

# Suicide: Impact on Response

## STAFF ACTIVITY FOR SUICIDE PREVENTION

Without overthinking this, let yourself become aware of the first reaction you would likely have if a student walked into your room and said, "Sometimes I think about killing myself." Write what your first thought was:

Again, write your first thought for responding to a student saying, "Sometimes life just isn't worth living."

Once again, if a student said, "I am just sadder than sad," write what you think your response might be.

Now, write your first thought to finish this statement. There is no right or wrong answer for this! This is just to help you become more conscious of your thoughts about this. What I believe about people who die by suicide is .....

Think about how you would define each of these words. Think in terms of someone saying something to you.

If you were going to deny what was said, how would you define “deny” in this case?

What is an example of a statement voicing your denial?

If you were to minimize a statement, what might be your definition for that?

What is an example of such a statement?

If you were to redirect the conversation, what would your definition of redirection be?

What is an example of saying something that could be redirecting the conversation?

Now imagine that the statement made to you is coming from a student, and the statement is, “Sometimes I think about killing myself.” If you were to respond using denial, what would you say?

If you responded with minimizing, what would you say?

If you responded by redirecting the conversation, what would you say?