LET'S TALK ABOUT SUICIDE

There's no single cause for suicide. Suicide most often occurs when stressors exceed a person's current coping abilities. While depression is the most common condition associated with suicide, it is often undiagnosed or untreated. Conditions such as depression, anxiety, and substance problems, especially when unaddressed, pose an increased risk for suicide.

HOW CAN YOU HELP STUDENTS?

- Encourage the students to realize that they are not going through this alone. Other people go through this too.
- Statistics show that talking about suicide or asking someone about suicide does not lead them to further think of suicide if they have never questioned it in the past.
- Youth should understand that there are places out there to help. Suicide is real and preventable.

- ❖ *Suicide affects everyone and everyone can do something to help if they see or hear warning signs that someone is at risk for suicide. If you have a concern, ask them openly and directly.*
- ❖ *Self-harm is <u>not</u> suicide. Individuals who participate in non-suicidal self-injury do so to deal with overwhelming emotions or to feel emotion when none exists.*

Suicide Fast Facts

On average, a person dies by suicide every six hours.

Over 45,000 Americans die by suicide annually.

Suicide is the 3rd leading cause of death for ages 10-14.

Suicide is the 2nd leading cause of death for ages 15-24.

WARNING SIGNS FOR SUICIDE

Speech
If a person talks about being a burden to others
Feeling trapped
Experiencing unbearable pain
Having no reason to live
Killing themselves

Mood
Depression
Loss of Interest
Rage/Irritability
Anxiety
Humiliation

Behavior
Looking for ways to kill themselves
Acting recklessly
Withdrawal from activities/Isolation
Giving away prized possessions
Sleeping too much or too little
Visiting or calling people to say goodbye

Health Factors
Mental health conditions
Substance use
Stress
Previous suicide attempts
Family history

Integrated Family Services PLLC