

Suicide Prevention

Professional intervention and support from friends and family can often help prevent suicide.

Knowing the facts about suicide

- Certain risk factors increase thoughts of suicide and suicide attempts
- Talking about suicide and where to go for help may prevent someone from attempting suicide

Knowing the facts about suicide

- For some people stress can cause **Alienation**.
- People who feel alienated may be unable to cope with difficult life experiences
- They may seek to escape from the pain and consider ending their lives



Key Term

Alienation

Feeling isolated and separated from everyone else

Knowing the facts about suicide

- **Suicide** is the third leading cause of death for teens ages 15 to 19.



Key Term

Suicide

The act of intentionally taking one's own life

Suicide Risk Factors

Suicide Risk Factors

Depression or another mental disorder

A history of abusing alcohol or other drugs

A stressful situation or loss

Previous suicide attempts

Family history of mental disorders, substance abuse, or suicide

Access to guns

Suicide Prevention

- Recognizing the signs of suicide may help prevent it.
- When someone talks about committing suicide—whether it's done in a serious, casual, or even humorous way—*take it seriously*.
- Any discussion or suggestion about suicide requires immediate attention
- Never agree to keep a secret if a friend says he or she is considering suicide

Suicide Prevention

- The warning signs of suicide should be taken seriously.
- The more signs exhibited, the more likely it is that the person is thinking about suicide.
- Tell an adult immediately

Strategies to prevent Suicide

Warning Signs of Suicide



Direct statements such as “I wish I were dead.”



Indirect statements such as “I can’t take it anymore.”



Writing poems, song lyrics, or diary entries that deal with death



Direct or indirect suicide threats



An unusual obsession with death

Strategies to prevent Suicide

Warning Signs of Suicide



Withdrawal from friends



Dramatic changes in personality, hygiene, or appearance
Impulsive, irrational, or unusual behavior



A sense of guilt, shame, or rejection; negative self-evaluation



Deterioration in schoolwork or recreational performance



Giving away personal belongings

Strategies to prevent Suicide

Warning Signs of Suicide



Substance abuse



Complaints about physical symptoms, such as stomachaches, headaches, and fatigue



Persistent boredom and indifference



Violent actions, rebellious behavior, or running away
Intolerance for praise or rewards

How You Can Help

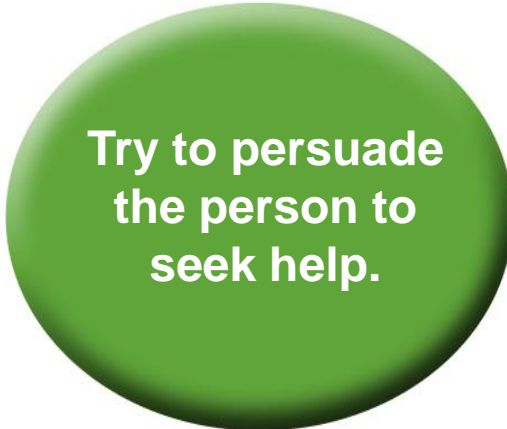
- People who are considering suicide often believe that their death will not matter to anyone.
- Showing empathy when talking with that person will let him or her know you are concerned.
- If someone you know may be considering suicide, try the following



**Initiate a
meaningful
conversation.**



**Show support
and ask
questions.**



**Try to persuade
the person to
seek help.**

How You Can Help

- Call a crisis center or a suicide hotline if you feel you might be in danger of hurting yourself.
- You can also speak to a crisis worker about someone you are concerned about
- Suicide survivor support groups are available in most communities

