



## **SUICIDE PREVENTION AWARENESS SEPTEMBER 18, 2019**

### **YOUTH SUICIDE MYTHS & FACTS**

**MYTH:**

Teens who threaten suicide are just seeking attention.

**FACT:**

Teens excel at hiding problems. So, a teen who is talking about suicide needs to be taken seriously.

**MYTH:**

Talking to teens about suicide or asking teens if they feel suicidal will increase their risk for attempting suicide.

**FACT:**

Asking directly about suicide will diminish fears and bring relief, helping them to talk about it.

**MYTH:**

Young people who talk about suicide never attempt or die by suicide.

**FACT:**

Talking about suicide can be a late sign of the progression toward an attempt.

**MYTH:**

Marked & sudden improvement in the mental state of an attempter following a crisis signifies the suicide risk is over.

**FACT:**

The opposite may be true. In the 3 months following an attempt, a young person is at most risk of dying by suicide.

**MYTH:**

Once a young person thinks about suicide, they will forever think about suicide.

**FACT:**

Given proper assistance & support, they will probably recover and continue to lead meaningful and happy lives unhindered by suicidal concerns.

## **ADOLESCENT SUICIDE FACTS**

- Suicide is the 2nd leading cause of death among 10 to 24-year olds in the U.S.
- Firearms, asphyxiation, and poisoning (including drug overdose) are the 3 most common mechanisms of suicide in the U.S.
- Asphyxiation is the leading means of suicide attempt among 10 to 24-year olds since 1999.
- In 2013, CDC Youth Risk Behavior Survey: 17% of high school students reported considering suicide during the previous 12 months.

## **ADOLESCENT SUICIDE RISK FACTORS**

- A family history of suicide.
- A family history of child maltreatment.
- Previous suicide attempts.
- A history of mental disorders, particularly clinical depression.
- A history of alcohol and substance abuse.
- Isolation, or a feeling of being cut off from other people.
- Bullying, as a victim, perpetrator, or both
- Discrimination, harassment, and/or violence as it relates to sexual orientation (LGBTQ).

## **ADOLESCENT SUICIDE WARNING SIGNS**

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself, such as searching online or acquiring 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.
- Increased use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing from family/friends or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

## **WHAT PARENTS CAN DO**

- Don't let anxiety or depression snowball.
- Listen / pay attention to behaviors.
- Encourage your teen not to isolate from family and friends.
- Encourage healthy lifestyle, exercise.
- Urge your teen not to demand too much of himself/herself.
- Be supportive of treatment, encourage patience with immediate results.
- Safely store firearms, alcohol, and medications at home.

## **CRISIS RESOURCES**

- National Suicide Prevention Lifeline **1-800-273-8255**
- Crisis Text Line: **Text HOME to 741741** (Trained Crisis Counselors)
- L.A. County Department of Mental Health Access Hotline (24/7) **1-800-854-7771**
- Teen Line, 6pm – 10pm (PST) daily **1-800-TLC-TEEN (852-8336)**
- The Trevor Project (Suicide Prevention for LGBTQ)

TrevorLifeline **1-866-488-7386**

[www.thetrevorproject.org](http://www.thetrevorproject.org)