

PEER LEADER MISSION STATEMENT

We Are Sources of Strength

We are a group of diverse **students and adults** from many different corners and cultures of our school and community. We believe that life has ups and downs, that all of us will go through good times and tough times. Our mission is to ensure that during the rough times no one gets so overwhelmed or hopeless that they want to give up.

Our mission is to **spread hope, help, and strength** into every corner of our community.

Our mission is to help students and staff turn to their strengths and their supports that are all around. We are **connectors** to help and strength.

Our mission recognizes that our voice has great power and we use it to **break the silence** when someone is struggling, and to connect them to the help they need and deserve.

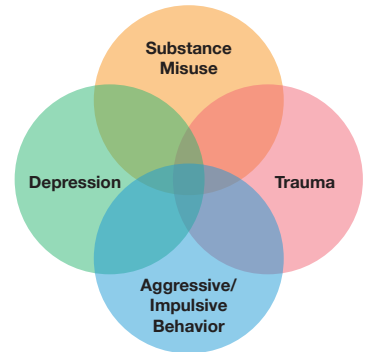
We **spread hope** by focusing on stories of strength, rather than on stories of trauma. We know our most powerful impact comes from our personal actions, conversations, and messages that use our music, our art, our writing, our activities, our social media, our culture, and our voice. This gives life to our efforts.

We are Sources of Strength



SUICIDE RISK FACTORS AND WARNING SIGNS FOR YOUTH & YOUNG ADULTS

- Previous suicide attempts
- Express feeling depressed, hopeless, or helpless
- Experimenting or increasing use of alcohol, drugs or heavy nicotine usage
- Increase in anger, conflict, aggression, irritability
- Experiencing or previously experiencing trauma – abuse, harassment
- Recent loss of someone close through death or suicide
- Sudden & large change in mood: extreme sadness, anger
- Wanting to be alone more, pushing others away or isolating from friends, family & activities
- Sudden risky behaviors – reckless driving, weapon misuse, risky sexual behaviour
- Injury or illness that limits prior abilities – even temporarily
- Harassment of gender identity or sexual orientation
- Talking or joking about suicide



- Struggling at school, (socially/academically) skipping classes
- Themes of death showing up in their music, writing or art
- Losing interest in things they used to enjoy
- Personal care & hygiene changes
- Troubles with sleeping, eating, or concentrating
- Giving their favourite, and/or important possessions away

Additional things to consider:

- Substance Misuse is involved in over 65% of teen suicide attempts
- Relationship breakups can be trigger events

All of these are what we would consider either risk factors or warning signs. They don't always mean someone is suicidal, but can be a sign for us to check in with them and see how they are doing

IF YOU ARE NOT SURE WHAT TO DO CALL OR TEXT THE NATIONAL LIFELINE:

988 | **SUICIDE & CRISIS LIFELINE**



f /SOURCESOFSTRENGTH

@ SOURCESOFSTRENGTH

X @SOURCESSTRENGTH

TAG US: #SOURCESOFSTRENGTH

sourcesofstrength.org

Copyright 2024 - Sources of Strength, Inc.