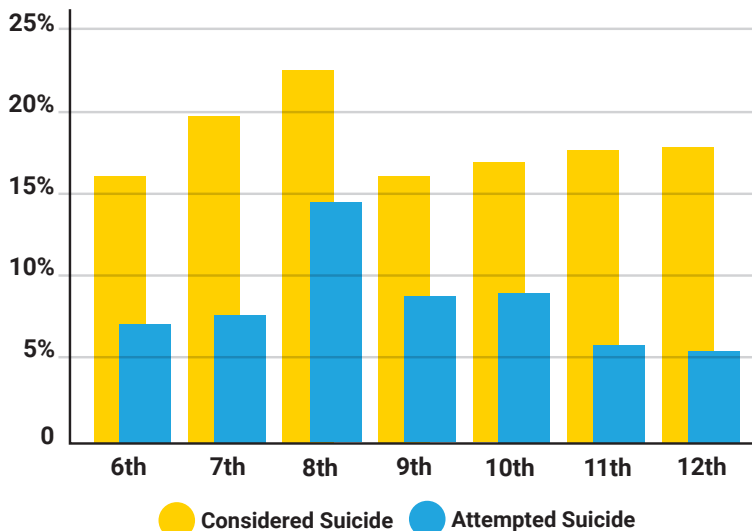


Suicide Facts & Stats

Youth Who Have



Knowledge about sensitive subjects empowers children and teens, and prevents confusion when they hear about it from someone else besides their parent.

Talk openly about suicide, and teach teens to say this when a peer talks about suicide:

I take suicide very seriously, and I will not ignore or let this go. Let's go talk to the counselor.

2ND

Suicide is the 2nd leading cause of death for adolescents.

50!

In 2018, the suicide rate became the highest in 50 years.

Mnemonic to Assess Suicide Risk

IS PATH WARM

Understanding why someone commits suicide is complicated. Sometimes, the warning signs are easier to see if you know what you are looking for. Use the American Association of Suicidology's mnemonic to help identify suicide warning signs in others.

I – IDEATION (Thinking about it)

S – SUBSTANCE USE

P – PURPOSELESSNESS

A – ANXIETY, WORRY, FEAR

T – TRAPPED (Feeling that there is no way out)

H – HOPELESSNESS

W – WITHDRAWAL (From people or activities)

A – ANGER or RAGE

R – RECKLESSNESS or IMPULSIVE

M – MOOD CHANGES

Other warning signs include:

- Feeling like a burden
- Looking for a way to access lethal means
- Sleeping too little or too much
- Talking about or posting about wanting to die
- Talking about famous people who died by suicide
- Making plans for suicide, such as writing goodbye letters or giving away possessions
- Talking about seeking revenge by killing oneself

Remember, young people are more likely to seek help from adults who are nonjudgmental, easily accessible, and empathic.