

Resources for Mental Health Information

NATIONAL SUICIDE INFORMATION

Crisis/Suicide Hotline: (toll-free)
1 800-SUICIDE

**American Foundation for
Suicide Prevention**

120 Wall St. 22nd Fl.
New York, NY 10005
Toll free: (888) 3333-AFSP
e-mail inquiry: inquiry@afsp.org
www.afsp.org

**American Association for
Suicidology**

4201 Connecticut Avenue NW #408
Washington, D.C. 20008
www.suicidology.org

LOCAL RESOURCES

EMPACT

Suicide Prevention Center
(480) 784-1500
24-hour crisis line
www.empact-spc.com

Teen Lifeline

1-800-248-TEEN

Banner Helpline

602-254-4357

Value Crisis Hotline

602-222-9444

Scottsdale Prevention Institute

(480) 443-3100
www.spi-az.org

Acknowledgements

"Sleepwalk" by William Mastrosimone

Premiere production workshops & presented by:

Thurston High School, Springfield, Oregon
Michael Fisher, Director
Sandra Green, Assistant

Original cast:

Robert Balkovich, Joel Christensen, Cole Putnam, Jessica Gorman, Nastasia Green,
Rachael Hatefi, Chelsea Jennings, Derek Lewis, Danielle Miller, Heidi Olson,
Rachel Paslay, Ashley Patterson, Jake Pippin.

Original "Sleepwalk" theme by: Doug Clark

Costume designs by: Perri Allison

Scottsdale Unified School District:

Dr. John Baracy, Superintendent
Clif McKenzie, Executive Director for Exceptional Customer Experiences
Mindy Helstab and the Service Learning Staff
Dr. Althe Allen, Executive Director of Student Services
Dr. Sylvia Cohen, Lead Psychologist

High School Principals: Anne-Marie Woolsey, Mary Lou Muccino,
John Biera, Greg Milbrandt, Tyrus Timbrooks

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Health World



SLEEPWALK

A Play to Combat Teen Suicide.

By William Mastrosimone

Scottsdale, Arizona
FEBRUARY 8 - 10, 2006



What is Sleepwalk?

Sleepwalk written by Emmy-winning Broadway playwright William Mastrosimone aims to “debunk, de-mystify and de-romanticize teen suicide, by opening up dialogue on the hidden epidemic of teen suicide. With input from mental health professionals, Sleepwalk was written to foster open dialogue about depression and suicide and to remove the stigma associated with seeking professional help.

This dream play performed by teen for teens aims to increase dialogue in schools and communities about the growing problem of teen suicide. By creatively blending humor, pathos and imagination, the play tells the story of Dillon, a young man contemplating suicide who falls into a dream state. In the course of his dream, he meets personified aspects of his own psyche - some good and some bad - and by the end of the dream, gains control of his own life.

Remember, “learn to out last the impulse,” the act of suicide is a permanent solution to a temporary problem. One should always seek help from their parents, school counselors, teachers, or medical professionals. Also, friends and siblings must never promise “not to tell” if someone comes to you thinking about suicide. You must tell an adult so that help can be provided.

We thank the original cast performing Sleepwalk, along with their Director, Mike Fisher from Thurston High School in Springfield, Oregon. The Thurston Theatre troupe has won international honors performing Sleepwalk at the 2005 Fringe Festival in Scotland.

Discussion Leaders

Today’s discussion leaders have been selected by the high school principals from the Scottsdale Unified School District.

What Are Suicide Warning Signs?

- Talking or writing about death, dying or suicide
- Giving away personal possessions
- Showing lack of motivation, a lowered energy level, missing classes or assignments
- Feeling pervasive sadness, feelings of hopelessness and helplessness, thinking there’s no way out
- Having frequent crying spells
- Withdrawing from friends, family and social activities
- Having difficulty concentrating, reflected in a drop in grades
- Changes in eating patterns -- eating much more or less than usual, gaining or losing weight
- Changes in sleeping habits - unable to sleep, or sleeping more than usual, perhaps staying up all night watching TV, having difficulty getting up for school in the morning, or sleeping during the day
- Losing pleasure and interest in activities that were once enjoyable, like sports or hobbies
- Having feelings of chronic boredom, emptiness and futility
- Increasing drug or alcohol use
- Taking unnecessary risks



“Nobody knows what’s going on in my head”

- Dillon

What to Do if Someone Tells You He or She is Thinking About Suicide:

- Be available.
- If the person confides thoughts of suicide, be direct and open about it. Don’t dodge the topic.
- Be a good listener. Allow the person to express his or her feelings without being judgmental. Avoid using words like “right” or “wrong”.
- Don’t minimize what the person is going through. Don’t offer easy solutions or say that things aren’t so bad.
- Encourage the person to seek professional help or at least tell an adult. Find out what help is available and give that information to him/her: hotlines, community mental health agencies, school counselors, crisis centers, family physician
- Don’t agree to keep what the person tells you about suicide a secret. Tell an adult.
- Have the person promise to contact you, another person, or an agency if he or she is close to committing suicide.
- Try not to act shocked, but show understanding and concern.
- If possible, remove any methods the person can use in a suicide attempt, like guns, knives or drugs.
- Check up on the person frequently to see how he/she is doing.
- Take a threat of suicide seriously. People who threaten suicide sometimes go through with it.
- Don’t dare the person to do it.