

SUICIDE AND TEENS

IS SUICIDE REAL?

- Suicide is the third-leading cause of death for 15- to 24-year-olds, according to the Centers for Disease Control and Prevention (CDC), after accidents and homicide.
- “Suicide is an attempt to solve a problem of intense emotional pain with impaired problem-solving skills”

-John Kalafat and Maureen Underwood

National Experts in Implementing and Evaluating School-Based Suicide Prevention Programs

WARNING SIGNS ABOUT SUICIDE: LEARN THE FACTS

- Students at risk of suicide may display the following signs:
 - Express hopelessness about the future
 - Display severe/overwhelming pain or distress
 - Show worrisome behavioral cues or marked changes in behavior such as withdrawal from friends or social activities, anger or hostility and changes in sleep
 - Talking about, writing about or making plans for suicide
 - Experiencing stressful situations including those that involve loss, change, create personal humiliation or involve trouble at home, in school or with the law. These can serve triggers for suicide

HOW CAN YOU HELP?

- Express your concern about what you are observing in their behavior, “Your writing is a little dark, is everything ok?”
- Ask directly about suicide, “Are you thinking about suicide?”
- Encourage them to call the National Suicide Prevention Lifeline, 1 (800) 273-8255.
- Involve an adult (parent, counselor, teacher, etc.). Its not a good idea to try and handle this alone.
- If you ever have an immediate concern about someone’s safety, call 911 right away!

SUICIDE AND TEENS VIDEO

- Click on the link below to view the brief video on Georgia Teen Suicide, produced by Georgia Child Fatality Review in collaboration with co-sponsor, GA DOE.

https://www.youtube.com/watch?v=IwssG_Bgp3k

RESOURCES RELATED TO SUICIDE FOR STUDENTS

- National Suicide Prevention Lifeline, <https://suicidepreventionlifeline.org>
- Community Mental Health Resources, http://www.camden.k12.ga.us/UserFiles/Servers/Server_319837/File/parents/Community%20Mental%20Health%20Resource%20List.pdf
- Crisis and Outpatient Resources, http://www.camden.k12.ga.us/UserFiles/Servers/Server_319837/File/Crisis%20and%20outpatient%20resources.pdf
- Community Grief Support Groups, http://www.camden.k12.ga.us/UserFiles/Servers/Server_319837/File/parents/Community%20Grief%20Support%20Groups.pdf