

Preventing Youth and Young Adult Suicide

FACTS & CONSIDERATIONS

There is no single cause to suicide. Knowing about the following contributors may help you prevent someone from losing their life.

- Suicide most often occurs when stressors exceed the current coping abilities of someone having a mental health need.
- Youth who are at increased risk for suicide may be stressed by complex interactions or relationships; sudden changes that feel overwhelming (losing friends, family, pets); relationship problems (peer, family, or romantic); by getting in trouble that seems too big to handle, or by mental health symptoms or school stressors.
- Suicide prevention can take place in many settings. Help people in your child's daily life and community know more about prevention strategies (school, faith, family).

WARNING SIGNS

- Talking about being a burden
- Staying more isolated than usual for their age or development
- Increased anxiety
- Feeling trapped or in unbearable pain (emotional, social, physical)
- Increased substance use
- Looking for access to drugs, weapons or means
- Increased anger or rage or resentment
- Extreme mood swings or passive aggressive comments
- Expressing lack of hope or worth
- Loss of interest in doing things they normally enjoy
- Sleeping too little or too much
- Seeming to have finally found a solution
- Giving away favorite items
- Talking or posting about death or wanting to die
- Making statements or plans for "when/if I die."

5 STEPS TO HELP SOMEONE AT RISK¹

1. **Ask.** When somebody you know is in emotional pain, ask them directly: "Are you thinking about killing yourself?"
2. **Keep them safe.** Ask if they've thought about how they would do it and separate them from anything they could use to hurt themselves.
3. **Be there.** Listen to their reasons for feeling hopeless and in pain. Listen with compassion and empathy and without dismissing or judging.
4. **Help them connect.** Help them connect to a support system, whether it's 800-273-TALK (8255), family, friends, clergy, coaches, co-workers or therapists, so they have a network to reach out to for help.
5. **Follow up.** Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.

GETTING HELP

24-Hour Suicide Prevention Hotline: 1-800-273-8255

Text Crisis Line: Text HOME to 741741

TTY for Individuals Who Are Deaf or Hard of Hearing: 1-800-799-4889

TREVOR Project for LGBT Youth: 1-866-488-7386 - Text "Trevor" to 202-304-1200

Nacional de Prevención del Suicidio: 1-888-628-9454

Veterans Crisis Line: 1-800-273-8255

¹ www.BeThe1To.com