

Chapter 5 • Lesson 3 Suicide Prevention

Lesson 3 Quiz

I. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 1. Which of the following is NOT a risk factor for suicide?
a. Having a mental disorder c. Being in a stressful situation
b. Using alcohol or other drugs d. Having close friends
- _____ 2. Which sentence about cluster suicides is true?
a. They account for most teen suicides.
b. They sometimes involve pacts among peers.
c. They are a series of suicides that occur over long periods of time.
d. They rarely involve people in the same school or community.
- _____ 3. Whenever another person talks about suicide, you should
a. agree to keep it confidential.
b. ask the person if she or he is serious.
c. take responsibility for the situation.
d. seek adult assistance right away.
- _____ 4. A warning sign of suicide is a(n)
a. unusual fear of death. c. lack of physical symptoms.
b. desire to give away belongings. d. desire for praise and rewards.
- _____ 5. How can you show support for a person who may be considering suicide?
a. Remind the person that most problems have solutions.
b. Try to convince the person that things aren't that bad.
c. Tell the person that everyone feels sad sometimes.
d. Avoid asking questions about the situation.

II. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

- _____ 6. Alienation means feeling isolated and separated from everyone else.
- _____ 7. Showing empathy to a friend who is considering suicide will let him or her know that you are concerned.
- _____ 8. Someone who has attempted suicide before is less likely to attempt suicide in the future.
- _____ 9. A family history of suicide can decrease a teen's risk of suicide.
- _____ 10. Cluster suicides may occur when teens are exposed to suicide in other teens.

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Health Skills Practice: Accessing Information

Local Resources for Suicide Prevention

Directions Complete the table below with information about resources for suicide prevention in your community. You may use online search programs, local telephone directories, or other reliable sources of information to complete the table. After completing the table, answer the questions that follow.

Name of Help Resource	Address and Telephone Number	Type of Help Provided
Mental health professional: _____	_____ _____	_____ _____
School counselor: _____	_____ _____	_____ _____
Hospital emergency room: _____	_____ _____	_____ _____
Crisis center: _____	_____ _____	_____ _____
Suicide hot line: _____	_____ _____	_____ _____
Police: _____	_____ _____	_____ _____
Fire/rescue: _____	_____ _____	_____ _____

1. Which help resource would you recommend to a friend who seems depressed? Why?

2. If a classmate is talking about committing suicide, which of the help resources would you contact? Which help resource would you encourage your classmate to contact?

3. If you suspect that someone you know has just taken an overdose of prescription medication, which help resource should be contacted immediately? Why?
