

Media Statement - OCHS Student Suicide

This morning, 10th grader John Delgrande passed away from his traumatic ordeal with suicide. Our thoughts and prayers of support go out to the family and friends and staff of the student at this most difficult time.

In a statement issued by his family this afternoon to the School District, they stated the following, “We don’t know any other way to say this, nor do we fully grasp what caused him to do this. We do feel that is important that if you bring this to the student body – they understand that there is nothing in life that can’t be overcome with listening, caring and understanding that everyone is different. Death is not the answer to solve one’s problems – ask for help and get help for those that ask.”

Today, members of the school’s Crisis Response Team will be present to provide support, comfort, and information about common reactions following a suicide and how adults can help youths cope. They will also provide information about suicide and mental illness in adolescents, including risk factors and warning signs of suicide, and will address all questions and concerns of students and staff over the next several days. Trained crisis counselors will be available to meet with students and staff starting tomorrow and continuing over the next few weeks as needed. Should students or parents need additional assistance, please call OCHS during school hours or Cape Counseling at (609) 465-5999. Additionally, assistance can be found through the Traumatic Loss Coalition at this link http://ubhc.rutgers.edu/tlc/suicide_awareness.html.

Please Share:

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

- Talking about wanting to die or kill oneself
- Looking for ways to kill oneself, such as searching online or buying a gun
- 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, or behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings