



Teen Suicide – Take a Risk and Get Involved!

www.ocfa.org

Teenagers are simply overwhelmed by the uncertainties of adolescence and feel they have nowhere to turn. Teenagers who consider suicide feel alone, hopeless, and rejected. When a teen commits suicide everyone is affected. Family, friends, teammates, neighbors, and even those who didn't know the person well may experience feelings of grief, confusion, and guilt. Our youth today need a strong, healthy self-esteem built by family, mentors, social support, and a spiritual life. This will develop and foster coping skills to help with teen pressures.

Did you Know:

- Suicide is preventable
- 70% of all people who commit suicide give some warning to a friend or family member
- Suicide is the 3rd leading cause of death for teens and young adults
- Almost 17% of high school students have seriously considered suicide
- The fastest growing age group for suicide is ten to 14 year olds.
- If you have a gun in your home you are five times more likely to have a suicide in your house than homes without a gun.
- A young person commits suicide approximately every 2 hours.

What are some of the Danger Signs?

- Change in eating and sleeping habits
- Withdrawal from friends, family, and regular activities
- Violent actions, rebellious behavior
- Drug and alcohol use
- Unusual neglect in personal appearance
- Marked personality change
- Decline in school performance
- Fixation on death or violence
- Self mutilation
- Making statements such as: "life isn't worthwhile; I won't be a problem much longer; teachers, family, friends don't care; I wish I were dead; who cares if I am dead," or "what's the point of living?"



What You Can Do to Help

DO:

- *Ask if he/she is considering suicide and voice your concern.* Research has shown that asking someone if he or she has thought about suicide will not increase that person's risk.
- *Be honest, willing to listen and non-judgemental.* Let the person know you care and understand, and that he or she is not alone.
- *Find out if he/she has a specific plan to commit suicide.* If they have a plan, do they have the means to carry it out? If so, take action and remove the means.

DON'T:

- *Promise confidentiality when it comes to issues regarding safety.* There are many resources for help when potential suicide is identified.
- *Pretend to have all the answers.* The most important thing you can do may be to assist in finding professional help.
- *Leave the person alone or dare them to do it.*

Prevention Tips:

- *Take the time to show love and concern;* ask questions about what is going on in a teen's life. Who are your friends? Where do you like to hang out? How are the relationships in your life? What decisions are you facing?
- *Communication is a two way street;* spend more time listening, find out how the teen feels and don't make a judgment. Let the teen know he/she can always talk to you about anything.
- Encourage positive self-esteem through family, social and spiritual connections. Teens with strong, positive self esteem are better able to cope with life's challenges.
- *Teach teens how to talk over problems.*

For More Information

For emergencies, call 911

For assistance in finding local resources, call (714) 834-6900

(800) 273-TALK (8255)
(800) SUICIDE (784-2433)
(800) 999-9999

Violence Prevention Coalition of O.C.
www.vpcoc.org

Stop a Suicide Today
www.stopasuicide.org

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org

Suicide Prevention Resource Center
www.sprc.org

Mental Health Association of O.C.
www.mhaoc.org