

National Suicide Prevention  
Month  
Know the Signs



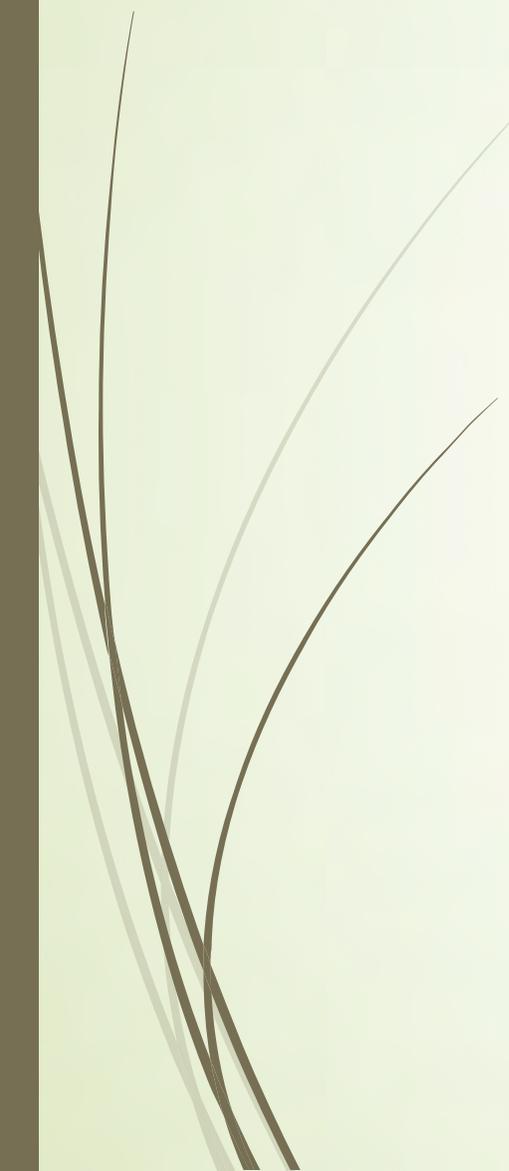


# Know the Facts

- Suicide is the 2<sup>nd</sup> leading cause of death for 10-24 year olds
- 1 out of 5 high school students will consider suicide
- 1 out of 12 college students has a suicide plan
- For every youth suicide 100-200 make an attempt
- Females attempt suicide 3x more than males
- Each day in our nation there is an average of over 5,400 suicide attempts by young people grades 7-12
- 90% of those who die by suicide have a diagnosable psychiatric disorder at the time of their death.
- 8% of high school students reported having attempted suicide one or more times in the last year.



# What Leads to Suicide?

- No single cause
  - Stressors and health issues converge to create an experience of hopelessness and despair
  - Depression is most common condition associated with suicide
    - Typically undiagnosed and untreated
    - Depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide
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# Warning Signs

## Talk

- If a person talks or writes about:
- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

**Behavior** - May signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family & friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

## Mood

Often display one or more of the following:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

# Risk Factors:

Characteristics or conditions that increase the chance that a person may try to take their life

## Health Factors:

Mental health conditions:

- Depression
- Substance use problems
- Bipolar Disorder
- Schizophrenia
- Personality traits of aggression, mood changes and poor relationships
- Conduct disorders
- Anxiety disorders

Serious physical health conditions including pain

Traumatic brain injury

## Environmental Factors:

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems
- Stressful life events
- Exposure to another person's suicide, or to sensationalized accounts of suicide

## Historical Factors:

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma

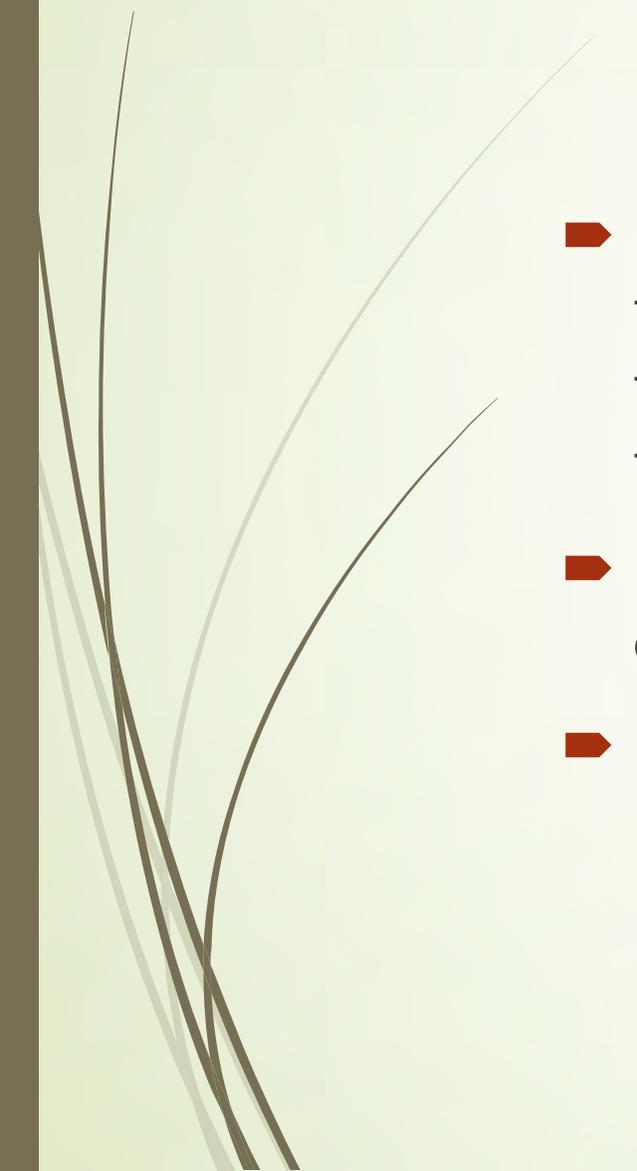


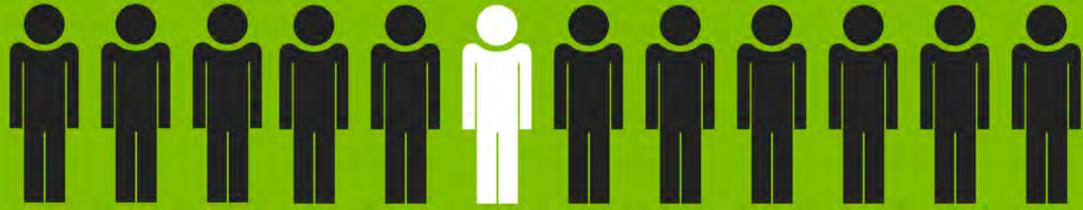
# What Can you Do?

- Talk and listen to them- take them seriously!
- Let them know that these feelings are not permanent and can pass. Tell them you care about them.
- Ask directly if they are thinking about killing themselves
- Stay with them-listen to them non-judgmentally
- Remove unsafe objects
- Take them to see a professional and seek treatment



# What NOT to do

- Don't ignore the signs and symptoms . Don't be afraid to talk with them about suicide- often the person wants to talk but doesn't know how. You will never put suicidal thoughts into someone's head simply by talking about it.
  - Don't use guilt- remember that often a suicidal person already feels increased guilt
  - Don't leave the person alone
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**1 IN 12 TEENS ATTEMPT  
SUICIDE EACH YEAR.**

**MAYO CLINIC:**

► <https://www.youtube.com/watch?v=3BByqa7bhto>



# Hotline Information

- National Suicidal Prevention Lifeline:  
1-800-273-TALK (8255)
  - Text TALK to 741741 to text with a  
trained crisis counselor from the Crisis  
Text Line for free, 24/7
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# Resources

- American Foundation for Suicide Prevention
  - [afsp.org](https://afsp.org)
- [Healthyplace.com](https://www.healthyplace.com)
- Mayo Clinic
- [Teencentral.com](https://www.teencentral.com)
- [Withhopefoundation.org](https://www.withhopefoundation.org)