

MENTAL HEALTH MEMO

SEPTEMBER 2022 | SUICIDE

FACTS ABOUT SUICIDE



Suicide is a public health issue that impacts individuals from a variety of backgrounds and of all ages. While the facts about suicide are staggering, suicide is preventable and anyone can help by readying themselves with some knowledge on facts, warning signs, and what to do if you or someone you love is in a crisis situation.

Suicide is now the 2nd leading cause of deaths for ages 10-14 and the 10th leading cause of death for ages 5-9.

In the months of April, May and June, the suicide rate goes up and is the highest

SUICIDE WARNING SIGNS

*Talking about wanting to die

*Planning or looking for ways to kill themselves

*Talking or thinking about death often

*Talking about feeling hopeless

*Talking about feeling extreme guilt or shame

*Talking about being a burden to others

*Talking about feeling trapped

*Extreme mood swings

*Feeling unbearable emotional or physical pain

*Taking risks that could lead to death

*Using alcohol or drugs more often

*Displaying anxiety or agitation

*Changes in eating or sleeping habits

*Showing rage or talking about seeking revenge

*Withdrawing from family and friends

*Giving away important possessions

*Saying goodbye to friends and family

RESOURCES

There are crisis lines available:

- Suicide Hotline: 988
- Crisis Text Line: 24/7 Text HELLO to 741741
- Boystown National Hotline: 800-448-3000
- Young People's Support Group – Region 6

WAYS YOU CAN HELP

*Seek out support

*Avoid judgement

*Seek understanding

*Be supportive

*Don't dismiss

*Don't ask for promises

*Try to be accepting and normalize

