

MYTHS

Asking about suicide will make someone commit suicide.

Teens who threaten to commit suicide are just looking for attention.

Teens who commit suicide always act sad beforehand.

Once people decide to die by suicide, there is nothing you can do to stop them.

Young children, ages 5 through 12, cannot be suicidal

QUICK FACTS

More than one in every 10 high school students report having attempted suicide; nearly 1 in 6 students between the ages of 12-17 have seriously considered it.

More than 30% of LGBTQ youth report at least one suicide attempt within the last year.

QUICK FACTS

Males more likely to die from a suicide attempt, as they use more lethal means (firearms, hanging)

Females more likely to be hospitalized after an attempt, but less likely to die (cutting, pills)

Western states have much higher rates of teen suicide

RISK FACTORS

Previous suicide attempts
Mental health diagnoses
Substance abuse
Aggression
Bullying/being bullied
Family history of suicide
Family violence
LGBTQ (2-3x more likely)

RISK FACTORS

Access to firearms, pills, knives or illegal drugs
Impulsiveness
Active hallucinations (particularly command hallucinations)
Chronic illness

WARNING SIGNS

Expressing feelings of hopelessness (especially about the future)
Appearing to be in an overwhelming amount of distress
Changes in sleep patterns/eating habits
Withdrawal from friends and family
Significant loss
Trouble with the law

WARNING SIGNS

Giving away possessions
Preoccupation with death
Sudden lifting of spirits

PROTECTIVE FACTORS

Strong connections (family, friends, school)
Restricted from lethal means of suicide
Cultural and religious beliefs that discourage suicide
Positive interactions
Involvement in positive activities (sports, clubs)

WHAT CAN THE CCLS DO?

Listen without judgment; avoid offering "solutions," focus on feelings
Ask direct questions "are you feeling so bad that you are thinking about suicide?"
Inform pertinent members of the care team
Advocate for restricted access to prescription pills

WHAT CAN THE CCLS DO?

Teach simple coping skills
 Mindfulness skills
 Assist in creating a "safety plan."
 Be aware of crisis services in your community
 Get training in suicide prevention (SAFETALK)
 Create an open dialogue about death
 Understand the sense of "relief" that SI can bring

"SAFETY PLANNING" IDEAS

Call a specific friend or relative
 Read a book
 Take a bath
 Draw or write
 Play with your dog
 Take a walk
 Listen to music
 Call a crisis line

AFTER AN ATTEMPT

Advocate for the physical safety of the patient
 Encourage a return to normal routines as soon as safe to do so
 Advocate for a least-restrictive environment
 Be alert for "punishments"

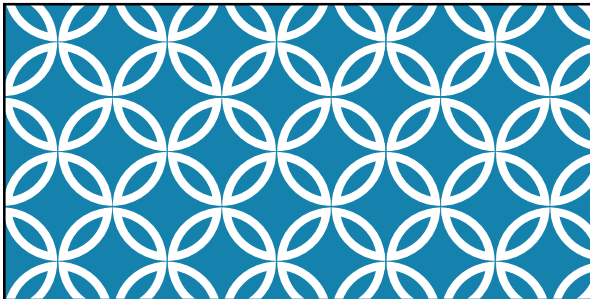
RESOURCES

National Suicide Prevention Lifeline: 1-800-273-TALK

American Association of
Suicidology: <http://www.suicidology.org>

S.O.S High School Suicide Prevention
Program: [http://www.mentalhealthscreening.org/
highschool](http://www.mentalhealthscreening.org/highschool)

LGBTQ Crisis Line: 1-866-4-U-TREVOR (444-7386)



QUESTIONS?

Thank you!
