Suicide Prevention

Alienation- Feeling isolated and separated from everyone else

* Unable to cope with difficult life experiences
* Lack the support from family and friends and help from community resources
* Want to escape the pain and consider ending their life

Suicide- is the act of intentionally taking one’s own life

* It is the 3rd leading cause of death for teens ages 15 to 19
* Every year 15 percent of all teens in this age group will consider suicide
* Half of those will actually attempt it

Suicide Risk Factors

* 90% are suffering from depression or another mental disorder
* Might have a history of abusing alcohol or other drugs

Some People use alcohol or other drugs to relieve their depression. Alcohol and drugs however have a depressant effect and lowers ones inhibitions, making self destructive behavior more likely.

Cluster Suicide- A series of suicides occurring within a short period of time and involving several people in the same school are community.

-Account for about 5% of all teen suicides

- Results from Pacts made among peers

Strategies to prevent Suicide

\*When someone talks about committing suicide—whether it’s done in a serious, casual, or even humorous way—take it SERIOUSLY

\*Never agree to keep a secret if a friend says he or she is considering suicide

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.

RECOGNIZE THE WARNING SIGNS

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| Direct statement ex “I wish I were dead” | A sense of guilt, shame or rejection |
| Indirect statements ex “I can’t take it anymore” | Deterioration in schoolwork or recreational performance |
| Writing poems, song lyrics, or diary entries that deal with death | Giving away personal belongings |
| Direct or indirect suicide threats | Substance abuse |
| An unusual obsession with death | Complaints about physical symptoms ex stomachaches, headaches and fatigue |
| Withdrawal from friends | Persistent boredom and indifference |
| Dramatic changes in personality, hygiene or appearance | Violent actions, rebellious behavior, or running away |
| Impulsive, irrational, or unusual behavior | Intolerance for praise or rewards |

How You Can Help

People who are thinking about suicide believe that their death won’t matter to anyone. So if we can show empathy when talking with that person will let them know you are concerned and care. Try these things:

1. Initiate a meaningful conversation- Show interest, compassion, patience and understanding. Don’t say, “You really don’t want to do that” or “Everyone feels sad sometimes”
2. Show support and ask questions- Remind them all problems have solutions, and suicide is NOT an answer. Tell your friend that most suicide survivors later express gratitude that they did not die
3. Try to persuade the person to seek help- Encourage the person to talk with a parent, counselor, or other trusted adult. Offer to go WITH them to get help.