

Warning Signs of Potential Suicide:

- Change in eating and sleeping habits
- Withdrawal from friends, family, and regular activities
- Violent actions, rebellious behavior, and running away
- Drug and/or alcohol abuse
- Unusual neglect of personal appearance
- Marked personality change
- Persistent boredom, difficulty concentrating, or a decline in the quality of school work
- Frequent complaints about physical symptoms, often relating to emotions, such as stomachaches, headaches, fatigue, etc.....
- Loss of interest in pleasurable activities
- Complaining of being "rotten inside"
- Gives verbal hints with statements such as: "I won't be a problem for you much longer" "nothing matters" "it's no use" or "I won't see you again"
- Becomes suddenly cheerful after a period of depression

Where to Get HELP:

- Contact the MFHS Counseling Center @ 689-1200 or by going to any of the counselors or administrators on staff in the office
- Texas Youth Hotline: Call for help at 1-800-210-2278
- Contact the Emergency Room at Midland Memorial Hospital @ 685-1555
- Midland Sheriff's Crisis Unit @ 688-4635
- Centers for Children and Families @ 570-1084
- Heritage Counseling Services @ 685-3787
- Samaritan Counseling @ 563-4144
- Permian Basin Community Centers @ 570-3300
- BCA, Behavioral Hospital @ 561-5915

J. Rivera

MIDLAND INDEPENDENT SCHOOL DISTRICT

TO: Midland ISD Parents and Caregivers
FROM: Ryder Warren, Superintendent of Schools
SUBJECT: Important Student Issue

As the superintendent of schools of MISD, I made a decision today that affects our children. As a community, Midland has experienced four suicides of children in the last seven weeks who were either students of MISD, students of other schools in Midland, or who have been students here in the past.

Because of the seriousness of this matter, all 35 campuses in MISD stopped normal instruction this afternoon, and all of our building principals had personal discussions with our children about suicide. The message was a simple one today – we just wanted to convey to the kids that, as a school district, we know we have a problem and that we want to do everything in our power to help. In the coming days, I am going to be meeting with community groups, and we are going to continue to talk to our students about the repercussions of this kind of decision.

I know some of our parents will be very concerned about our schools taking this measure, and please know that this was my decision – I directed each principal to do this, again because of the seriousness of the issue. I also want everyone to know that if your family is dealing with any of these issues, we will be here to assist you in any way possible. Every campus will have lists of district and community resources for you to utilize if that is your need. We have to work together on this, because we are dealing with our most precious assets, and we do have kids in our community right now with no hope.

You have my assurance that the school district is going to do everything we can to support our students, their families, and any other students in the community. I cannot stress enough the importance of us coming together and fighting this with every resource we have. If you have any questions or concerns, please do not hesitate to contact me. Thank you for your support of our children.