

## **Suicide Prevention Information K-5 Handbook**

Protecting the health and well-being of all students is of utmost importance to MCPS. The school district will help to protect all students through the following steps:

- Students will learn about recognizing and understanding feelings, coping tools and how to use them, recognizing who is a safe adult to talk with when seeking help for themselves or others, and problem solving skills. Encouragement of help-seeking behavior will be promoted at all levels of the school staff, leadership and stakeholders.
- Mental health staff will serve as a point of contact for students in crisis and to provide students appropriate resources.
- For at-risk students, a risk assessment will be completed by a trained school staff member(s). If needed, staff will connect the student and family to outside resources.
- Students and families may be given national resources that they can contact for additional support, such as:
  - National Suicide Prevention Lifeline: Dial 988
    - [suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)
  - Text Line: Text MT to 741-741
    - Text "NATIVE" to 741-741
    - [Crisistextline.org](https://Crisistextline.org)
  - The Trevor Lifeline: 1-866-488-7386
    - [thetrevorproject.org/get-help-now](https://thetrevorproject.org/get-help-now)
  - Trevor Lifeline Text/Chat Services, available 24/7
    - Text "TREVOR" to 678-678 Crisis

MCPS strives to create a district and school culture of acceptance and support, where students feel comfortable seeking help for themselves or friends. Students are encouraged to tell any staff member if they or a friend are feeling suicidal, or are in need of help.

While confidentiality and privacy are important, if there is risk of suicide, safety comes first and may result in school staff sharing information with necessary individuals in order to maintain the safety of the student.