



SUICIDE PREVENTION

Presented by SBH Clinical Team

WHAT IS SUICIDE?

- Suicide → is the act or an instance of taking one's own life voluntarily and intentionally.
- Suicidal Behavior → any action that could cause a person to die such as taking a drug overdose or crashing a car on purpose.

Facts

- Suicide is the third leading cause of death for young people ages 10 to 24.
- Sometimes the struggle can be underestimated because of age.
- In 2014, 1,668 youth ages 13-18 committed suicide
- Every day approximately 105 Americans die by suicide
- Every 12.3 minutes there is a death by suicide in the United States
- Every 40 seconds there is a death by suicide worldwide (4)
- 1 out of 6 students, nationwide, grades 9-12 seriously considered suicide in the past year
- Each day, in our nation, there are an average of over 5,400 suicide attempts by young people grades 7 – 12.

SUICIDE STATISTICS

Teen Suicide Statistics by Age for 2014 (US)

- Age 13: 132 deaths – 3.17 per 100,000
- Age 14: 179 deaths – 4.23 per 100,000
- Age 15: 244 deaths – 5.86 per 100,000
- Age 16: 313 deaths – 7.51 per 100,000
- Age 17: 359 deaths – 8.58 per 100,000
- Age 18: 441 deaths – 10.44 per 100,000
- Total: 1,668 deaths – 6.63 per 100,000

Teen Suicide Statistics by Race and Gender for 2014 (US)

- 63% of teenage suicides were white males
- 22% of teenage suicides were white females
- White females accounted for 371 teenage suicides
- White males accounted for 1047 teenage suicides
- Black females accounted for 37 teenage suicides
- Black males accounted for 102 teenage suicides
- American Indian/Alaska Native females accounted for 21 teenage suicides
- American Indian/Alaska Native males accounted for 30 teenage suicides
- Asian/Pacific Islander females accounted for 26 teenage suicides
- Asian/Pacific Islander males accounted for 34 teenage suicides

HIGH RISK GROUPS

- According to the Youth Suicide Prevention Program (YSPP), Native American youth have the highest rates of suicide among ethnic groups. Gay youth are two to three times more likely to attempt suicide than other young people (4). A higher risk of suicide attempts for gay and lesbian youth has clearly been shown; however, there are no studies that shows an elevated risk of death by suicide for gay and lesbian youth.

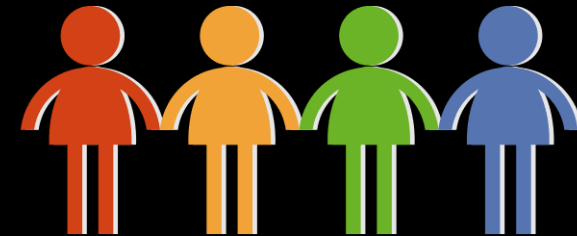


RISK FACTORS FOR SUICIDE

- Depression and other mental disorders
- Substance-abuse disorder (often in combination with other mental disorders)
- Prior suicide attempt
- Family history of suicide
- Family violence; including physical or sexual abuse
- Firearms in the home
- Incarceration
- Exposure to the suicidal behavior of others such as family members or peers

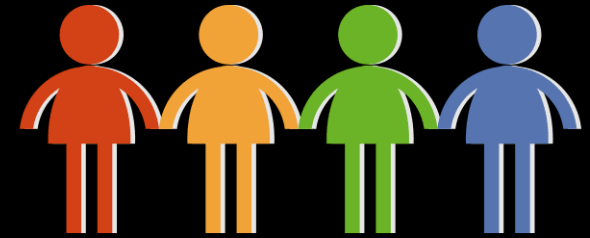
WHO IS AT RISK?

- Anyone is at risk of being suicidal regardless of age, race, culture, sexual preference, gender identity or social economic background.
- Some behaviors may indicate that a person is at risk for suicide such as;
 - Talking about wanting to die or wanting to kill oneself
 - Looking for a way to kill oneself
 - 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; behaving recklessly
 - Sleeping too little or too much
 - Withdrawing or feeling isolated
 - Showing rage or talking about seeking revenge
 - Displaying extreme mood swings
- It is not always easy to determine if someone is a suicide risk, but if anyone is displaying these signs having a conversation, and checking in with that person can save their life.



WARNING SIGNS OF SUICIDE

- According to the American Academy of Child and Adolescent Psychiatry, here is a list of warning signs of a suicidal adolescents:
 - change in eating and sleeping habits
 - withdrawal from friends, family, and regular activities
 - violent actions, rebellious behavior, or running away
 - drug and alcohol use
 - unusual neglect of personal appearance
 - marked personality change persistent boredom, difficulty concentrating, or a decline in the quality of schoolwork
 - frequent complaints about physical symptoms, often related to emotions, such as stomachaches, headaches, fatigue, etc.
 - loss of interest in pleasurable activities not tolerating praise or rewards
 - A teenager who is planning to commit suicide may also:
 - complain of being a bad person or feeling rotten inside
 - give verbal hints with statements such as: I won't be a problem for you much longer, Nothing matters, It's no use, and I won't see you again put his or her affairs in order, for example, give away favorite possessions, clean his or her room, throw away important belongings, etc. become suddenly cheerful after a period of depression
 - have signs of psychosis (hallucinations or bizarre thoughts)



HOW TO PREVENT SUICIDE?

- Knowing the warning signs
 - Depression, Sleeping too much or not sleeping at all, irritability, refusal to talk, difficulty coping with stress
- Recognizing suicidal tendencies such as self-mutilation
- Open communication with teens is the most important
- If teen is refusing to talk, it might be time to talk to a mental health professional
- Strong support system
- Evaluate the relationships in your life;
 - Love and friendship are all about respect
 - Toxic or unhealthy relationships can negatively affect you
 - Remember your rights, no one has the right to bully anyone. Support is available

ASKING FOR HELP

- You can also call the National Suicide Prevention Lifeline any time — calls are confidential. National Suicide Prevention Lifeline 1-800-273-8255
- Talking with someone about your thoughts and feelings can save your life.
 - Find a Therapist and/or a Support Group
 - Speaking to someone, whether by going to a therapist or by attending a support group or talking to someone that is supportive can help you feel better and improve your mental health.
- No matter what problems you're dealing with, whether or not you're thinking about suicide, if you need someone to lean on for emotional support find support in either a supportive adult or the National Suicide Prevention Lifeline.



HOW TO HELP SOMEONE

- Suicide is serious and should be taken seriously when a child says something even in anger.
- If your child states that they feel like they want to die, LISTEN TO THEM, and provide help by taking them to the nearest Emergency Room to be assessed by a psychiatrist.
- Seek Help from Mental Health Professionals.
- If child continues to state that they want to harm themselves, and the parent is not ensuring that the child is evaluation, ACS may be called for medical neglect.

RESOURCES IN THE COMMUNITY

- Call → 1-800-273-8255 or 1-800-784-2433
- www.imalive.org
- Call Samaritans NYC → 212-673-3000
- The Trevor Project for LGBTQ Youth → 1-866-488-7386, text and chat
 - www.thetrevorproject.org
- Spanish Crisis Counselor – 1-888-628-9454
- Crisis Text line – text Start to 741-741

REFERENCES

- <https://suicidepreventionlifeline.org>
 - <https://www.sprc.org> (suicide prevention resource center)
- <https://americanspcc.org/teen-suicide-facts/>
- <https://themighty.com/suicide-prevention-resources/>