In the U.S., suicide is the second leading cause of death among children and adolescents, and it severely impacts the mental health and well-being of survivors. School systems play a crucial role in supporting students who have experienced hospitalization for a suicide-related crisis. In response, researchers from the University of North Carolina (UNC) have provided a chart to help schools establish or provide support for students returning from hospitalization.

### School Stats

<table>
<thead>
<tr>
<th>Stat</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospitalization rates in the U.S. received by adolescents in educational settings in 2020</td>
<td>28%</td>
</tr>
<tr>
<td>Hospitalization rates for suicidal youth appear higher during the school year</td>
<td>25%</td>
</tr>
<tr>
<td>Hospitalization rates for suicidal youth appear higher during the school year</td>
<td>18%</td>
</tr>
</tbody>
</table>

### Being Prepared

1 in 3 million adolescents in the U.S. received mental health services in educational settings in 2020.

### Follow-Up Plan

- **During Hospitalization**
  - Offer gestures of support to hospitalized students & families.
  - Offer to meet with families to discuss the student's status.
  - Communicate with clinical & medical providers, following HIPAA/FERPA & respecting family privacy.

- **After Hospitalization**
  - Host a re-entry meeting with interdisciplinary teams, and include the student, family, administration, support staff, & providers.
  - Conduct a re-entry meeting with interdisciplinary teams, and include the student, family, administration, support staff, & providers.
  - Communicate over the student's medical history, current support, & goals.

### Warning Signs

According to the American Foundation for Suicide Prevention, people may show warning signs of a person who may attempt suicide. Suicide warning signs are often described as the 5 “Ps”:

- **Pain**
  - Crying, tearful, or acting as if in unbearable pain

- **Preoccupied with Death**
  - Actively seeking ways to kill themselves

- **Preoccupation**
  - Talking about wanting to die

- **Apathy**
  - Neglecting belongings & personal appearance

- **Suicide Ideation**
  - Talking about wanting to die

### CRISIS HAPPENS

- **Universal**
  - Family support 
  - Friend support
  - Access to medicine

- **During Hospitalization**
  - Parent support 
  - Friend support

- **After Hospitalization**
  - Friend support 
  - Family support

### You Matter.

How to Help Youth Returning to School After Hospitalization for a Suicide-Related Crisis

#### Special Education

In school systems, it is crucial to provide support for students who have experienced hospitalization. Teachers and other professionals should be aware of suicide warning signs and take appropriate action if needed. Students should also be encouraged to seek help and support from their peers, families, and professionals.

#### Hospitalization Rates

During the school year, hospitalization rates appear higher during the school year. Students who have experienced hospitalization for a suicide-related crisis may require additional support and resources.

#### Prevention Lifeline

The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK (8255).

#### Sources

- "National Surveys ondrug Use and Health." "Key Substance Use and Mental Health Indicators in the United States: 2017" 2018.