

Friend Conversation - Brian, Sloan, Morgan

Scenario: You're leaving class one day and you overhear a different friend group that was talking about a friend who is contemplating suicide.

Pause at 20 seconds and ask: What are the steps you would take to help that person?

Steps people can take:

- Talk to the people you overheard talking.
- Kids sometimes make jokes – ask if they are serious about what they said.
- Reach out to a trusted adult.
 - Encourage the person to talk to a trusted adult like a parent, teacher, clergy member, counselor
- Provide crisis line to the Johnson County Mental Health Center: 913-268-0156

Failed Test - Abby, Micah, Morgan

Scenario: A friend fails a test and they say they are going to kill themselves.

Pause at 18 seconds and ask: What could you say to a friend who says that?

- Follow up with the person. Ask if they are seriously considering suicide.
- Encourage them to use different choice of words.

Pause again at 1:18 and ask: What if a friend says “I am really struggling. I don't know what to do with these thoughts anymore.” How do you help your friend?

- Go to a trusted adult.
- If you are not sure, call the JCMHC crisis line: 913-268-0156. You don't have to be in crisis to call the crisis line. You can call if you need to help a friend.

Snapchat – Brandi, Kyra, Hayley

Scenario: Someone writes on Snapchat “This is it. I am done. This is over.”

Pause at 16 seconds and ask: How do you help them?

- Call the person. Try to get a hold of them.
- How would you respond if you couldn't get a hold of them?
 - Call the police. Their safety is the most important factor.
 - Share the responsibility, don't take it on alone.
 - Call the crisis line, parents, counselor, etc. can help too.