SUICIDE AWARENESS AND PREVENTION
A Guide for Parents, Staff, and Youth

- Suicide is the second leading cause of death in youth ages 10-24.
- Each day in our nation, there are an average of over 3,703 suicide attempts by young people grades 9-12. If these percentages are additionally applied to grades 7 & 8, the numbers would be higher.
- Four out of five teens who attempt suicide have given clear warning signs.

**KNOW THE SIGNS**

**What might I see?**
- Posting on social media about death
- Withdrawing from friends and family
- Starting/increase of substance abuse
- Acting anxious or agitated
- Showing rage
- Extreme mood swings
- Sleeping too much or too little
- Visiting people to say a form of goodbye
- Returning borrowed items/giving away possessions

**What might I hear?**
- Talk about killing oneself
- Idolizing people who have died by suicide
- Having no reason to live
- Feeling trapped
- Talking about seeking revenge
- A need to escape
- Statements like: I don’t deserve to live, I suck.
- My family would be better off without me.
- I won’t be a problem for you much longer

**What stressful life situations might be occurring?**
- Abuse
- Suicide experience (know someone who has died by suicide or previous suicide behavior)
- Life changes (Divorce, housing, etc.)
- Loss (of loved one/pet, relationship, etc.)
- Rejection

**What might I sense?**
- Something is not okay (trust your gut instincts)
- Unbearable pain
- Relief or sudden improvement in mood
- Shame
- Overwhelmed with no hope for improvement
- Feeling unaccepted

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**WHAT TO DO**

- Don’t keep it a secret, don’t promise secrecy
- Don’t leave them alone
- Get help

**RESOURCES**

**ONLINE RESOURCES**

- The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people under 25. The Trevor Project has a lifeline, chat, and text line 24/7, 365 days a year.
- Lifeline: 1-800-273-TALK
- Text: Text START to 678678
- Trevor Chat: trevorchat.org

While this is a helpful list of common signs, it is not complete and youth may show other warning signs.

We can all prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for your loved ones, and best practices for professionals.

1-800-273-TALK or 1-800-273-8255
Crisis Text line: 741741

**WHAT TO DO**

- Start a conversation, express concern
- Listen and validate feelings, be nonjudgmental
- Don’t keep a secret, don’t promise secrecy
- Don’t leave them alone
- Get help

**PROTECTIVE FACTORS**

- Effective Clinical Care: mental, physical, and substance abuse disorders
- Self-worth: Self-esteem, sense of purpose, meaning in life, optimism, hope for future
- Life skills: Problem solving, coping skills, ability to adapt to change, flexibility
- Reducing Stigma: Open and direct talk about suicide

**RESOURCES**

We are here for you and want to help!

#UnifiedAtHome