SUICIDE $_{is}$ 2ND LEADING CAUSE OF DEATH

for 10-34 year olds in the US

690 of youth ages **12-17** are currently diagnosed with depression₃ The suicide death rate among ages

10-24 increased **569**₀

from 2007 through 2017 ²

youth ages 10-24 died by suicide

in 2019

7%

of middle school youth and

14⁰/₀

of high school youth

SELF-HARM

for Warnings

Access to or collection

of lethal means: guns,

pills, razors, rope, etc.

Self-harm and/or

history of suicide



Drug and alcohol use or other risky



behavior Extreme mood

changes like Impulsivity or aggressiveness



Health complaints, loss of appetite, weight loss, disturbed sleep



Loss of interest in: appearance, friends, sports, clubs, etc.

Feelings of: desperate, angry, guilty, worthless,

Ask the ? Question:

Do you have thoughts of

- dying?
- suicide?
- hurting yourself?

Start with:

- How are you?
- I love you.
- I'm concerned.



Giving away possessions

Talk of death,

about dying

attempts

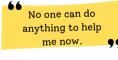


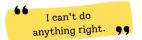
suicide or hints

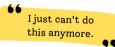


lonely, hopeless, sad

It'll all be over soon, anyway.







1-800-273-TALK (8255)

Call Lifeline

if your child is thinking of suicide



Check us out at itstime2.org

1.Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS) [online]. (2005) [2019, National and Regional, Standard Output]. Retrieved from www.cdc.gov/injury/wisqar. 2. Curtin, S.C. (2020) State suicide rates among adolescents and young adults aged 10-24: United States, 2000-2018. National Vital Statistics Reports, 69/11). Retrieved from https://www.cdc.gov/nchs/data/wisr/ms/rs/98/19/SR-69-11-508.pdf
3. Ghandour R.M. et al. (2019) Prevalence and treatment of depression, anxiety and conduct problems in US children. The Journal of

Pediatrics, 206. Retrieved from https://www.jpeds.com/article/S0022-3476(18)31292-7fulltext
4. Barrocas, A.L., Hankin, B.L., Young, J.F., Abela, J.R.Z. (2012) Rates of nonsuicidal self-injury in youth: age, sex, and behavioral methods in a community sample. Pediatrics, 130(1). doi: 10.1542/peds.2011-2094

5. Applied Suicide Intervention Skills Training. (nd) Explore invitations: actions, physical, words, feelings. [handout]