

SUICIDE PREVENTION LIFELINE

TEXT OR CALL 988

CRISIS TEXT LINE:
TEXT HOME TO 741741



The lifeline is **FREE**,
confidential, and
open 24 hours

Help a loved one,
your friend, or
yourself

SUICIDE IS PREVENTABLE

LANE TECH SOCIAL WORKERS

Ms. Harden: 332A (7th-9th grade)
jlharden@cps.edu

Ms. Rodriguez: 332A (10th grade)
vrodriguez66@cps.edu

Ms. Walsh: 212 (Back Office) (11th grade)
mwash15@cps.edu

Mr. Cox: 213 (12th grade)
jgcox@cps.edu

Ms. McLaughlin-Kantowicz: 213
lmclaughlinkantowicz@cps.edu

LANE TECH COUNSELORS

Ms. Bantz 135
Ms. Andros 212
Ms. Atkocaitis 212
Ms. Carqueville 135
Ms. Console 212
Ms. Constantine 212
Ms. Fuhrmann 212
Mr. Hoof 212

Ms. Blanton-Morgan 212
Ms. Oum 212
Ms. Saylor 212

[Link to book an appointment
with your counselor](#)

LANE TECH PSYCHOLOGISTS

Dr. Gilson: Library Office
jmgilson@cps.edu

Dr. Kahler: Library Office
kkahler@cps.edu

SUICIDE IS PREVENTABLE



STUDENT WELLNESS

Resources for Lane
Tech Students



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SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change

- Talking about wanting to die or to kill oneself
- Looking for a way to kill/hurt oneself, such as searching online or buying a weapon
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

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LANE TECH BUILDING SUPPORT LOCATIONS

Rooms:
212
135 (CCC)
213
Wellness Center (212)

What is the Wellness Center?

The counseling department has identified the need to provide an additional safe space in the school for students experiencing emotional distress. The purpose of the Wellness Center is to offer students the opportunity to utilize coping skills and strategies to mitigate symptoms of distress. This will be a safe space to learn new skills, practice them and then return to class.



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LISTEN AND LOOK for red flags for suicidal behavior, indicated by the mnemonic:

IS PATH WARM?

Ideation- threatened or communication

Substance abuse- excessive or increased

Purposeless- no reason for living

Anxiety- agitation/insomnia

Trapped- feeling that there is no way out

Hopelessness

Withdrawing- from friends, family, society

Anger (uncontrolled)- rage, seeking revenge

Recklessness- risky acts, unthinking

Mood changes (dramatic

ACT

- If you think the person might harm him-/her-/them-self **DO NOT leave that person alone**
- **Say**, "I'm going to get you some help"
- **Call** the National Suicide Prevention Hotline, **988**
- You will be connected to the nearest available crisis center, Or...
- Go to **SAMHSA's Mental Health Services Locator** (www.mentalhealth.samhsa.gov/data_bases/) or **Substance Abuse Treatment Facility Locator** (<http://dasis3.samhsa.gov>)