

SUICIDE

is the **2ND LEADING CAUSE OF DEATH**

for **10-34 year olds** in the US¹

6% of youth ages **12-17** are currently diagnosed with depression³

The suicide death rate among ages **10-24** increased **56%** from 2007 through 2017²

6,488

youth ages 10-24 **died by suicide**

in 2019¹

7% of middle school youth and **14%** of high school youth **SELF-HARM**⁴

Watch for Warnings



Access to or collection of lethal means: guns, pills, razors, rope, etc.



Self-harm and/or history of suicide attempts



Giving away possessions



Talk of death, suicide or hints about dying



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, lonely, hopeless, sad

“ It'll all be over soon, anyway. ”

“ No one can do anything to help me now. ”

“ I can't do anything right. ”

“ I just can't do this anymore. ”

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Ask the Question:

Do you have thoughts of
- dying?
- suicide?
- hurting yourself?

Start with:

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

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/wisqars
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/nvsr/nvsr69/nvsr69-11-508.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\(18\)31292-7/fulltext](https://www.jpeds.com/article/S0022-3476(18)31292-7/fulltext)
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)