

SUICIDE is the **2ND LEADING CAUSE OF DEATH** for 10-34 year olds in the US

6% of youth are currently
DIAGNOSED WITH DEPRESSION

6,529
youth ages 10-24
DIED BY SUICIDE
in 2022

9% of high school teens attempt suicide

of youth ages 12-18, **20%** experience **BULLYING**

In 2022, suicide rates among 10-24 year olds decreased by **8%**

discover your
MVP
most valuable person

17%
of middle school and high school teens
SELF-HARM
with the average age being **13 YEARS OLD**

18% of high school teens seriously consider suicide

“it'll be all over soon, anyway.”

“i just can't do this anymore.”

“no one can help me now.”

“i can't do anything right.”

WARNING SIGNS

- ⚠️ Loss of interest in: family, friends, appearance, sports, clubs, etc.
- ⚠️ Drug and alcohol use or other risky behaviors
- ⚠️ Extreme mood changes like impulsivity or aggressiveness
- ⚠️ Health complaints, loss of appetite, weight loss, disturbed sleep
- ⚠️ Talks of death, suicide, or hints about dying

- ⚠️ Giving away possessions
- ⚠️ Self-harm and/or history of suicide attempts
- ⚠️ Access to or collection of lethal means: guns, pills, razors, rope, etc.
- ⚠️ Feelings of: desperation, anger, guilt, worthlessness, loneliness, hopelessness, sadness

START THE CONVERSATION

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

ASK THE QUESTION ?

Do you have thoughts of:

- dying?
- suicide?
- hurting yourself?

AND THEN ! LISTEN

call or text
988
suicide and crisis lifeline

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) [2022, National and Regional Standard Output]. Retrieved from www.cdc.gov/injury/wisqars
2 National Alliance on Mental Illness. [online] (2023, Mental Health by the Numbers). Retrieved from www.nami.org/mhstats
3 Stop Bullying. [online] (2022, Indicators of School Crime and Safety). Retrieved from www.stopbullying.gov/resources/facts