



# 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
- Reckless behavior
- 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
- Being a burden
- 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

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

### WHAT TO DO



Start a conversation, express concern



Listen and validate feelings, be nonjudgmental



Don't keep it 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



Self-care: Hobbies, physical activity, creative outlet, mindfulness, giving self time to recharge



Supports: Cultural, personal, and religious



Connectedness: Family and community support, one caring adult/friend



Life Skills: Problem solving, coping skills, ability to adapt to change, flexibility



Reducing Stigma: Open and direct talk about suicide

### RESOURCES

If you're seeing any of these signs, don't wait, reach out! It's better to get help early than to wait until there is a crisis.



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

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: 1-866-488-7386  
Text: Text START to 678678  
Trevor Chat: trevorchat.org

**GET HELP 24/7:**

 <b>TrevorText</b> Text START to 678678	 <b>TrevorChat</b> TrevorChat.org	 <b>TrevorLifeline</b> 866.488.7386
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**THE TREVOR PROJECT**  
Saving Young LGBTQ Lives

### ONLINE RESOURCES

For additional resources click the image below.



Click the above image to access even more resources related to suicide prevention, awareness, and activities

## We are here for you and want to help!

## #UnifiedAtHome