealthy, negative beliefs and behaviors and replace them with healthy, adaptive ones

Dialectical Behavioral Therapy (DBT): a type of CBT that teaches behavioral skills to help you tolerate distress, manage or regulate your emotions, and improve your relationships with others

Mindfulness-based therapies: which help you live in the present, appropriately perceive the thoughts and actions of those around you to reduce your anxiety and depression, and improve your general well-being

-Mayo Clinic, 2020

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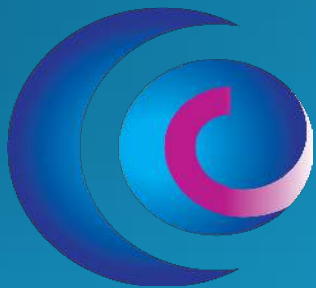
# Where To Go From Here

Tattered Teddies: a workshop about preventing suicide in children

SOS: a program for middle school and high school students designed to teach them about how to identify the signs of depression and suicidality in themselves and others (safe to tell)

safeTALK: suicide awareness for everyone (3 hours)

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800-273-8255



# The Lifeline and 988

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.





**American  
Foundation  
for Suicide  
Prevention**



**SOURCES  
OF STRENGTH**



**emdria**

EMDR International Association

CREATING GLOBAL HEALING, HEALTH & HOPE



**LIVINGWORKS**

*40 Years of Building Hope*



ROCKY MOUNTAIN  
**BRAINSPOTTING**  
INSTITUTE

Brainspotting



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# Self-Injury & Suicide: When & How Educators Should Intervene



Kim Johancen, LPC  
Clearviewcounselingdenver.com  
kimjohancen@yahoo.com

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vevo



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<https://www.youtube.com/shorts/eOUJ4NUAnU>





[https://www.instagram.com/reel/Cs\\_BEaALXsw/?igshid=MzRIODBiNWFIZA%3D%3D](https://www.instagram.com/reel/Cs_BEaALXsw/?igshid=MzRIODBiNWFIZA%3D%3D)

