

Limestone County schools approve suicide prevention training

POSTED 7:34 PM, AUGUST 3, 2018, BY JOEL PORTER



Suicide prevention training



LIMESTONE COUNTY, Ala.- In less than a week, kids will be back at class.

And teachers will be learning some ways to help students who may be feeling suicidal.

On August 8th, the buses start rolling, and the doors welcome back students for another year.

"We don't ever want them to feel like they're alone," Dr. Jan Tribble with Limestone County Schools said.

RELATED STORY

Resources for suicide prevention

A busy school year means plenty of good days and not so good days. So, this fall, Limestone County school leaders say they to give more help to students who are considering suicide.

"They're normally going to tell at least one person," Limestone County Schools director of curriculum Dr. Brad Lewis said.

"Maybe they're giving away prized possessions. Maybe they're acting out of character," Dr. Tribble said.

Limestone County school leaders say the suicide prevention training is a no-brainer. It doesn't cost them any money. it's all provided courtesy of Crisis Services of North Alabama.

"Sometimes as adults, it's hard for us to remember just how difficult being a teenager can be," Dr. Lewis said.

RELATED STORY

What should you say to those that are struggling with suicidal feelings?

Teachers, coaches, and fellow students will receive the training. School leaders say they want students to have the courage to come forward and say something if they think someone's in trouble.

Alabama is one state that passed the Jason Flatt Act, which requires schools to

draft a policy and share resources for suicide prevention.

You can find more information on ways to help someone who's suicidal by downloading the SPEAK North Alabama App.

SPEAK provided this list of what to do if someone you know exhibits warning signs of suicide:

- Do not leave the person alone
- Remove any firearms, alcohol, drugs or sharp objects that could be used in a suicide attempt
- Call the U.S. National Suicide Prevention Lifeline at 800-273-TALK (8255)
- Text TALK to 741741 to text with a trained crisis counselor from the Crisis Text Line for free 24/7
- Take the person to an emergency room or seek help from medical professional

RELATED STORIES

Don't ignore the warning signs of suicide, there is always help

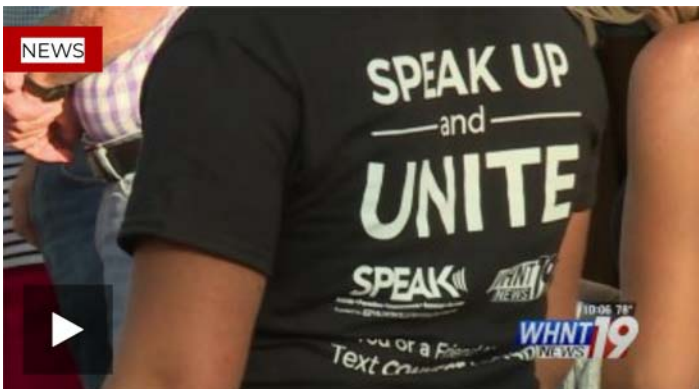
A Day of Unity encourages suicide awareness and prevention



Clements High School parents worried after vandals shoot two vehicles



Suicide loss survivor turns grief into action by writing book to help save other children in crisis



A Day of Unity encourages suicide awareness and prevention



Happy National Intern Day! Meet the WHNT News 19 interns



SPEAK Up: Taking Action to

