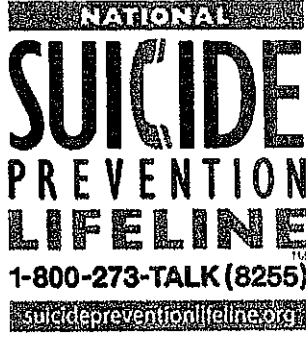


<p style="text-align: center;"><b>Suicide Warning Signs</b></p> <ul style="list-style-type: none"> <li>◆ Acting recklessly or engaging in risky activities—seemingly without thinking</li> <li>◆ Feeling trapped</li> <li>◆ Increasing alcohol or drug use</li> <li>◆ Withdrawing from friends, family, and society</li> <li>◆ Feeling anxious, agitated, unable to sleep or sleeping all the time</li> <li>◆ Experiencing dramatic mood swings</li> <li>◆ Having no sense of purpose in life</li> </ul>	<p style="text-align: center;"><b>Suicide Warning Signs</b></p> <ul style="list-style-type: none"> <li>◆ Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself</li> <li>◆ Looking for ways to kill oneself by seeking access to firearms, available pills, or other means</li> <li>◆ Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person</li> <li>◆ Feeling hopeless</li> <li>◆ Feeling rage or seeking revenge</li> <li>◆ Talking about being a burden to others</li> <li>◆ Withdrawing or feeling isolated</li> </ul>	<p style="text-align: center;">CHANDLER SCHOOL DISTRICT</p> <p style="text-align: center;"><b>SUICIDE PREVENTION STRATEGIES</b></p> <div style="text-align: center;">  <p><b>NATIONAL</b> <b>SUICIDE</b> <b>PREVENTION</b> <b>LIFELINE</b> <b>1-800-273-TALK (8255)</b> <a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a></p> </div>
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<p style="text-align: center;"><b>CHANDLER UNIFIED SCHOOL DISTRICT</b></p> <p><b>Any threat of suicide must be taken seriously.</b></p> <ul style="list-style-type: none"> <li>◆ Promptly refer the individual to the school principal or other personnel designated to handle such matters.</li> <li>◆ If in physical contact, remain with the individual until the designated personnel is available.</li> <li>◆ The principal or designated personnel shall promptly inform parents.</li> <li>◆ Parents shall be informed of mental health agencies that are available to help.</li> <li>◆ Students shall be released directly to parents by designated personnel.</li> </ul>	<p style="text-align: center;"><b>THINGS TO REMEMBER</b></p> <ul style="list-style-type: none"> <li>◆ A suicide attempt is usually the last in a series of pleas for help.</li> <li>◆ Most people who attempt suicide talk about it (post or write about it) before they take action.</li> <li>◆ If someone is talking (posting or writing) about attempting suicide, it should always be taken seriously.</li> <li>◆ A suicidal person does not usually intend to die, but it may be a plea for help. Recognition of the threat, and response to the person, is the best prevention strategy.</li> </ul>	<p style="text-align: center;"><b>Law Enforcement:</b></p> <p>Chandler Police      480-782-4130  Gilbert Police      480-503-6500  Maricopa Co. Sheriff   602-876-1011</p> <p style="text-align: center;"><b>SUICIDE PREVENTION LIFELINE:</b>  1-800-273-8255  (1-800-273-TALK)</p> <p style="text-align: center;"><b>TEEN LIFELINE:</b>  1-800-248-TEEN(8336)  602-248-TEEN(8336)</p> <p style="text-align: center;"><b>EMPACT:</b>  1-800-784-2433 (National)  1-866-205-5229 (Arizona)  480-784-1500 (Maricopa Co.)</p>
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